

Surrey osteopath wins national CAM Awards 2014

Karen Brewer, osteopath at Balance-Rite Osteopathy Clinic in Chertsey, has won the Outstanding Practice award at the CAM Awards 2014, after being nominated by many of her patients.



Looking after your own mental well being

To coincide with International Women's Day this March, Surrey and Borders Partnership NHS Foundation Trust is urging women to pay more attention to their mental well-being.

Successful business women often juggle a number of roles such as running a household and caring for children or elderly parents, or perhaps even both, as well as holding down a job. Their time poor lifestyles can mean that are particularly at risk of neglecting their own health.

While there are no significant differences between the numbers of men and women who experience a mental health problem overall, some problems, for example, depression are more common in women. One in four women compared to one in 10 men will require treatment for depression at some time in their lives.

Surrey and Borders, a leading provider of mental health, drug and alcohol and learning disability services, offers a number of therapies to help people who are suffering from mild to moderate mental ill-health through its improving access to psychological therapies (IAPT) service.

Mental health problems covered include: anxiety and stress, panic attacks, depression including pre and post natal depression, obsessive compulsive disorder and eating difficulties.

Many of the treatments IAPT offers are based on talking therapies, known as cognitive behaviour therapy (CBT). These can help a person to change their thinking and behaviour to improve their mental well-being.

You can find out more about mental health and what we offer by becoming a member of Surrey and Borders Partnership. Membership is free and anyone over the age of 14 can join. You will receive the quarterly newsletter and be able to attend, for free, any of our informative and educational events which cover a range of mental health and learning disability topics.

For more information, please contact the membership team on 01372 216158 or email them at engage@sabp.nhs.uk



Osteopathy is more widely known to help with conditions such as bad backs and joint pain, however, the testimonial that clinched it for Karen was that of a fifteen year old patient, born prematurely and a lifelong sufferer with an undiagnosed bowel condition, from which she suffered terrible constipation and experienced no 'urge or sensation' of when to go to the toilet.

By the age of three she endured incredible pain every day and was having to undergo general anaesthetic to manually evacuate her

bowels for her, every two weeks. Eventually, after in excess of 90 in-patient stays and 47 anaesthetics, it was decided that a colostomy bag would be fitted, at the age of six.

This was fitted for seven years and it was eventually reversed at the age of thirteen, but within weeks things started to go back to the way they were. She was in constant pain, with no medication being able to successfully manage her bowel movements.

She would shut herself away in the toilet, for hours at a time, after taking multiple doses of strong laxatives to help her relieve her constipated bowels and then just had to sit and wait.

Karen heard of her case and offered to try and help. Within two sessions the patient began to improve and by five sessions was feeling the urge to move her bowels.

Now experiencing regular bowel movements and after nearly 15 years of top doctors from Guys to Great Ormond Street drawing a blank, she lives the life of a normal teenager.

Her mother wrote "it is nothing short of a miracle, what Karen has achieved!"

Get more information about osteopathy at www.balance-rite.co.uk