



News from the surgery

VACCINATIONS:

Our website has been updated with full details of all vaccination schedules, including the new 'Rotavirus' oral vaccination for 2 & 3 month old babies – please see the website for further details: www.dorridgesurgery.co.uk

SHINGLES

Aged 70 (born 1/9/1942 – 2/9/1943) or 79 (born 2/9/1933 – 1/9/1934)?

Free Shingles vaccine available on the NHS for patients of this age only, from the 2/9/2013

Shingles is an infection of a nerve and the skin around it. It is caused by the herpes varicella-zoster virus, which also causes chickenpox. Shingles usually affects a specific area on either the left or right side of the body and does not cross over the midline of the body (an imaginary line running from between your eyes, down past the belly button). It causes a painful rash which develops into itchy blisters. Most people will feel unwell for several days before the rash appears. Your GP can diagnose shingles based on your symptoms and the appearance of the rash.

Treating shingles

There is no cure for shingles and it can be unpleasant. In most cases, the painful rash lasts 7 to

10 days and takes two to four weeks to fully heal. However, there are medicines available to treat the pain and some people may also be prescribed antiviral medication to help stop the virus multiplying.

Shingles can lead to complications, such as postherpetic neuralgia. This is where severe nerve pain lasts for more than three months after the rash has gone. It is estimated that postherpetic neuralgia affects at least 1 in 10 people with shingles.

It is more common in older people, and affects around a third of people over 80 who have shingles.

Shingles Vaccination:

This vaccine will be routinely offered on the NHS to older people from September 1st 2013. It will be given as a single injection for anyone aged 70 or 79 and, unlike some jabs, you won't need to be re-vaccinated every year.

If you wish to have the shingles vaccine and you are not eligible for the NHS vaccination programme, you will usually need to visit a private clinic. Private vaccination is likely to cost £150-200.



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Flu (also known as influenza) is a highly infectious illness caused by the flu virus. It spreads rapidly through small droplets coughed or sneezed into the air by an infected person. Studies have shown that flu vaccines provide effective protection against the flu, although protection may not be complete and may vary between people. Protection from the vaccine gradually decreases and flu strains change over time. Therefore, new vaccines are made each year and people at risk of flu are encouraged to be vaccinated every year.

Who should have the flu jab?

The flu vaccination is offered to people in at-risk groups. These people are at greater risk of developing serious complications if they catch flu, such as pregnant women and elderly people. For most people, flu is an unpleasant illness, but it's not serious. If you are otherwise healthy, you will usually recover from flu within a week. The best time to have a flu jab is in the autumn. However, certain people are more likely to develop potentially serious complications of flu, such as bronchitis and pneumonia. These conditions may require hospital treatment.

The flu vaccine is offered free to people who are at risk, to protect them from catching flu and developing serious complications and these people should have a flu jab each year.

If you are fit and healthy and under the age of 65, we are not able to offer you a vaccination, but if you wish, you can go to a pharmacy and pay for a vaccination privately. These cost around £12.

The injected flu vaccine is offered free of charge on the NHS to people who are at risk to ensure that 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 (see below)
- * 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
- * are a healthcare worker with direct patient contact or a social care worker (see below)

Speak to your GP about whether you should have the flu vaccine if you are the parent of a child who is over six months old and has a long-term condition. Your child's condition may get worse if they catch flu.

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 that 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 * reduces your risk of having a miscarriage or your baby being born prematurely or with a low birthweight, due to flu

* will help protect your baby because 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. The vaccine doesn't carry any risks for you or your baby. Talk to your GP or midwife if you are unsure about the vaccination.

Flu vaccine 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. That includes these types of illnesses: * chronic (long-term) respiratory disease, such as asthma, chronic obstructive pulmonary disease (COPD) 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 or motor neurone disease * diabetes * problems with your spleen – for example, sickle cell disease, or if you have had your spleen removed * a weakened immune system due to conditions such as HIV and AIDS, or as a result of medication such as steroid tablets or chemotherapy

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 about this.

Flu vaccine 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 frontline health and social care worker, you can protect yourself, your colleagues and other members of the community, by having the flu vaccine. If you care for someone who is elderly or disabled, speak to your GP about having a flu jab along with the person you care for has the flu jab.

Children and the flu vaccine:

The flu vaccine is available for some children, but as a nasal spray instead of an injection. From September 2013, the nasal spray flu vaccine will be offered each year to all two and three-year-olds. (date of birth 2/9/2009 – 1/9/2011)

It will also be offered to all children between the ages of

two and 16 who have a long term health condition that puts them at extra risk from flu. The injectable flu vaccine will be offered to children with a long term health condition aged between six months and two years of age.

You should not have the flu vaccine if you have ever had an allergic reaction to a flu vaccine or one of its ingredients. This happens very rarely.

If you have had a confirmed very serious (anaphylactic) reaction to egg, have an egg allergy with uncontrolled asthma or another type of allergy to egg, your GP may decide that you should be vaccinated with an egg-free vaccine and depending on the severity of your egg allergy, your GP may decide to refer you to a specialist for vaccination in hospital.

If you are ill with a fever, do not have your flu jab until you have recovered.

(This information has been adapted from the NHS Choices website as of Aug 2013)

When can I have my flu vaccination?

Saturday clinics are running on the 12th & 26th October & 16th November this year. They will start at 8am, running until 11am. There is NO NEED TO BOOK, just show up, give the receptionist your name, & visit one of the GPs for your jab.

Please keep your eye out on our website, television screens & in the windows of the surgery for more information.

Check your cold & flu symptoms with an app! Sanofi Pasteur have produced a useful phone app (for Apple ipad/phone only) – it is free to download from iTunes. Search for 'flu vs cold'.FLU

APPOINTMENT ATTENDANCE

A BIG THANK YOU from the surgery to all of those patients who attend their appointments! On average in July & August, 97% of our patients attended their GP and/or Nurse appointments. The 3% of 'Did Not Attends' equate to an average of 115 missed appointments per month, or around 22 hours of wasted/unused appointments.

If you give reception your mobile telephone number we can ensure you get a text message reminder 48 hours before your appointment, to help remind you when you are booked in.

If, for any reason, you cannot make an appointment we would appreciate you telling us as soon as you are able to. If you sign up to our online service you can cancel GP and nurse appointments instead of making a phone call - & this works outside of surgery opening hours as well – See reception for more details.

AVENUE
3
ROAD



**DORRIDGE SURGERY
PATIENTS PARTICIPATION GROUP**

NOTICE OF ANNUAL GENERAL MEETING

**The Annual General Meeting will take place at
The Surgery – 3 Avenue Road
on Monday 4th October at 7pm**

This is an open meeting and all patients are welcome,
it is your link with the Surgery.
Please come along and have your say.

*Any patients wishing to join the PPG Committee please
contact the Practice Manager at the Surgery*

AU REVOIR!

With sadness and joy, we have to say goodbye, for a while, to your two youngest members. We will miss them, but it is with happiness that we wish them well in their future education.

To quote Maz "I joined the PPG in the autumn of 2011, and have thoroughly enjoyed every meeting and event. It has allowed me to meet a group of new people who are all so kind and welcoming. Being a part of the group has also allowed me to give back to the community by contributing in ways such as helping on a stall for Dorridge Day and being a volunteer on a First Aid course set up by the PPG.

I feel the experience had been invaluable in helping me to fulfil my aim of becoming a doctor, as it has allowed me to see how Dorridge Surgery is supported by the PPG, and allowed me to contribute ideas and gain an insight into the working of the surgery. I've now finished my time at the PPG as I will be leaving to study medicine at the University of York in September, after having studied A levels at Arden Sixth Form, but feel I have gained a lot from the PPG and will really miss being a part of it!"

Good luck to both of you.

Any young budding students who plan to enter the medical profession would be welcome on the PPG. Interested? Then contact the Practice Manager at the Surgery.

