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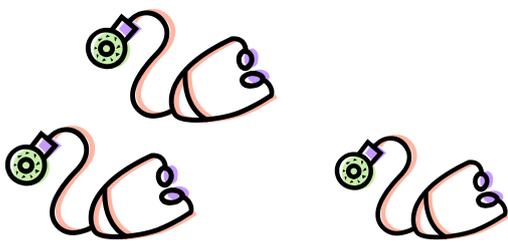
In May 2018 the PPG will be holding a Health Awareness Event on Alzheimers and Dementia. The date will be confirmed in the next newsletter so look out for more information in the surgeries and newsletter.

MANOR PRACTICE

NEWSLETTER

AUTUMN 2017





MANOR PRACTICE NEWSLETTER

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Page 2: Surgery Information

Page 3: FLU VACCINE

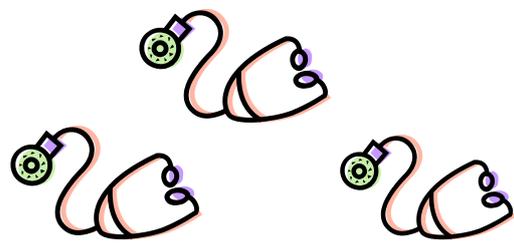
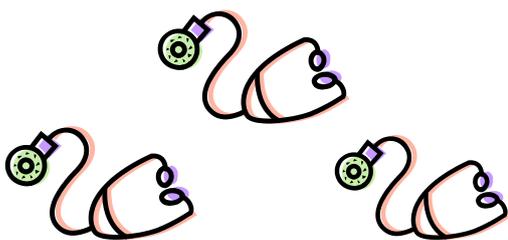
Page 5: PPG INVITE
TO COFFEE MORNING

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At JAMES PRESTON &
ASHFURLONG



Dear Patients of
Manor Practice

The year is passing so quickly and it is time to think about how we can prepare for and deal with winter ailments. Hope you find the item on it of use.

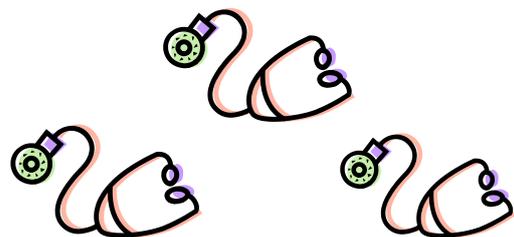
Surgery news

Dr Isobel King will be returning in January 2018 following her maternity leave to cover Monday, Wednesday and Friday surgeries and Dr Mira Pattni returned to work on 10th July. Trainee FY2 GP Dr Thomas Pearson-Jones joined us on 2nd August.

Patient Participation Group Coffee Morning

We are holding a PPG Coffee Morning on Saturday 23rd September 9a.m.-12. Please do have a look at the invite on Page 5 You are welcome to join us and discuss the work we do as volunteers. A Flu Clinic will be available that morning - for the full list of the clinics see Page 11.

Have a great Autumn





THE DOCTORS

Dr Nigel Speak
 Dr Mark Forshaw
 Dr Judith Rimmer
 Dr Caroline Wall
 Dr Nim Cave
 Dr Mira Pattni (Maternity leave)
 Dr Isobel King
 Dr Fraser Hewett
 Dr Guan Chan
 Dr Ana Dasgupta (Maternity locum)
 Dr Konrad Chmiel (ST3) Dr Matthew Kain (FY2)

DID YOU KNOW



The Doctors and Nurses are happy to give telephone advice in order to give you a better and efficient response to your need.

This could be to follow up a consultation or for a new problem

If you leave your contact number at reception, with some details of your enquiry, the doctor or nurse will call you back at an appropriate time



TEST RESULTS

Patients may obtain test result information by phoning the surgery during weekdays between the hours of 11am and 4pm

James Preston: 0121 355 5473

Ashfurlong: 0121 323 2121



MINOR ILLNESS CLINIC

Manor Practice has a Nurse Practitioner who will see Patients in our minor illness clinic

The Nurse can prescribe treatment for an extensive range of minor ailments, for example all infections, acute asthma, rashes and contraception



MAKE A NOTE

GP surgery hours 8:00am to 6:30pm

Mon-Fri,

Ashfurlong only - Mon - 6:30-8:15p.m. & Saturday 8-12p.m.

GP appointments within 48 hours, nurse appointments within 48 hours

GP out of hours - between 6:30pm and 8:00am
 NHS 111 - non emergency service 24 hours
 advice or www.nhs.uk



APPOINTMENTS

You can now book appointments on the internet. If you wish to use this service you simply need to obtain a registration letter from reception and follow the simple instructions.

Appointments can be booked
 Mon-Fri 8-12:30p.m. & 1:30-6:00p.m.



INTERNET

PRESCRIPTIONS

You can order prescriptions On- line. After accessing the website, click on online services and register yourself for a password. When authorised please follow instructions

FLU VACCINE

Who should have the flu jab?



Flu is an unpredictable virus that can cause mild or unpleasant illness in most people. It can cause severe illness and even death among vulnerable groups including older people, pregnant women and people with an underlying health condition.

Certain people are more likely to develop potentially serious complications of flu, such as bronchitis and pneumonia. These people are advised to have a flu jab each year.

For otherwise healthy people, flu can be very unpleasant. Most people will recover from flu within a week or two.

People who should have a flu jab

The injected flu vaccine is offered free of charge on the NHS to people who are at risk. This is to ensure they are protected against catching flu and developing serious complications.

You are eligible to receive a free flu jab if you:

- are 65 years of age or over
- are pregnant
- have certain medical conditions
- are living in a long-stay residential care home or other long-stay care facility
- receive a carer's allowance, or you are the main carer for an elderly or disabled person whose welfare may be at risk if you fall ill

Front-line health and social care workers are also eligible to receive the flu vaccine. It is your employer's responsibility to arrange and pay for this vaccine.

65s and over and the flu jab

You are eligible for the flu vaccine this year (2017-18) if you are aged 65 and over on March 31 2018 - that is, you were born on or before March 31 1953. So, if you are currently 64 but will be 65 on March 31 2018, you do qualify.

Pregnant women and the flu jab

If you're pregnant, you're advised to have the injectable flu vaccine, regardless of the stage of pregnancy you've reached. That's because there's strong evidence to suggest pregnant women have an increased risk of developing complications if they get flu.

If you're pregnant, you will benefit from the flu vaccine because:

- it reduces your chance of getting serious complications of flu, such as pneumonia, particularly in the later stages of pregnancy
- it reduces your risk of having a miscarriage, or your baby being born prematurely or with a low birth weight because of the flu
- it will help protect your baby as they will continue to have some immunity to flu for the first few months of their life

It's safe to have the flu vaccine at any stage of pregnancy from conception onwards. Talk to your GP, midwife or pharmacist if you want more information. Read more about the flu jab in pregnancy.

Flu jab for people with medical conditions

The injected flu vaccine is offered free of charge on the NHS to anyone with a serious long-term health condition, including:

- chronic (long-term) respiratory diseases, such as asthma (which requires an inhaled or tablet steroid treatment, or has led to hospital admission in the past), chronic

obstructive pulmonary disease (COPD), emphysema or bronchitis

- chronic heart disease, such as heart failure
- chronic kidney disease
- chronic liver disease, such as hepatitis
- chronic neurological conditions, such as Parkinson's disease, motor neurone disease or multiple sclerosis (MS)
- diabetes
- problems with your spleen - for example, sickle cell disease or if you have had your spleen removed
- a weakened immune system as the result of conditions such as HIV and AIDS, or medication such as steroid tablets or chemotherapy
- being seriously overweight (BMI of 40 or above)

This list of conditions isn't definitive. It's always an issue of clinical judgement. Your GP can assess you to take into account the risk of flu making any underlying illness you may have worse, as well as your risk of serious illness from flu itself.

The vaccine should always be offered in such cases, even if you are not technically in one of the risk groups above.

If you live with someone who has a weakened immune system, you may also be advised to have a flu vaccine. Speak to your GP or pharmacist about this.

Flu vaccine for children

The flu vaccine is free on the NHS for:

- children over the age of six months with a long-term health condition
- children aged two and three on 31 August 2017 - that is, born between 1 September 2013 and 31 August 2015
- children in reception class and school years one, two, three and four

Children aged between six months and two years of age who are eligible for the flu vaccine should have the flu jab.

Children eligible for the flu vaccine aged between two and 17 will usually have the flu vaccine nasal spray.

Flu jab for health and social care workers

Outbreaks of flu can occur in health and social care settings, and, because flu is so contagious, staff, patients and residents are all at risk of infection.

If you're a front-line health and social care worker, you are eligible for an NHS flu jab to protect yourself, your colleagues and other members of the community.

It is your employer's responsibility to arrange vaccination for you. So, if you are an NHS-employed front-line healthcare worker, the NHS will pay for your vaccination. If you are a social care worker, your employer should pay for vaccination.

In the case of health and social care workers employed by private companies, those companies will arrange and pay for the vaccinations.

Flu jab for carers

If you are the main carer for someone who is elderly or disabled, speak to your GP or pharmacist about having a flu jab along with the person you care for.

NHS





MANOR PRACTICE PATIENT PARTICIPATION GROUP

ARE HOLDING

A COFFEE MORNING

ON

SATURDAY 23RD SEPTEMBER 2017 9a.m. -12

AT

ASHFURLONG MEDICAL CENTRE

TAMWORTH ROAD

You may or may not be aware that Manor Practice has a PPG that is a voice for their patients.

The committee includes a virtual group online for those members unable to attend meetings.

The following are just a few of the initiatives we have been involved in over the last 6 years -

- Instigated and held 5 very successful Health Awareness Open Days
- We were involved in the design of the new website
- Been involved in Patient Surveys and the questions it should include.
- Attended clinics to promote and hold surveys
- We have representatives attending meetings that are relevant to the practice/PPG

BUT WE NEED MORE PATIENTS TO PARTICIPATE - AND A DIVERSE RANGE OF AGES

**If you would like to join the committee, we meet for 2 hours every
6-8 weeks - details are online.**

www.manorpracticeashfurlong.co.uk

**We appreciate patients have very busy lives and therefore if you feel you could help more by joining the
Virtual Member Group then do so by going to our website - Your opinion counts
Come along and have a chat with us on September 23rd to find out more**

**THERE IS ALSO A FLU CLINIC BEING HELD- WHY NOT POP IN AND SEE US AFTER YOU HAVE BEEN
TO FIND OUT ABOUT THE WORK WE DO**



10 WINTER ILLNESSS



Some health problems, such as asthma, sore throat and cold sores, are triggered or worsened by cold weather. Here's how to help your body deal with cold weather ailments.

Colds



You can help prevent colds by washing your hands regularly. This destroys bugs that you may have picked up from touching surfaces used by other people, such as light switches and door handles.



It's also important to keep the house and any household items such as cups, glasses and towels clean, especially if someone in your house is ill.

Top tip: If you get a cold, use disposable tissues instead of cloth handkerchiefs to avoid constantly re-infecting your own hands.



Sore throat



Sore throats are common in winter and are almost always caused by viral infections. There's some evidence that changes in temperature, such as going from a warm, centrally heated room to the icy outdoors, can also affect the throat.

Top tip: One quick and easy remedy for a sore throat is to gargle with warm salty water. It won't heal the infection, but it has anti-inflammatory properties and can have a soothing effect. Dissolve one teaspoon of salt in a glass of part-cooled boiled water.

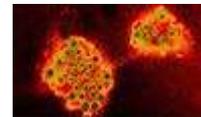
Asthma



Cold air is a major trigger of asthma symptoms such as wheezing and shortness of breath. People with asthma should be especially careful in winter.

Top tip: Stay indoors on very cold, windy days. If you do go out, wear a scarf over your nose and mouth. Be extra vigilant about taking your regular medications, and keep rescue inhalers close by and in a warm place.

Norovirus



Also known as the winter vomiting bug, norovirus is an extremely infectious stomach bug. It can strike all year round, but is more common in winter and in places such as hotels and schools. The illness is unpleasant, but it's usually over within a couple of days.

Top tip: When people are ill with vomiting and diarrhoea, it's important to drink plenty of fluids to prevent dehydration. Young children and the elderly are especially at risk. By drinking oral rehydration fluids (available from pharmacies), you can reduce the risk of dehydration.



Painful joints



Many people with arthritis say their joints become more painful in winter, though it's not clear why this is the case. Only joint symptoms such as pain and stiffness are affected by the weather. There's no evidence that changes in the weather cause joint damage.

Top tip: Many people get a little depressed during the winter months, and this can make them perceive pain more acutely. Everything feels worse, including medical conditions. Daily exercise can boost a person's mental and physical state. Swimming is ideal as it's easy on the joints.



Cold sores



Most of us recognise that cold sores are a sign that we're run down or under stress. While there's no cure for cold sores, you can reduce the chances of getting one by looking after yourself through winter.

Top tip: Every day, do things that make you feel less stressed, such as having a hot bath, going for a walk in the park, or watching one of your favourite films.



Heart attacks



Heart attacks are more common in winter. This may be because cold snaps increase blood pressure and put more strain on the heart. Your heart also has to work harder to maintain body heat when it's cold.

Top tip: Stay warm in your home. Heat the main rooms you use to at least 18C and use a hot water bottle or electric blanket to keep warm in bed. Wrap up warm when you go out and wear a hat, scarf and gloves.



Cold hands



Raynaud's phenomenon is a common condition that makes your fingers and toes change colour and become very painful in cold weather. Fingers can go white, then blue, then red, and throb and tingle. It's a sign of poor circulation in the small blood vessels of the hands and feet. In severe cases, medication can help, but most people live with their symptoms.

Top tip: Don't smoke or drink caffeine (they can both worsen symptoms) and always wear warm gloves, socks and shoes when going out in cold weather.



Dry skin

Dry skin is a common condition and is often worse during the winter, when environmental humidity is low.

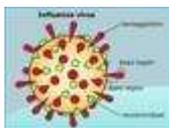
Moisturising is essential during winter. Contrary to popular belief, moisturising lotions and creams aren't absorbed by the skin. Instead, they act as a sealant to stop the skin's natural moisture evaporating away.

The best time to apply moisturiser is after a bath or shower while your skin is still moist, and again at bedtime.



Top tip: Have warm, rather than hot, showers. Water that is too hot makes skin feel more dry and itchy. Hot water will also make your hair look dull and dry.

Flu



Flu is a major killer of vulnerable people. People aged 65 and over and people with long-term health conditions, including diabetes and kidney disease, are particularly at risk.

The best way to prevent getting flu is to have the flu jab (or flu nasal spray for children aged 2 to 18). The flu vaccine gives good protection against flu and lasts for one year.



Top tip: Find out if you're at risk of getting flu by asking your GP, or read our article on [who should have the flu jab](#). If you're in a high-risk group, see your GP to get the vaccination.

ARTHRITIS



Arthritis is a common condition that causes pain and inflammation in a joint. In the UK, around 10 million people have arthritis. It affects people of all ages, including children (see below).

Types of arthritis

The two most common types of arthritis are:

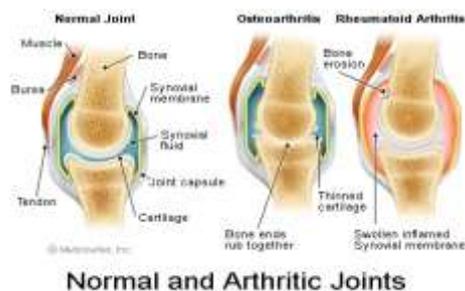
- osteoarthritis
- rheumatoid arthritis

Osteoarthritis

Osteoarthritis is the most common type of arthritis in the UK, affecting around 8 million people.

It most often develops in adults who are in their late 40s or older. It's also more common in women and people with a family history of the condition. However, it can occur at any age as a result of an injury or be associated with other joint-related conditions, such as gout or rheumatoid arthritis.

Osteoarthritis initially affects the smooth cartilage lining of the joint. This makes movement more difficult than usual, leading to pain and stiffness.



Once the cartilage lining starts to roughen and thin out, the tendons and ligaments have to work harder. This can cause swelling and the formation of bony spurs, called osteophytes.

Severe loss of cartilage can lead to bone rubbing on bone, altering the shape of the joint and forcing the bones out of their normal position.

The most commonly affected joints are those in the:

- hands
- spine
- knees
- hips



Rheumatoid arthritis

In the UK, rheumatoid arthritis affects more than 400,000 people. It often starts when a person is between 40 and 50 years old. Women are three times more likely to be affected than men.

Rheumatoid and osteoarthritis are two different conditions. Rheumatoid arthritis occurs when the body's immune system targets affected joints, which leads to pain and swelling.

The outer covering (synovium) of the joint is the first place affected. This can then spread across the joint, leading to further swelling and a change in the joint's shape. This may cause the bone and cartilage to break down.

People with rheumatoid arthritis can also develop problems with other tissues and organs in their body.

Other types of arthritis and related conditions

- **Ankylosing spondylitis** - a long-term inflammatory condition that mainly affects the bones, muscles and ligaments of the spine, leading to stiffness and joints fusing together. Other problems can include

the swelling of tendons, eyes and large joints.

- **Cervical spondylosis** - also known as degenerative osteoarthritis, cervical spondylitis affects the joints and bones in the neck, which can lead to pain and stiffness.
- **Fibromyalgia** - causes pain in the body's muscles, ligaments and tendons.
- **Lupus** - an autoimmune condition that can affect many different organs and the body's tissues.
- **Gout** - a type of arthritis caused by too much uric acid in the body. This can be left in joints (usually affecting the big toe) but can develop in any joint. It causes intense pain, redness and swelling.
- **Psoriatic arthritis** - an inflammatory joint condition that can affect people with psoriasis.
- **Enteropathic arthritis** - a form of chronic, inflammatory arthritis associated with inflammatory bowel disease (IBD), the two best-known types being ulcerative colitis and Crohn's disease. About one in five people with Crohn's or ulcerative colitis will develop enteropathic arthritis. The most common areas affected by inflammation are the peripheral (limb) joints and the spine.
- **Reactive arthritis** - this can cause inflammation of the joints, eyes and urethra (the tube that urine passes through). It develops shortly after an infection of the bowel, genital tract or, less frequently, after a throat infection.
- **Secondary arthritis** - a type of arthritis that can develop after a joint injury and sometimes occurs many years afterwards.
- **Polymyalgia rheumatica** - a condition that almost always affects people over 50 years of age, where the immune system causes muscle pain

and stiffness, usually across the shoulders and tops of the legs. It can also cause joint inflammation.

Symptoms of arthritis

The symptoms of arthritis you experience will vary depending on the type you have. This is why it's important to have an accurate diagnosis if you have:

- joint pain, tenderness and stiffness
- inflammation in and around the joints
- restricted movement of the joints
- warm, red skin over the affected joint
- weakness and muscle wasting

Arthritis and children



Arthritis is often associated with older people, but it can also affect children. In the UK, about 15,000 children and young people are affected by arthritis. Most types of childhood arthritis are known as juvenile idiopathic arthritis (JIA). JIA causes pain and inflammation in one or more joints for at least six weeks.

Although the exact cause of JIA is unknown, the symptoms often improve as a child gets older, meaning they can lead a normal life.

The main types of JIA are discussed below. Arthritis Research UK has more information about the different types of juvenile idiopathic arthritis.

Oligo-articular JIA

Oligo-articular JIA is the most common type of JIA. It affects fewer than five joints in the body - most commonly in the knees, ankles and wrists.

Oligo-articular JIA has good recovery rates and long-term effects are rare. However, there's a risk that children with the condition may develop eye problems, so regular eye tests with an ophthalmologist (eye care specialist) are recommended.

Polyarticular JIA (polyarthritis)

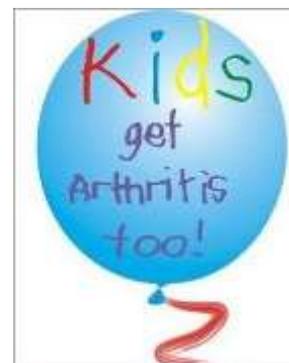
Polyarticular JIA, or polyarthritis, affects five or more joints. It can develop at any age during childhood. The symptoms of polyarticular JIA are similar to the symptoms of adult rheumatoid arthritis. The condition is often accompanied by a rash and a high temperature of 38C (100.4F) or above.

Systemic onset JIA

Systemic onset JIA begins with symptoms such as a fever, rash, lethargy (a lack of energy) and enlarged glands. Later on, joints can become swollen and inflamed. Like polyarticular JIA, systemic onset JIA can affect children of any age.

Enthesitis-related arthritis

Enthesitis-related arthritis is a type of juvenile arthritis that affects older boys or teenagers. It can cause pain in the soles of the feet and around the knee and hip joints, where the ligaments attach to the bone.



Treating arthritis

There's no cure for arthritis, but there are many treatments that can help slow down the condition.

For osteoarthritis, medications are often prescribed, including:

- painkillers
- non-steroidal anti-inflammatory drugs (NSAIDs)
- corticosteroids

In severe cases, the following surgical procedures may be recommended:

- arthroplasty (joint replacement)
- arthodesis (joint fusion)
- osteotomy (where a bone is cut and re-aligned)

Treatment for rheumatoid arthritis aims to slow down the condition's progress and minimise joint inflammation or swelling. This is to try and prevent damage to the joints.

Recommended treatments include:

- analgesics (painkillers)
- disease modifying anti-rheumatic drugs (DMARDs) - a combination of treatments is often recommended
- physiotherapy
- regular exercise



Further information and support

www.arthritiscare.org.uk/in-your-area

www.nras.org.uk - National Rheumatoid Arthritis Society: NRAS

www.arthritisaction.org.uk

www.nhs.uk/Service-Search/Arthritis

www.arthritisresearchuk.org

FLU CLINICS 2017

ASHFURLONG

23.09.17	9a.m. -12
.27.09.17	2.20-3.20 p.m.
210.17	1030-11.30a .m.
3.10.17	10.30-11.30 a.m.
4.10.17	2.20-3.20 p.m.
6.10.17	9.00-10.00 a.m.
9.10.17	2.30-4.30 & 3.50-4.50 p.m.
10.10.17	1.40-2.40 p.m.
11.10.17	2..20-3.20 p.m.
12.10.17	2.30-4.30 p.m.
13.10.17	10.30-1130 a.m.
16.10.17	10.30a.m.-12.00.
17.10.17	1.40-2.40 p.m.
18.10.17	2.20-3.20 p.m.
20.10.17	11.00a.m.-1200 .
23.10.17	2.30-4.30 & 3.50-4.50 p.m.
24.10.17	1.40-2.40 p.m.
25.10.17	2.20-3.20 p.m.
26.10.17	900-10.00a.m & 2.30-4.30p.m.
27.10.17	9.00-10.00 a.m.
30.10.17	3.50-4.50 p.m.

JAMES PRESTON

23.09.17	9a.m.-12
25.09.17	1.40-2.40 p.m.
2609.17	1 .40-2.40p..m
28.09.17	1130a.m.-1230
02.10.17	130-2.30 p.m.
03.10.17	3.30-4.30 p.m.
04.10.17	4.00-5.15 p.m.
05.10.17	9.00-10.00 a.m.
09.10.17	9.00-10.00a.m. & 2.30-4.30p.m.
10.10.17	3.30- 4.30 p.m.
11.10.17	4.15-5.15 p.m.
12.10.17	1030-1130a.m. & 2.30-4.30p.m.
16.10.17	1.30-2.30 p.m.
17.10.17	4.30-5.30 p.m.
18.10.17	3.00-4.00 p.m.
19.10.17	1130a.m.-1230
23.10.17	1.30-2.30 & 2.30-4.30p.m.
24.10.17	3.30-4.30 p.m.
25.10.17	3.00-4.00 p.m.
26.10.17	2.30-4.30 p.m.
30.10.17	1.30-2.30 p.m.

