



ClaytonCare Group

SEPTEMBER NEWSLETTER 1

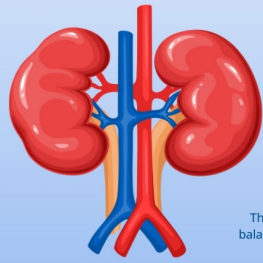


HAPPY SPRING DAY

IN SPRING'S EMBRACE, THE FLOWERS BLOOM BRIGHT. WITH COLOURS THAT DANCE IN WARM SUNLIGHT. THE WORLD AWAKENS, FRESH AND NEW. A SEASON OF HOPE AND SKIES OF BLUE.



National KIDNEY AWARENESS Week



What do kidneys do?

They play a crucial role in maintaining fluid & electrolyte balance, regulating blood pressure, & ensuring the proper functioning of other organs & systems in the body

Protect your kidneys! Besides filtering blood, kidneys also help remove metabolic waste products, like urea and creatinine, from the body.

Explore our two centres of excellence, Care@Midstream and Clayton House, for personalized care and a collaborative approach that guarantees the best outcomes for our patients. Our focus on holistic rehabilitation aims to enhance each patient's quality of life and support substantial recovery



INTEGRATED REHABILITATION FOR LOW RESPONSE PATIENTS



TIP

Ask Questions: Don't hesitate to ask your healthcare team questions about your diagnosis, treatment plan, & medications to fully understand your care



By following this tip, you contribute to a safer healthcare environment and help improve patient safety for everyone!

World Sunflower Day is an annual event dedicated to raising awareness and support for individuals affected by rare diseases. Celebrate World Sunflower Day by getting involved – plant sunflower seeds in your garden or local community spaces. It's a wonderful way to spread awareness and brighten up the environment!



WORLD SUNFLOWER DAY

20 SEPTEMBER 2024

Get involved, plant a sunflower



Good medical care is not just about treating illness; it's about healing the whole person with compassion, expertise, and a commitment to their well-being

Visit our website to view our fabulous centers of excellence, Care@Midstream and Clayton House.

By incorporating healthy habits into your daily routine, you can significantly reduce your risk of heart disease and promote a healthier heart.



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TIP

Control Blood Sugar Levels

Manage your blood sugar levels, especially if you have diabetes or are at risk, to prevent complications related to heart disease



WORLD HEART DAY

29 SEPTEMBER



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WHAT IS PALLIATIVE CARE?



A specialised approach focused on providing relief from the symptoms, pain, & stress associated with serious illnesses



Regardless of the stage or prognosis. Its primary goal is to improve the quality of life for both patients and their families by addressing physical, emotional, and psychological needs.

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