

# Woodview Medical Practice

## Autumn Newsletter 2017



Welcome to the Newsletter for the patients of Woodview Medical Practice. If you have anything you would like to contribute please contact the Practice Manager April Futter.

### PREVENTING FLU

#### **THE FLU VACCINE AVAILABLE NOW AT YOUR GP SURGERY**

The annual flu vaccine can help reduce your risk of getting flu each year, although it's not 100% effective because it doesn't work against every possible type of flu virus.

A flu vaccine is available for free on the NHS for:

- anyone aged 65 and over
- pregnant women
- anyone who is very overweight (with a body mass index over 40)
- children and adults with an underlying health condition (particularly long-term heart or lung disease)
- children and adults with weakened immune systems



Adults over 18 and children aged six months to less than two years in these groups are given an annual injection, while children aged two to 17 are given an annual nasal spray. The annual nasal spray is also given to children aged two, three and four years old, and to children in school years one, two and three.

**The best time to have the vaccine is in the autumn, between September and early November. You should have the flu vaccination every year so you stay protected. The viruses that cause flu change every year, so this winter's flu will be different from last winter's. Ask at the GP Surgery to see if you are eligible and make an appointment.**

Flu is a common infectious viral illness spread by coughs and sneezes. It can be very unpleasant, but you'll usually begin to feel better within about a week. You can catch flu – short for influenza – all year round, but it's especially common in winter, which is why it's also known as "seasonal flu".

It's not the same as the common cold. Flu is caused by a different group of viruses and the symptoms tend to start more suddenly, be more severe and last longer.

Some of the main symptoms of flu include:

- a high temperature (fever) of 38C (100.4F) or above
- tiredness and weakness
- a headache
- general aches and pains
- a dry, chesty cough



Cold-like symptoms – such as a blocked or runny nose, sneezing, and a sore throat – can also be caused by flu, but they tend to be less severe than the other symptoms you have. Flu can make you feel so exhausted and unwell that you have to stay in bed and rest until you feel better.

### **Pneumococcal vaccine**

The pneumococcal vaccine protects against serious and potentially fatal pneumococcal infections. It's also known as the "pneumo jab" or pneumonia vaccine.

Pneumococcal infections are caused by the bacterium *Streptococcus pneumoniae* and can lead to pneumonia, septicaemia (a kind of blood poisoning) and meningitis. At their worst, they can cause permanent brain damage, or even kill.

A pneumococcal infection can affect anyone. However, some people are at higher risk of serious illness and can be given the pneumococcal vaccination on the NHS. These include:

- babies
- adults aged 65 or over
- children and adults with certain long-term health conditions, such as a serious heart or kidney condition



**STOP TOBER IS BACK**

**THIS YEAR'S 28 DAY STOP SMOKING CHALLENGE IS BIGGER THAN EVER.**

Get involved. Search Stoptober for help and support to quit smoking.

**BECAUSE THERE'S ONLY ONE YOU**

## Smoking -Why quit?

If you smoke, quitting is one of the best things you'll ever do for your health. As soon as you stop smoking you'll see the benefits to your everyday life, health and wallet. And your family will thank you for it, too.



### Be the healthiest you

You'll be surprised at how quickly you see the benefits once you stub out that last cigarette. Your breathing and general fitness will improve, your skin will look better and your sense of taste will return.



### For your family

Your family mean the world to you and secondhand smoke is harmful to them, especially children. The best way to protect your loved ones is to quit smoking. This will reduce their risk of asthma attacks, ear infections and cancers.



### Save money now

Quitting smoking is not only good for your health, it's really good for your wallet. Smoking is expensive and it all adds up. On average, most people who quit save around £250 each month. What else could you spend that money on?

**We can help get you started ask to make an appointment with our Stop Smoking Advisor Cheryl Lightfoot.**

## Using the Most Appropriate Service for you this Winter

Most normally healthy people with a winter illness do not need to see their GP or attend A&E and absolutely do not need to call 999

DDES CCG want to encourage you to consider other options when you are ill and its not an emergency, such as taking care of yourself at home, phoning NHS111, visiting a local pharmacist for advice if you are unsure about symptoms, or making an appointment at your GP Practice where the most appropriate professional to meet your health need will see you



When it's less urgent than 999

For further information on articles in the newsletter visit our website at

[www.woodviewmedicalpractice.co.uk](http://www.woodviewmedicalpractice.co.uk) or telephone 01388

718202

Available in large print – ask at Reception



**FLU SAFE GET THE JOB!**

**Are you flu safe? Get the job!**

To book your jab, contact your GP today