



Look After Your Heart - Top 10 Healthy Heart Tips

A healthy lifestyle will make your heart healthier. Here are 10 things you can do to look after your heart.

Give up smoking - if you are a smoker, quit. It's the single best thing you can do for your heart health.

Get active - Getting - and staying - active can reduce your risk of developing heart disease.

Manage your weight - Being overweight can increase your risk of heart disease.

Eat more fibre - this can help to lower you risk of heart disease.

Cut down on saturated fat - foods high in saturated fat can raise your cholesterol increasing your risk of heart disease.

Get your 5 a day - Eat at least 5 portions of fruit or vegetables a day.

Cut down on salt - to maintain healthy blood pressure, avoid using salt at the table and try adding less to your cooking.

Eat fish - Eat fish at least twice a week, including a portion of oily fish.

Drink less alcohol - do not forget that alcohol contains calories, keep to recommended daily alcohol limits.

Read the food label - understand what's in food so you can make healthy choices.

Wuhan Novel Coronavirus

Wuhan novel coronavirus (WN-CoV) is a new respiratory illness that has not previously been seen in humans. The risk of getting the illness in the UK is low. For more information about the Wuhan Novel Coronavirus [please click here](#).

Private Cryotherapy

We no longer are able to offer the cryotherapy (liquid nitrogen) service here at Torkard Hill Medical Centre. For those patients who would like to be considered for this treatment and are happy to pay privately there is an option through a Derby based clinic.

There is a private dermatology clinic available at Derby Hospital. This is a consultant led clinic.

Prices are as follows (correct at 2019):

Cryotherapy: £120 for 1-3 lesions, £180 for 4-6 lesions. Surgery is more, prices start from £365.

For further information and to book a consultation please contact Derby hospital on telephone number: 01332 786128 or alternatively you can email

dhft.privatepatients@nhs.net.
