



LINDUM
MEDICAL
PRACTICE
01522 569033

Lindum News

Produced by Lindum Medical Practice for its patients and staff

Winter 2016

thelindumpractice.co.uk



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There is always constant pressure on demand for appointments.

Patients are unhappy when they cannot get an appointment when requested and the receptionists have a very hard job trying to satisfy all requests. We have recently added more nurse practitioner appointments and GP clinics as a result of this.

We find it very frustrating when we look at the amount of appointments who do not turn up and don't cancel in advance classed as DNA's (did not attend).

Sometimes a patient will have only booked the appointment the day before, even that day and then simply don't bother to come!!

In November there were over 300 GP and nurse appointments. These could have been offered to those patients in need and if we had those 300 to offer we would be able to accommodate more requests for those who really need it. We will be monitoring this closely and if a patient DNA's more than three times within 6 months we will be requesting that they leave the practice and seek registration elsewhere. Please help us to help you.

More than eight appointments a week on average for every full-time GP are marked as DNA's, a GP poll of more than 500 GPs found. The findings suggest more than 14 million appointments are missed annually at a cost to the NHS of around £300million.

Many practices are now struggling to deliver enough appointments to patients who genuinely need them and so when consultations are missed it has a direct knock-on effect to people who require care. A typical GP consultation costs the NHS £23, so more than £320 million is being lost each year. Some surgeries already operate a *'three strikes and you're out'* policy.

Top 10 Winter Ailments

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 reinfected 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

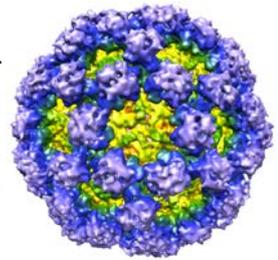
breath. People with asthma should be especially

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. 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.



Lindum Medical Practice Newsletter

December 2016 Update

I would like to take this opportunity to thank all of our staff for their hard work through 2016 which has again been another challenging year for the practice. Our NHS continues to experience high demand for services. Not a day goes by without press and media reporting pressure on the service and I find it a bit frustrating when you mainly here about Hospital, A & E and Ambulance pressure and we in primary care hardly get a mention. Primary care is where it all starts and we experience exactly the same pressures as secondary care around demand, recruitment and patient expectations etc. We can see as many patients through our doors on a daily basis as A&E and sometimes more, so our staff cope very well under this pressured environment.

It is not going to get any easier and we are seeing GPs retiring earlier and practices closing their doors. I began my career in primary care 46 years ago and find this really sad to see.

Please respect the service and its workers and let's ensure our practice can develop and grow for the future and we will do our best to deliver a good service we can be proud of. We wish all of our staff and patients a Happy Healthy Christmas and 2017.

Pauline Mardle Business manager.

Your NHS & What it Costs

Did you know the cost of:

Calling an Ambulance = £247

Stepping into A&E = £124

Stepping into a GP Surgery = £23

A call to NHS 111 = £16

A click on NHS Choices website = £0.46

Stop, Think and choose well

www.nhs.uk



Your health, your choices

CAN YOU STAY OFF THE BOOZE FOR 31 DAYS?

SIGN UP AT WWW.DRYJANUARY.ORG.UK

For more information, contact Alcohol Concern at dryjanuary@alcoholconcern.org.uk

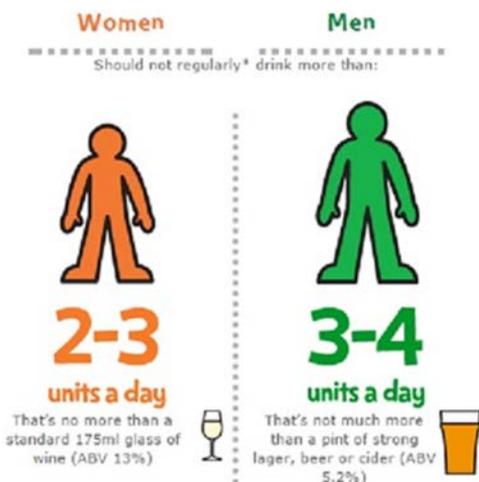


Top 10 tips for a successful Dry January:

- 1) Statistically speaking you're more likely to succeed with the full month you decide to fundraise. Fundraising is super easy, just set up a page online and you'll not only get the health (and wealth!) benefits from your month off, but you'll raise some much-needed funds to support our cause and help protect children and families from the harm alcohol can cause.
- 2) Encourage friends and family to sign up with you – the more of you there are taking part, the easier it is to stick with it. Plus that way you know you'll have an address book full of people still eager to meet up!
- 3) Be part of the community and offer encouragement to your fellow Dry January participants.
- 4) Organise social outing that aren't just about the booze. Cinema, bowling, live music, comedy nights (like our Dry Humour night), sports events, board game nights, mock-tail evenings, tea parties, poker games, museum visits, bake offs – the list goes on and on! A month off booze doesn't need to mean a month off socialising.
- 5) If evening drinks when you get home from work are your weakness, why not come up with an alcohol-free post-work ritual? While you probably have umpteen cups of tea or coffee at work, try finding something unique that's just for that first drink when you get in. It might be a deliciously soothing rooibos tea, naturally high in antioxidants that help to lower levels of the stress hormone cortisol (which is also linked to belly fat). Or a powerful cup of chamomile tea, which is fantastic for

relaxing (the Roman's used to drink chamomile tea after battle to relax, so imagine what it'll do after your day of office-based warfare).

- 6) Take some time to get fit (everyone else is trying!). You should have more time and energy just from the break from alcohol, so imagine what you'll feel like with a bit of exercise working in your favour too. Start an evening walk every day, or make a commitment to a plan like the NHS's Couch to 5K plan.
- 7) Take some time to appreciate Saturday mornings. Go for a walk and get your weekend started on a good note. Sure mid-January weather will probably mean you'll need a coat, but it's refreshing to be up and have energy, so make the most of it.
- 8) Find a new hobby to enjoy. It's that time of year for New Year's Resolutions, so finally join that book club you've heard about, buy that guitar you've always wanted to play or write that novel that's been eating away at you.
- 9) Come up with some night-out-only soft drinks. If you're drinking the same thing you'd have with lunch the evening can feel less special, but if you have a particular mock-tail or soft drink you don't stock at home you'll feel more like you're "out out".
- 10) Prove to yourself and others that, ultimately, you don't need alcohol to have a good time. Dry January isn't a time to barricade the doors and hide, but a time to show yourself you can achieve incredible things regardless of whether you've had a drink. Sure, James Bond might like the occasional martini, but he doesn't need one to be awesome.





Public Health England (PHE) leads the co-ordination of Antibiotic Awareness activities in England in collaboration with the Veterinary Medicines Directorate (VMD) or the Department for Environment, Food and Rural Affairs (DEFRA), the Department of Health, devolved administrations, and other professional organisations.

PHE established the Antibiotic Guardian campaign to help protect antibiotics and improve knowledge about antibiotic resistance.

You are invited to become an Antibiotic Guardian and to encourage others to join in protecting antibiotics against the growing threat of antibiotic resistance.



What is antibiotic resistance?



THE PROBLEM

Antibiotics treat infections by killing bacteria, but now the bacteria are fighting back. Our medicines are becoming less effective which means more deaths and more complications for people receiving treatment in hospital. We have to tackle this problem before it gets worse.



HOW THIS HAPPENED

There are many reasons why antibiotics lose their effectiveness, but here are two key ones:

Firstly, we take medicines that we don't need. Antibiotics don't help most colds or coughs get better but we still request antibiotics for them.

Secondly, we make things worse when we don't take antibiotics exactly as prescribed for instance, missing doses. Never save antibiotics for future use or give them to someone else.



WHAT CAN WE DO?

Antibiotic resistance is one of the biggest threats facing us today but you can help. Please visit www.antibioticguardian.com and find out about simple steps you can take to save our antibiotics.



Antibiotic resistance

What can I do?



BE AN ANTIBIOTIC GUARDIAN

Antibiotics are some of our most precious medicines, used to treat both humans and animals.

The Antibiotic Guardian campaign was launched to kick-start collective action from both healthcare professionals and members of the public to work together to slow the spread of antibiotic resistance.

By pledging to become an Antibiotic Guardian you choose to perform a simple action which protects antibiotics against the threat of antibiotic resistance.



TAKE THESE SIMPLE ACTIONS

- Don't ask for antibiotics, treat your cold and flu symptoms with pharmacist advice and over the counter medicines
- Take antibiotics exactly as prescribed, never save them for later, never share them with others
- Spread the word, tell your friends and family about antibiotic resistance



SIGN UP AND LEARN MORE

Rally together at antibioticguardian.com and choose a pledge that feels right for you. Remember that your actions protect antibiotics.



Antibiotic resistance in numbers

25k

The number of people who die each year across Europe from infections resistant to antibiotics

A recent study showed that the likelihood of GPs prescribing antibiotics for coughs and colds increased by 40% between 1999-2011

40%

30 years

The period of time since a new class of antibiotics was last introduced despite the fact that growing numbers of bacterial and viral infections are resistant to antibiotics

Research has shown that only 10% of sore throats and 20% of acute sinusitis benefit from antibiotic treatment but the prescription rates are much higher than this

10%



€1.5 billion

Annual EU wide cost of healthcare expenses and lost productivity due to antibiotic resistant bacteria



A world without antibiotics



PRE-ANTIBIOTIC AGE

In a world before antibiotics, as recently as the 1930s, people often died from infections like pneumonia or meningitis. Simple medical procedures/operations were risky due to the chance of infection. Antibiotics changed that.



ANTIBIOTIC AGE

Since the 1940s our antibiotics have allowed us to fight infections and save millions of lives. But they are becoming ineffective against many infections because we aren't using them properly.



POST-ANTIBIOTIC AGE

If bacteria become 'resistant' to our antibiotics many routine treatments will again become increasingly dangerous. Setting broken bones, basic operations, even chemotherapy all rely on access to antibiotics that work. Antibiotic resistance is one of the biggest threats facing us today but we have a chance to fight back. Find out how at:

www.antibioticguardian.com

Protect yourself, your family and friends against the spread of antibiotic resistance

www.antibioticguardian.com



ANTIBIOTIC GUARDIAN

Keeping warm indoors and out

Even if it isn't a severe winter, cold weather makes us more vulnerable to certain illnesses. Follow these tips to stay healthy and keep warm indoors and out.

- Make sure you keep your hands and face warm. As well as wearing gloves and a hat, always wrap a scarf around your face when you go out in cold weather, even for short intervals. This helps to warm the air you breathe. If your hands and face get cold they can trigger a rise in blood pressure which puts you at risk of a heart attack.

- Several thin layers of clothing will keep you warmer than one thick layer, as the layers trap warm air. Clothes made from wool or fleecy synthetic fibres such as polyester are a better choice than cotton. Start with thermal underwear, warm tights or socks.

- If you're sitting down, a shawl or blanket will provide a lot of warmth. Try to keep your feet up, as the air is cooler at ground level.

- Wear warm clothes in bed. When it's very cold, wear thermal underwear, bed socks and even a hat – a lot of heat is lost through your head.

- Use a hot-water bottle, wheat bag or an electric blanket to warm the bed, but never use a hot-water bottle and an electric blanket together as this can be dangerous.

- Check whether your electric blanket can be kept on all night or whether it's only designed to warm the bed before you get in. Get it checked every three years by an expert. Local trading standards departments often offer free testing, or you can ask at the shop where you bought the blanket (they may charge). If you have any continence difficulties, talk to your doctor before using one.

- Keep your feet warm. As with your hands and face, cold feet can trigger a potentially dangerous rise in blood pressure. Choose boots with non-slip soles and a warm lining, or wear thermal socks. These boots keep you safe if the ground is slippery and keep your feet warm.

- Check local news and weather forecasts for advice when bad weather is forecast.

Most of us spend a lot of time indoors in winter, so it's important that you are comfortable and safe there. And it's essential that you keep your home warm. Low temperatures increase the risk of flu and other respiratory problems and can raise blood pressure. Blood pressure takes longer to return to normal in older people who have been out in the cold, increasing the risk of heart attacks and strokes. The colder your home, the higher the risk to your health.

- Keep your main living room around 70°F/21°C, and the rest of the house should be heated to at least 64°F/18°C. We have included a thermometer in the middle of this guide for you to pull out and keep. You can use it in your living room (ideal temperature 70°F/21°C) and in your bedroom (ideal temperature 64°F/18°C) to keep your home at a safe temperature. You may want your main living room to be warmer than this, and if you feel cold, turn the heat up regardless of what the thermometer reads.

- Get to know how the timer and thermostat on your heating system work. If it's very cold, set the timer to switch the heating on earlier, rather than turning the thermostat up to warm your house quickly. If you have individual thermostats on your radiators, make sure they're set at the right temperature in the rooms where you spend time. For more information about how to understand your heating controls, see our free guide [Save energy, pay less](#).

- Close the curtains at dusk and fit thermal linings if you can. This will keep the heat in.

- Put guards on open fires, and be careful not to hang washing too close to the fire.

- Don't block up air vents, as fires and heaters need ventilation. Good ventilation also helps to prevent condensation.

- Keep your bedroom window closed at night when the weather is cold. The coldest time of the day is just before dawn. Breathing in cold air raises the risk of chest infections.

- Test your carbon monoxide alarms. You should have one fitted in each room that has a gas appliance, as there is a risk of carbon monoxide poisoning if air vents become blocked.

- Contact your local Age UK for a benefits check and advice on any other financial support you may be eligible for.

For more information visit
www.ageuk.org.uk

Myth-busting

Here are some myths you might hear about winter and the cold.

Do any of these apply to you?

'I only need to put the heating on for a couple of hours a day to keep warm.'

It's best to keep your house at a **stable temperature** as sudden changes can be dangerous. Try to keep your main living room at 70°F (21°C) and close any doors on rooms you're not using.

'I'll only get the benefits of insulation in winter.'

Insulation is a bit like a thermos – it keeps **warm things warm** and **cool things cool**. So your home will stay warm in winter and cool in summer. You'll see the benefits all year round.

'A hat is all I need to keep warm on a winter's day.'

As well as a hat, wrapping a scarf around your neck and mouth can **help to protect** your health. Breathing in cold air raises the risk of chest infections and increases blood pressure.

'A warm bedroom is bad for my health.'

No, **64°F (18°C)** is the ideal temperature for your bedroom to ensure that you are warm and well in winter.

'I don't qualify for any help with my heating costs.'

Contact your local Age UK for a **benefits check**, to find out what financial support is available and to see if you're eligible for any help.

'I've heard that keeping my bedroom window open at night is good for my health.'

Actually, if you leave your window open you're likely to breathe in cold air which **lowers body temperature** and raises the risk of chest infections, heart attacks and strokes.

New Years Resolutions

A New Year's resolution is a tradition, most common in the Western Hemisphere but also found in the Eastern Hemisphere, in which a person makes a promise to do an act of self-improvement or something slightly nice, such as opening doors for people beginning from New Year's Day.

TOP 10 UK RESOLUTIONS FOR 2016





Pretty Muddy Update

On Saturday 1st October a team from Lindum Medical Practice took part in 'Pretty Muddy'; a 5K muddy obstacle course at Lincolnshire Showground in aid of Cancer Research UK. It was a fantastic turn out and the Lindum's team the 'Fallen Angels' raised £945.54 for Cancer Research UK. Thank you to everyone who sponsored and donated.

Coil Clinic

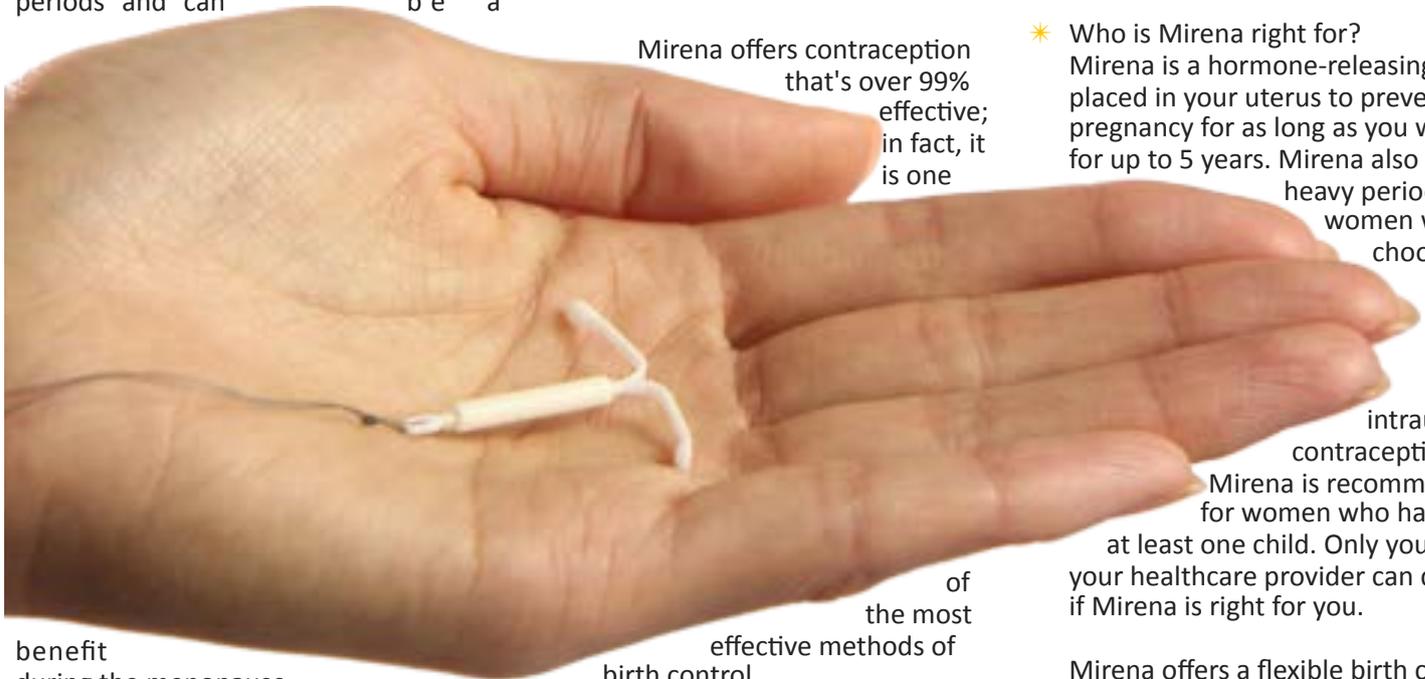
The Practice is running a coil clinic twice a month.

Coils are an excellent form of contraception and can be used from 5-10 years depending on the type of coil used. They can of course be taken out earlier and fertility can be restored. The Mirena coil can actually help with heavy periods and can be a

intrauterine system) is an intrauterine device (also known as an IUD) that releases small amounts of the hormone levonorgestrel locally into your uterus. Made of soft, flexible plastic, Mirena is placed by your healthcare provider during an office visit. Mirena is recommended for women who have had a child.

- * How does Mirena work to prevent pregnancy?
Mirena prevents pregnancy, most likely in several ways:
Thickening cervical mucus to prevent sperm from entering your uterus
Inhibiting sperm from reaching or fertilising your egg
Thinning the lining of your uterus

- * Who is Mirena right for?
Mirena is a hormone-releasing IUD placed in your uterus to prevent pregnancy for as long as you want for up to 5 years. Mirena also treats heavy periods in women who choose



Mirena offers contraception that's over 99% effective; in fact, it is one

of the most effective methods of birth control. Mirena is recommended for women who have had at least one child. Only you and your healthcare provider can decide if Mirena is right for you.

benefit during the menopause.

If you would be interested in a coil, please book an appointment in the coil clinic or with the practice nurse to discuss. There is more information available, ask in the surgery or search online

<http://www.patient.info/health/intrauterine-contraceptive-device-leaflet>

Mirena prevents pregnancy for as long as you want, for up to 5 years.

You can try to become pregnant as soon as Mirena is removed by your healthcare provider

- * What is Mirena made of?
Mirena is made of soft, flexible plastic and contains the hormone levonorgestrel.

Mirena offers a flexible birth control option if:

- You want birth control you don't have to think about taking every day
- You had a baby and want to explore your birth control options
- You want to have more children in the future
- You are happy with your family size the way it is
- You are unsure if you want more children
- You want birth control that is also approved to treat heavy periods

- * What is Mirena?
Mirena (levonorgestrel-releasing

Orange and Ginger Stained Glass Biscuits



butter with 1/2 tsp salt to fine crumbs in a food processor. Pulse in the sugar and milk, then turn out and knead briefly on a floured surface until smooth. Wrap in cling film, then chill for about 30 mins.

2. Flour the work surface again, then roll out the dough to the thickness of a £1 coin. Use 7cm cutters to cut out shapes, then use 4cm cutters to cut out the middles. Re-roll leftover pieces. Make a hole in the top of each biscuit, then carefully lift onto the baking sheets.

3. Crush the sweets in their wrappers with a rolling pin, then put the pieces into the middles of the biscuits - the sweets should be level with the top of the dough. Bake for 15-20 mins or until the biscuits are golden brown and the middles have

melted.

4. Leave to harden, then transfer to a rack to cool. Thread with ribbon, then dust with icing sugar. Will keep for a month, but best eaten within 3 days.

Makes | 14 Biscuits
Prep time | 15 minutes
Cooking time | 15 minutes

Ingredients

sunflower oil for greasing
175g plain flour, plus extra
1 tsp ground ginger
zest 1 orange
100g butter, cold, cut into chunks
50g golden caster sugar
1 tbsp milk
12 fruit-flavoured boiled sweets
icing sugar, to dust
about 120cm thin ribbon, to decorate

Method

1. Heat oven to 180C/fan 160C/gas 4. Grease 2 large non-stick baking sheets with oil. Whizz the flour, ginger, zest and





**Grazed knee.
Sore throat.
Cough.
Stock your
medicine cabinet.**

Self-care



**Unwell?
Unsure?
GP surgery closed?
Need help?**

NHS 111



**Diarrhoea.
Runny nose.
Painful cough.
Headache.**

Pharmacy



**Vomiting.
Ear pain.
Stomach ache.
Back ache.**

GP surgery



**Choking.
Chest pain.
Blacking out.
Blood loss.**

**A&E or 999
Emergencies only**