



*Flu Season is
Coming - are
you prepared?*



*Movember -
changing the face
of Men's Health*

LINDUM
MEDICAL
PRACTICE
01522 569033

Lindum News

Autumn 2016

Produced by Lindum Medical Practice for its patients and staff

thelindumpractice.co.uk



**KEEP
CALM
IT'S ONLY
AUTUMN**

Inside this Issue

Flu Season

..... Page 2

Pretty Muddy

..... Page 3

Missed Appointments

..... Page 3

Movember

..... Page 6

Chickenpox

..... Page 8

Conjunctivitis

..... Page 10

Pumpkin Soup

..... Page 11

Welcome to the Autumn edition of Lindum Medical Practice Newsletter. As the nights draw in and the days turn colder here at Lindum we have been busy preparing for this years 'flu season' and have a full article on the flu vaccination programme along with clinic dates here at the surgery.

Autumn marks many transitions – the weather cools, the leaves change colour, we move our clocks back one hour (Saturday 29th October) and we crave comforting warm meals. The season also has healthy transitions and here are 8 ways to boost health and 'well-ness' in Autumn;

1. As the clocks go back and the nights draw in losing extra daylight can make a huge difference. Getting 10 to 15 minutes of sunlight per day is adequate to replenish the body's vitamin D stores (the sunshine vitamin) so try to get outside and feel the sun on your skin.
2. New school year – even if you aren't a student set yourself a new challenge – be it exercise goals, career goals or even a personal challenge.
3. Now the air is cooler outdoors is perfect for exercise, take the kids for a walk in the woods collecting conkers, or go for a run or cycle ride without the risk of heat stroke or sunburn.
4. Enjoy the Harvest – apples and pumpkins are superfoods rich in beta-carotene and vitamin A which will help to get your body ready for the winter months.
5. Get more sleep – the nights are cooler but not too cold, perfect temperature for snuggling under the duvet.
6. Take a walk – surveys have linked walking in fresh air and countryside with improved memory function.
7. Autumn is also the time of years' scientists believe the hormone oxytocin is at its highest – this 'love' hormone is perfectly timed as cool dark night draw in to snuggle or hug on a cosy sofa.

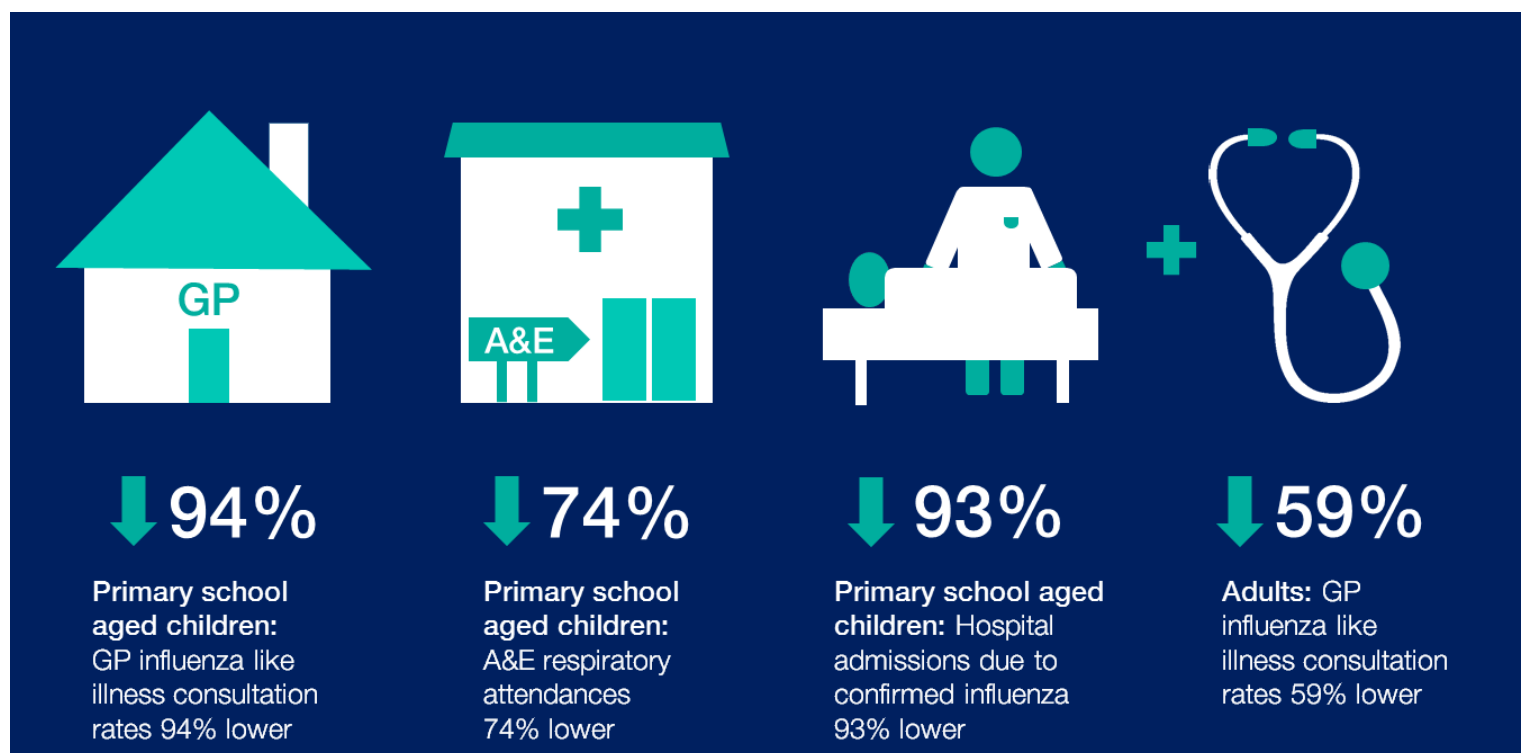


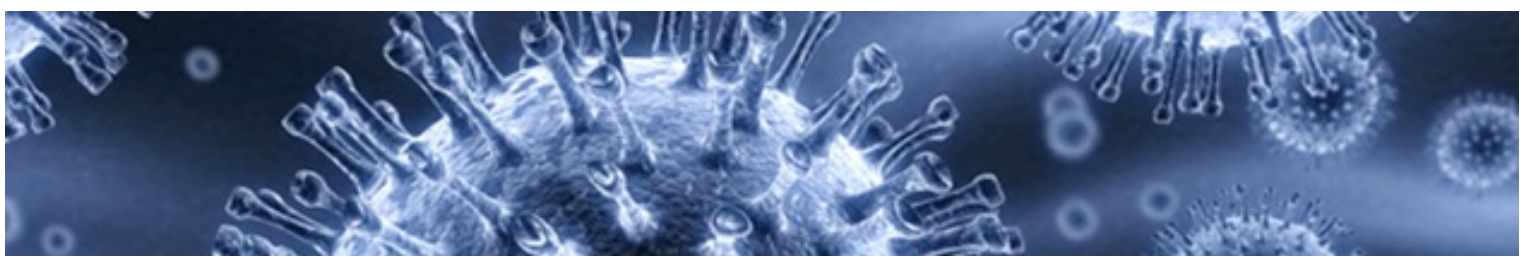
Flu is of course an unpleasant experience for anybody, but to those who are ‘at risk’ flu can be a major health concern. ‘At risk’ means anyone over 65 (yes you might still feel 25 inside, but unfortunately your immune system is 65 years old), or anyone with asthma, diabetes, a serious heart problem, chest or kidney condition, or lowered immunity due to disease or treatment such as steroid treatment or cancer treatment, or pregnancy (when immunity is lowered to avoid ‘rejection’ of the unborn child). Anyone in this group is more susceptible to flu, and the virus is more likely to lead to an even more serious illness such as pneumonia or bronchitis and in some cases and lead to hospitalisation. The flu vaccine protects against seasonal and pandemic flu, and is safe in pregnancy and breast-feeding, but should not be given to anyone with a severe allergy to eggs or a documented allergic reaction to the flu vaccine.

Flu is a virus caused by the influenza virus, and there are many different strains. Symptoms include a high temperature (fever), muscle aches, cough, headache and extreme tiredness – very much like a

simple cold, but more severe, often incapacitating a normally healthy individual to bed for a few days. Swine flu causes much the same symptoms but is likely to cause nausea and diarrhoea as well. Most people fully recover, but the viral infection makes the sufferer more prone to secondary bacterial infections such as pneumonia. Antibiotics do not kill viruses so are useless against flu itself, but if you develop a secondary bacterial chest infection they may be used. Green sputum does not necessarily mean you have developed a secondary bacterial infection – symptoms to look out for include a recurrence of the high temperature, worsening of the cough (which in flu can persist for a couple of weeks or so), shortness of breath, and increase in your rate of breathing, or chest pain.

If you are in an ‘at risk’ group and develop symptoms of flu, then anti-viral medications, such as Tamiflu, may be advised, but these need to be taken within 48 hours of onset to have any beneficial effect. Tamiflu can cause temporary nausea, vomiting, diarrhoea, abdominal pain and headache.





Flu reappears every winter, usually over a short period of a few weeks, so a lot of people get ill around the same time. Flu epidemics result in widespread illness and disruption to health and other services. The flu virus moves quickly spreading from person to person – the average sneeze travels at 80 mph and can cover distances of up to 30 feet. The Government's advice slogan – 'Catch It, Bin It, Kill It' is worth remembering. Covering your nose and mouth when coughing and sneezing, preferably with a disposable tissue, will contain the virus. Tissues should be disposed of promptly and carefully, and hands should be washed frequently to prevent the spread of the virus from hands to face and then on to other people. Hard surfaces such as door handles should be cleaned frequently using normal cleaning products.



The flu jab is currently the only way to protect yourself from seasonal and pandemic flu. If you are 'at risk' you are entitled to a free flu vaccine at your GP surgery. You can also claim a free flu jab if you are a carer for elderly people. Because the flu virus changes every year a different vaccine is produced every year based on the flu viruses expected to be circulating. To stay covered you need to have an up to date flu vaccine every year.

Unfortunately the flu vaccine last year had a lower than expected effectiveness due to a mutation of viral strains, but this is unusual. The same effectiveness was seen in the USA and Canada.

After receiving the vaccine it takes about a week to ten days for your body to start making antibodies to the flu virus. The vaccine protects you against flu and not other viruses that appear every winter, but because flu is more serious it makes sense to have the jab.

The flu vaccine does not contain any live virus, so it CANNOT cause flu – the mild symptoms that may occur are a sign that your body is priming itself ready to fight the flu virus! National uptake of the flu virus was slightly down last year compared to 2014/15, but there is still room for improvement. In the over 65 year old age group 71% were vaccinated (down from 72.7%), in the 'at risk' under 65 group uptake declined from 50% to 45%, and in healthy pregnant women uptake declined from 44% to 42%. Nationally there was lower uptake by health workers, down from 55% to 51%.

Like last year the nasal spray flu vaccine will be offered to all children who are aged 2,3 or 4 years on 1st September 2016. The nasal flu spray is also available for children who are in the 'at risk' categories. The flu vaccine for children is given usually as a single dose of nasal spray squirted up each nostril, some children may need a second dose. Not only is the nasal flu spray needle free (big advantage for children) it has fewer side effects too, so is quick, painless and effective.

We will be repeating the Saturday morning flu clinics which have been a success in the past and will hopefully mean the car park can cope. Dates for flu clinics this year are Saturday 24th September, Saturday 15th October and Saturday 29th October. If you are or know someone who is housebound please let us know so we can add them to our home visit list.

www.nhs.uk/Livewell/winterhealth/Pages/Fluandthefluvaccine.aspx
www.gov.uk/government/statistics/annual-flu-reports



Pretty Muddy® isn't like any other fundraising event. It is a muddy obstacle course over 5k that women can climb over, crawl under, and charge through to show cancer that hell hath no fury like a woman in pink.

A team from Lindum Medical Practice will be taking part in the 'Pretty Muddy' at Lincolnshire Showground on Saturday 1st October. They are planning to get thoroughly muddy and raise money for Cancer Research UK the team have been training – photos to follow!

Wish them luck, Pretty Muddy Team 'The Fallen Angels;

Marlene Jackson, Kate Taylor, Jackie Wilmer, Lindsay Cussons, Gemma Merryweather, Kate Backhouse, Jayne Binks, Sarah Rudkin, Julie Ruijsenaars, Rhian Bolan, Charlotte Ellicker, Stacey Walker.

Missed Appointments keeps everyone waiting...

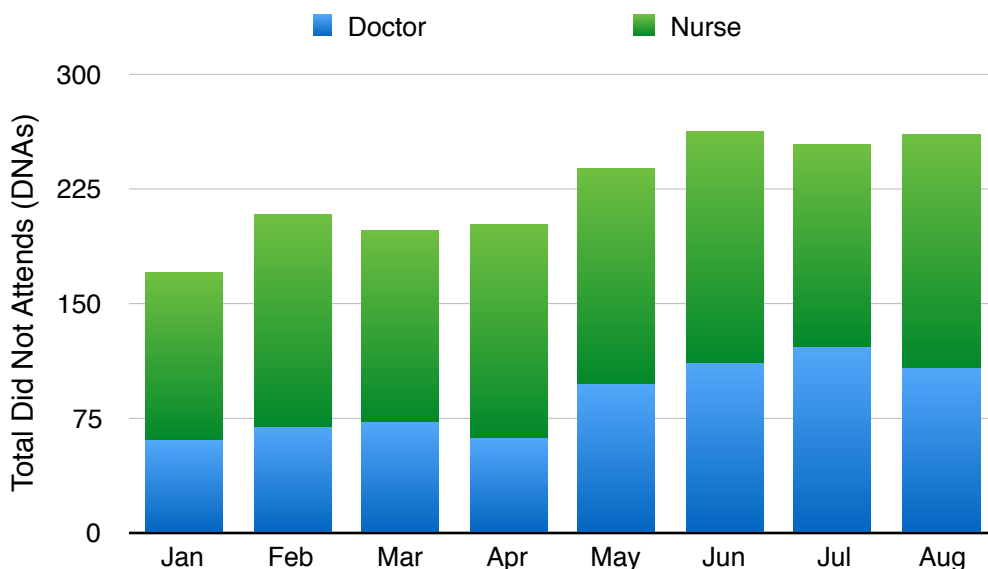
The NHS is the largest healthcare system of its kind in the world employing 1.4 million people and providing care for more than 660,000 people every day. The NHS was born from the idea that good healthcare should be available to everyone, regardless of wealth. While this is being achieved at present, there are challenges faced by healthcare bosses looking to continue providing the best possible care for patients. One of those challenges comes in the form of DNAs – or 'Did Not Attends'. According to official NHS figures, Brits miss close to 19 million appointments every year – roughly 12 million at GP practices and a further 6.9 million at hospitals. While one absence may not seem like a big deal to the busy individual, the consequences are serious.

Appointments are booked to certain times for a reason, and while some appointments will inevitably over run, the second someone doesn't turn up when they're supposed to, the challenge of keeping everything running smoothly becomes even more significant. Not only does it cause stress and frustration for those involved, it impacts other patients' appointments too. It's hard to quantify the issue on inconvenience alone, but the financial ramifications are simply too big to ignore. Obviously appointments will differ from one to another, but some DNAs can cost the NHS as much as £110. When everything is put together, the problem's price tag is a staggering £162 million a year! Not only is this a huge sum, it is tax payers money that

could be spent in other areas of the NHS.

Here at the Lindum Medical Practice we recognise DNA's are a particular problem and these are appointments with both the Doctors and nurses. Just take a look at the following statistics for recent months at The Lindum, and imagine if these appointments had been cancelled in advance how many extra appointments would have been available.

We understand how frustrating it can be to book an appointment sometimes, and in the UK at this moment the average waiting time to see a GP is 14 days. It is equally frustrating for the Dr or nurse if 3 people have failed to turn up for your morning clinic and you know there are people trying to get appointments that can't be seen. Please help us to help you by only booking appointments that you need and by cancelling in advance if the appointment is no longer needed or can't be kept.





UNFORTUNATELY, NO AMOUNT OF ANTIBIOTICS WILL GET RID OF YOUR COLD.

The best way to treat most colds, coughs or sore throats is plenty go fluids and rest. For more advice talk to your pharmacist, nurse or doctor.



MOVE IN MOVEMBER

The Movember Foundation is a global charity committed to men living happier, healthier, longer lives. Since 2003, millions have joined the men's health movement, raising £443 million and funding over 1,000 projects focusing on prostate cancer, testicular cancer, and suicide prevention.

The Cause

The Movember Foundation believe in taking action.

They have creating positive change for men's health by raising awareness and educating men year-round, and through our take-over of the month formerly known as November.

Check in regularly with friends and family

It's all too easy to prioritise other aspects of your life but make sure you put effort into staying connected with friends – for your own benefit but also theirs too.

Talk about the big stuff in life

The break up of a relationship, loss of a job, financial trouble or becoming a father are big moments in a man's life that happen to many men. It's important to recognise the impact of these and know it's ok to talk about how you're coping with the change.

If you notice something, do something

You know your body better than anyone. If you notice something isn't feeling right, don't put it off and hope that it goes away, go to the doctor and get it checked out. Early detection is the most important factor in treating the big issues.

MOVE in Movember

The best thing you can do for your health is to stay active. How you MOVE is up to you. Whether it's a work out one day, a quick jog at lunchtime the next, an hour at the ping-pong table, or an epic bike ride, no MOVE is too big or small.

Knowledge is Power

Family history is one of the most powerful tools to understanding your health. Family history affects your level of risk for cancer, diabetes, heart disease and stroke, among other illnesses. It all starts with a conversation; talk to your family and take note of illnesses that a direct relative has experienced. Be sure to learn about relatives that are deceased as well.

Moustaches In Movember

For 30 days your moustache turns you into a walking, talking billboard for men's health.

Grow your Mo - for more information visit <https://uk.movember.com/get-involved/moustaches>

Prostate Cancer

The prostate is a gland located immediately below the bladder, in front of the bowels. It produces fluid that protects and enriches sperm.

Prostate cancer occurs when some of the cells in the prostate reproduce far more rapidly than normal, resulting in a tumour. If left untreated, prostate cancer cells may eventually spread from the prostate and invade distant parts of the body, particularly the lymph nodes and bones, producing secondary tumours in a process known as metastasis.

One of the most worrying aspects of the disease is that most prostate cancers develop without men experiencing any symptoms in the early stages.

Not everyone experiences symptoms of prostate cancer. Many times, signs of prostate cancer are first detected by a doctor during a routine check-up.

Some men, however, will experience changes in urinary or sexual function that might indicate the presence of prostate cancer. These symptoms include:

- A need to urinate frequently, especially at night
- Difficulty starting urination or holding back urine
- Weak or interrupted flow of urine
- Painful or burning urination
- Difficulty in having an erection
- Painful ejaculation
- Blood in urine or semen
- Frequent pain/stiffness in lower back, hips, or upper thighs

Testicular Cancer

The testicles are part of the male reproductive system and are responsible for the production of male hormones (mostly testosterone) and sperm. Testicular cancer starts as an abnormal growth or tumour that develops in one or both testicles. There are several types of testicular cancer, but the most common is the germ cell tumour.

The rate of men diagnosed with testicular cancer has doubled in the last 50 years. Early detection and knowing the risks is key.

- Young men between the age of 15-40 years.
- Men with a family history such as a brother or father diagnosed with testicular cancer.
- Men who have had a previous occurrence of testicular cancer.

- Men who have undescended testes at birth.

Mental Health and Suicide Prevention

Things happen in life, like difficulties with work or finances, the breakdown of a relationship, overwhelming family responsibilities, or a significant setback. These challenges can take a serious toll on your mental health, if left unchecked. Many men tough it out and struggle alone.

Establishing and maintaining relationships, talking about the hard stuff in life and taking action when times are tough are proven ways for men stay mentally healthy and cope with the stress of everyday life. Good overall health and wellbeing is linked to not only to better mental health but also reduces the likelihood of suicide.

Some signs of poor mental health include feeling irritable, hopeless or worthless and behaviours such as aggression, drinking more than usual and isolating yourself from friends and family.

Untreated mental health conditions can carry a high risk for suicide among men. The distress a man experiences at these times can distort his thinking so it becomes harder for him to see possible solutions to problems, or to connect with those who can offer support.

There are a number of factors that have been linked to an increased risk of suicide, including:

- Previous family or personal history of mental illness
- Harmful drug and alcohol use
- Isolation or loneliness
- Ongoing stressful life situations such as unemployment, relationship difficulties or chronic health issues

We need to talk

If you or someone you know are emotionally distressed or in crisis, the most important first step is to talk. Begin a conversation with a friend, family member, health professional or support service. Advice and effective tools are available.

Talking, listening and being there for someone doing it tough can be lifesaving. Check in if you know someone is going through a difficult time. Ask if they are doing okay and be prepared to listen.

For more information please visit:
<https://uk.movember.com/>

Chickenpox

What is chickenpox?

Chickenpox is a highly infectious disease caused by the varicella-zoster virus, which is part of the herpes family. It spreads in the air from person to person and enters the body via the upper respiratory tract, not by skin to skin contact. In the UK most children contract the condition before the age of 10, with most infections affecting the under fives. It tends to occur in sporadic outbreaks usually in winter or spring, and can occur in greater numbers (epidemics) every 2-5 years. It is infectious for a few days before lesions develop and until the crusts fall off. The incubation period (the time between exposure and development of first skin lesion) is 7-21 days.

What are the symptoms?

Infection can occur, with development of immunity, without any apparent symptoms. The first symptom is usually a temperature, typically 38-39°C, for up to 4 days, with associated malaise, headache, general aches, and sometimes abdominal pain. The skin lesions appear over 3-5 days, mainly affecting the head and face, neck, trunk, but less so on the limbs and in the mouth. The skin lesions start as red spots, then form clear fluid filled blisters (vesicles), which becomes cloudy (pustules), then crust.

The lesions are usually very itchy, and can be vulnerable to mild secondary bacterial infection. Although marks may remain initially after the crusts fall off, there is usually no long term scarring.

Are there any possible complications?

Complications are rare in children - if children become breathless, wobbly on their feet, drowsy, confused, have fits (convulsions), or become generally more and more unwell then it best to seek prompt medical advice.

Pneumonia is more common in adults affected by chickenpox. Very rare complications include Reye's syndrome (brain and liver problems), inflammation of the heart muscle (myocarditis), kidney inflammation (glomerulonephritis), appendicitis, inflammation of the pancreas (pancreatitis), and inflammation of the testicle (orchitis).

What is shingles and how is this related to chickenpox?

Shingles is reactivation of the chickenpox virus which remains dormant in the nerve roots next to the spinal cord. It reactivates in a single nerve and causes a rash of lesions in the area of skin supplied by that nerve. The rash can often be associated with severe pain that can persist for some time. It occurs in up to 20% of those who have had chickenpox at some point in their lives, usually the over 50's. It can be very severe in the elderly population and this has led to the introduction of the shingles vaccination which boosts the immune system and 'reminds' it about the virus, to limit the severity of any reactivation.

You CANNOT catch shingles from someone with chickenpox (or shingles), and although it is possible to catch chickenpox from someone with active shingles,

this is relatively uncommon.

What is the treatment for chickenpox?

Treatment is aimed at easing the symptoms whilst the immune system tackles the virus. Paracetamol can bring down the temperature

and ease headaches, aches and pains.

Remove excess layers of clothes or bedding to prevent overheating, but do NOT cold sponge as this actually reduces heat loss as the superficial blood vessels in the skin constrict. Drink plenty of fluids to make up for losses due to fever. Apply a soothing cream (emollient) to ease the itching. Giving an antihistamine such as chlorphenamine (Piriton) or cetirizine.

How can we protect others?

Children affected by chickenpox should stay off school or nursery for 5 days after the onset of the skin lesions, until they have crusted up. They should stay away from pregnant women who have not knowingly had chickenpox, and anyone who is immune suppressed. It is best to avoid contact with adults who have never had chickenpox as the illness tends to be worse in adults. Air travel is not allowed until 5 days after the appearance of the last spot.

Healthcare workers who have never had chickenpox that look after high risk patients, pregnant women or newborn babies should consider getting immunised against chickenpox.



Get the jab Get flu safe

“Are you at risk from flu?”

Flu can be really serious. Getting a flu jab can protect you all winter. It's free if you are pregnant, over 65 or have a health condition such as severe asthma, diabetes, a chest, heart, liver or kidney complaint, or lowered immunity.

It's quick, safe and free. To book your jab, speak to your GP practice today.



www.nhs.uk/flu



We will be repeating the Saturday morning flu clinics. Dates for flu clinics this year are **Saturday 24th September, Saturday 15th October and Saturday 29th October**. If you are or know someone who is housebound please let us know so we can add them to our home visit list.

Infective Conjunctivitis

What is Conjunctivitis?

Conjunctivitis is inflammation of the thin covering of the white of the eye called the conjunctiva.

What causes conjunctivitis?

For the most part conjunctivitis is caused by the same germs that cause coughs and colds. Both bacteria and viruses cause conjunctivitis and bacterial cases are probably more common, but it is almost impossible to distinguish clinically between the two! The majority of cases will clear themselves without and permanent damage to the eye.

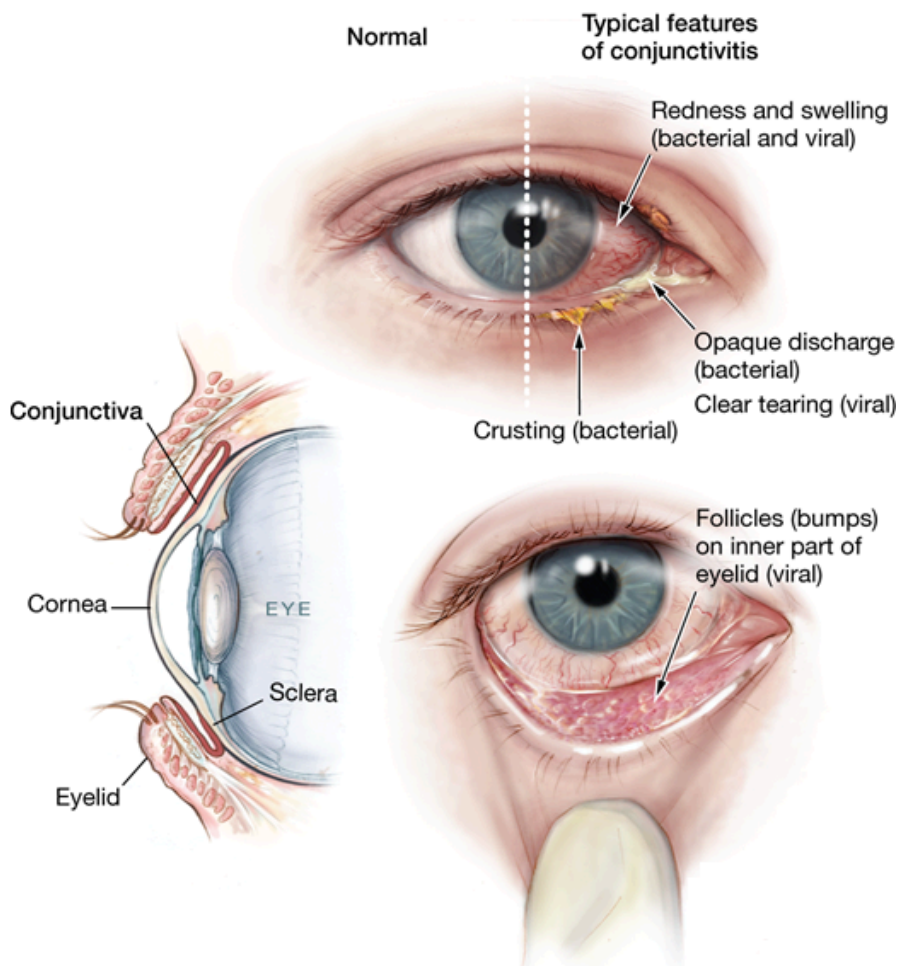
What are the symptoms of infective conjunctivitis?

- Inflammation of the conjunctiva or white of the eyes giving a red or pink appearance
- A gritty feeling in the eyes and mild soreness.
- The eyes may become watery, causing transient blurring of the vision (cleared by blinking)
- Swelling of the eyelids and sticking together with discharge after a sleep.

How should conjunctivitis be treated?

Recent randomised controlled trials have shown that antibiotic drops add no clinical benefit, perhaps shortening the illness by 6 hours (from 5.4

to 5 days!). the number of adverse events (2%) was the same whether or not antibiotics were used. Treatment with antibiotics only appears to increase the chances of seeking medical advice with a further episode. These studies confirm that conjunctivitis rarely benefits from treatment with antibiotics.



Treatment should be in the form of bathing the eyes using cool clean water, and symptomatic use of lubricant eye drops freely available cheaply over the counter. General hygiene measures are washing hands regularly and avoiding the sharing of towels, pillows or utensils which reduces the spread from one person to another.

Antibiotic resistance is increasing and there have been very few new

antibiotics drugs developed in the last 20 years. Although antibiotics drops are available over the counter, their use without good reason cannot be justified and unnecessary use will only worsen resistance levels.

If symptoms are not clearing or getting much worse after a week then consider seeking medical advice.

Should children be excluded from school or nursery with conjunctivitis?

The simple answer is no. Public Health England state that children should NOT be excluded from school.

Please find more information at:

www.publichealth.hscni.net/sites/default/files/A2%20Schools%20poster_1.pdf

www.gov.uk/government/uploads/system/uploads/attachment_data/file/522337/Guidance_on_infection_control_in_schools.pdf

Creamy Curried Pumpkin Soup



This warming, gently spiced soup is perfect for Halloween and provides a solution of what to do with the pumpkin innards after carving!

It takes around an hour to make and is around 108 calories per portion.

Ingredients

- 2 tbsp olive oil
- 2 onions, peeled and sliced
- 1 pumpkin, peeled, deseeded and cut into small wedges
- 3 garlic cloves, peeled and finely chopped
- 1 tbsp mild curry powder
- 1.25 litres vegetable stock
- 1 tbsp light soft brown sugar
- 4 tsp crème fraîche, or double cream to serve
- Optional; toasted pumpkin seeds, red chilli

Method

- 1 Heat the oil in a large pan over a medium heat. Add the onions and cook until soft.

- 2 Add the pumpkin and garlic. Reduce the heat and cook, covered, for 10-12 minutes. Stir in the curry powder, half the stock and the sugar. Cook for a further 35-40 minutes.

- 3 Add the remaining stock and bring to a simmer. Take off the heat and use a hand blender to blend until smooth. Ladle into mugs or bowls and add a swirl of crème fraîche or cream.

For added texture and crunch sprinkle on some toasted pumpkin seeds, for added warmth add a finely chopped red chilli.



www.lincolnshire.gov.uk/transitions/health-and-wellbeing

www.nhs.uk/change4life

www.nhs.uk/livewell/healthy-eating

OPEN ACCESS



**ONLY ONE PROBLEM
PER APPOINTMENT**

**INAPPROPRIATE
ATTENDERS WILL BE
ASKED TO MAKE AN
ALTERNATIVE
APPOINTMENT**



**URINE
INFECTIONS**

**REPEAT
PRESCRIPTIONS**

CHEST INFECTIONS

REFERRAL QUERIES

SORE THROATS

SICK NOTES

EAR ACHE

RESULTS

ACUTE/NEW PROBLEM

MORE THAN 1 PROBLEM

RASHES

ONGOING PROBLEMS

PAIN/INFECTIONS

MEDICATION QUERIES



**RUN BY
OUR NURSE
PRACTITIONERS**

Adele & Sam

