

Wychbury Medical Group January 2018 Newsletter

Shingles Vaccination:

A vaccine to prevent shingles, a common, painful skin disease is available at the surgery to certain people in their 70s. The shingles vaccine is given as a single injection into the upper arm. Unlike the flu jab, you'll only need to have the vaccination once and you can have it at any time of the year.

The shingles vaccine is expected to reduce your risk of getting shingles. If you are unlucky enough to go on to have the disease, your symptoms may be milder and the illness shorter.

Shingles can be very painful and uncomfortable. Some people are left with pain lasting for years after the initial rash has healed. And shingles is fatal for around 1 in 1,000 over-70s who develop it.

It's fine to have the shingles vaccine if you've already had shingles. The shingles vaccine works very well in people who have had shingles before and it will boost your immunity against further shingles attacks. Who can have the shingles vaccination? You are eligible for the shingles vaccine if you are aged 70 or 78 years old. In addition, anyone in their 70s who were born after 1 September 1942 and people aged 79 years. The shingles vaccine is not available on the NHS if you are aged 80 or over. Please speak to our receptionist to book an appointment with a practice nurse.

NHS Health checks:

NHS Health Check Programme

If you are aged 40 to 74 and do not already have diabetes, stroke, heart and kidney disease or are not being treated for high blood pressure or high cholesterol levels you are eligible for a free NHS Health Check.

Even if you are feeling well, an NHS Health Check can help you to lower your chance of developing health problems in the future.

During your health check, which takes about 30 minutes, you'll be asked some simple questions about your family history and any medication you're taking. Your blood pressure and pulse will be checked and your height, weight, age, sex and ethnicity will be recorded. Your results will be discussed with you and you will be given personalised advice on how to lower your risk and maintain a healthy lifestyle.

Please ask at reception if you would like to book an appointment for your NHS Health Check. For more information visit www.nhs.uk/nhshealthcheck

Flu vaccinations:

Flu season is in full flow; if you have not already received your free vaccination please ask at reception to book an appointment. If you are aged over 65 years or have an ongoing long term condition or are a carer then you should be eligible. The Influenza vaccination is also offered in a nasal spray form for eligible children.

If you are unsure if you are eligible to have a vaccination please ask at reception as they can advise you. It is always best to have your vaccination before the Influenza virus starts to spread, giving time for your immunity to build and fight off the symptoms.

Blood Pressure Testing:

Healthy adults aged 45 or over should have their blood pressure checked at least once every five years. High blood pressure doesn't usually have any symptoms, so a blood pressure test is a simple way of checking if your blood pressure is too high or too low. You can check your own blood pressure using our self-service machine available at Wychbury Medical Centre or Cradley Road Surgery, home testing or some pharmacies. Please let us have a copy of your blood pressure reading with your name and telephone number in case we need to contact you.

Provision of Travel advice and vaccinations:

Please be aware if you are travelling abroad after 1st March 2018 the surgery will no longer provide prescriptions for malaria prophylactic drugs or give non NHS vaccines. Providing travel immunisations is not part of standard NHS services. However, we will provide Hepatitis A, Typhoid and Diphtheria Tetanus and polio vaccinations in line with our contract for NHS vaccine provision.

For non NHS travel vaccines or malaria prophylactic medication you need to attend a specialist travel service, these services are private and therefore subject to charges.

Please visit our website www.wychburymedicalgroup.co.uk or ask at reception for more information.

Staff Updates:

We have had some new members of staff join our practice.

We would like to give a warm welcome to Samantha who is our new Health Care Assistant, and Catharine who has joined the reception team.

We would also like to wish our Health Care Assistant Kay all the best with her maternity leave and look forward to seeing her and the new baby later in the year.