

THE CHESTNUTS SURGERY



The Chestnuts Surgery
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Cottingham
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Your Surgery—Your Health—
Our Service
“A Caring Partnership”

Find us on the Internet at
www.thechestnutssurgery.co.uk

Your Surgery Consulting Hours...

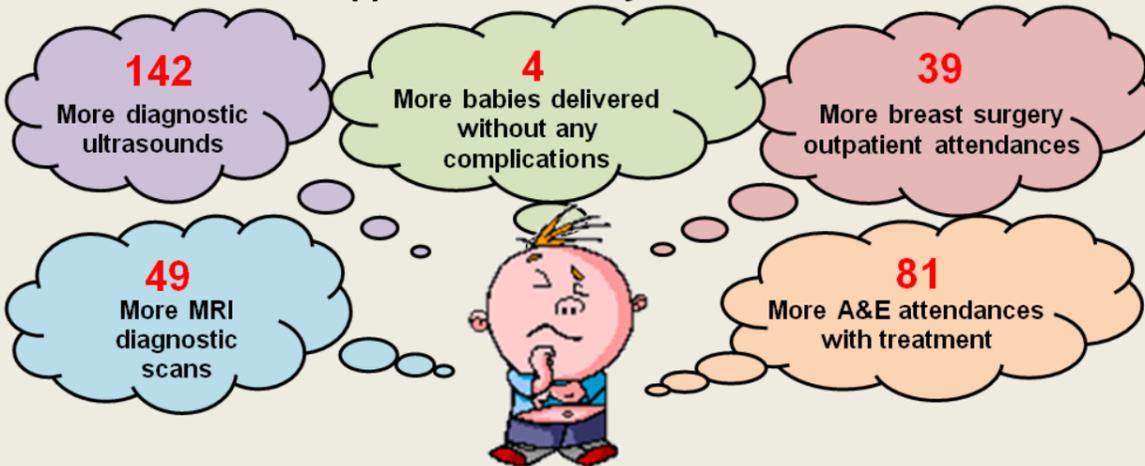
| Day | Morning | Type | Afternoon | Type |
|-----|-------------|--------------|-------------|--------------|
| Mon | 09:00—12:00 | Open* | 15:30—17:30 | Pre-Booked** |
| Tue | 09:00—12:00 | Open* | 15:30—17:30 | Pre-Booked** |
| Wed | 09:00—12:00 | Open* | 15:30—17:30 | Pre-Booked** |
| Thu | 08:30—09:00 | Pre-Booked** | Closed | Closed |
| Thu | 09:00—12:00 | Open* | Closed | Closed |
| Fri | 08:30—09:00 | Pre-Booked** | 15:30—17:30 | Pre-Booked** |
| Fri | 09:00—12:00 | Open* | | |

* Patients for open surgery must arrive between 09:00 & 10:00am to be guaranteed an appointment the same day. Patients arriving between 10 and 12 will only be offered an appointment the same day if one is available.

** Pre-Booked appointments are bookable in practice or on-line

Why Have I Experienced Delays with my Hospital Care?

This is what the NHS could have done with the cost of the missed appointments this year to date:



Carers Support

Are you cared for? Do you care for somebody? If you would like to know more about care support “Carers Information Support Service” is here to help with free of charge advice and information to anyone supporting a family member, friend or neighbour who is either; ill, frail, disabled has a mental health or substance misuse problem. You can contact

30 King Edward St, Hull
01482 222220
www.ciss.chcpcic.org.uk
chcp.carersinfo@nhs.net

18 Wednesday Market, Beverley
0800 9176 844
www2.eastriding.gov.uk
Ercarers@eastriding.gov.uk

Contact your patient liaison officer,
Molly Wilde Via reception or by
email at:
chestnuts.chestnuts@nhs.net

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THE CHESTNUTS NEWSLETTER

Winter Health...

Winter is fast approaching so we need to make sure we're staying healthy over the winter months. Here are five ways to make sure that, even when your body is telling you to hibernate, you can keep healthy and fit, no matter what the weather's like.

- Eliminate your sleep debt.** It's recommended that we get 7-9 hours of sleep every night. But in winter we naturally sleep more due to the longer nights. Take advantage of this to catch up on your sleep.
- Drink more milk.** You are 80% more likely to get a cold in winter, so making sure your immune system is in tip-top condition is important. Milk and dairy products such as cheese, yoghurt and fromage frais are great sources of protein and



- vitamins A and B12.**
- Eat more fruit and veg.** When it's cold and dark outside, it can be tempting to fill up on unhealthy comfort food, but it's important to ensure you still have a healthy diet and include five portions of fruit and veg a day.
- Try new exercise.** Don't use the cold winter months as an excuse to stay in and lounge around. Regular exercise helps control your weight, boost your immune system, and is a good way to break the tension that can build up inside the house.
- Have a hearty breakfast.** Winter is the perfect season for porridge. Eating a warm bowlful on a cold morning isn't just a delicious way to start your day, it also helps boost your intake of starchy foods and fibre. These give you energy and help you feel fuller for longer, stopping the temptation to snack mid-morning.

Meningitis Vaccine for Students...

If you're moving away from home to go to university, it's important to look after your health while you're there.

Young teenagers and 'fresher' students going to university for the first time are advised to have a vaccination to prevent meningitis W disease. Students are now routinely this vaccine. The Men ACWY vaccine is given by a single injection into the

upper arm and protects against four different causes of meningitis and septicemia – meningococcal (Men) A, C, W and Y diseases. It replaces the separate Men C vaccine.

The highest risk of meningitis is in the first year of university, particularly the first few months. This is because you'll be at particularly high risk in the first weeks of term, when you are likely to come into con-

tact with many new people of a similar age.

As the Men ACWY vaccine is being targeted at those at highest risk, students in their second year or above of university are not included in this vaccination program.

To receive your vaccination before you go to University, ring the Chestnuts Surgery on 01482847250 and book an appointment with one of our nurses.

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Had trouble booking an appointment lately?

August 2016

81 appointments were lost due to patients not attending pre-booked appointments. This equates to 1013 minutes / 17 hours / 2 days of clinical time lost in one month.

April 2015 - March 2016

845 appointments were lost due to patients not attending pre-booked appointments. This equates to 11,629 minutes / 194 hours / 26 days of clinical time lost this medical year.

Please let us know if you are unable to attend an appointment!



when it's less urgent than 999

Flu Vaccinations...

Our Seasonal flu & pneumonia clinics are now running. These clinics will be running on the following dates and times:

Saturday 24th September 2016. 9:30am-1pm.

Friday 30th September 2016. 1pm-4pm.

Friday 7th October 2016. 1pm-4pm.

Wednesday 12th October 2016. 1pm-3pm.

Do I need the flu jab?:
The answer is yes if:

- ◆ You're 65 or over
- ◆ You're 6 months and above and suffer from a chronic disease such as diabetes or asthma)
- ◆ You're a household contact of an immunosuppressed person
- ◆ You're pregnant
- ◆ You receive carers allowance
- ◆ You're the main carer of an elderly/disabled person who may be at risk if you become ill.

Flu Vaccine for Children:
The flu vaccine is recommended for children over

the age of six months with a long-term health condition and healthy children aged two, three and four plus children in school years one and two.

Both adults and children can come to any of the flu clinics listed for The Chestnuts Surgery.

If you're still unsure if you need the flu jab, visit The Chestnuts Surgery website or NHS Choices website for a further explanation. Alternatively, talk to your GP.

10 Myths about Flu & the Flu Vaccine...

1. Having flu is just like having a heavy cold

Flu symptoms come on suddenly and sometimes severely. They include fever, chills, headaches and aching muscles, as well as a cough and sore throat. If you get complications caused by flu, you could become seriously ill and have to go to hospital.

2. Having the flu vaccine gives you flu.

No, it doesn't. The injected flu vaccine that is given to adults contains inactivated flu viruses, so it can't give you flu. Your arm may feel a bit sore where you were injected, and some people get a slight temperature and aching muscles for a couple of days afterwards, but other reactions are very rare.

3. Flu can be treated with antibiotics.

No, it can't. Viruses cause flu, and antibiotics only work against bacteria.

4. Once you've had the flu vaccine, you're protected for life.

No, you aren't. The viruses that cause flu can change every year, so you need a vaccination each year that matches the new viruses.

5. I'm pregnant, so I shouldn't have the flu jab.

You should have the vaccine whatever stage of pregnancy you are in. If you're pregnant, you could get very ill if you get flu, which could also be bad for your baby. Having the jab can also protect your baby against flu after they're born and during the early months of life.

6. The flu jab won't protect me against swine flu.

Yes, it will. This year's flu vaccine protects against three different flu viruses, including the H1N1 swine flu virus.

7. Children can't have the flu vaccine.

Yes they can! For more

information on which vaccine your child is eligible for, visit NHS Choices website.

8. I've had the flu already this autumn, so I don't need the vaccination this year.

You do need it if you're in one of the risk groups. As flu is caused by several viruses, you will only be protected by the immunity against one of them.

9. If I missed having the flu jab in October, it's too late.

No, it's not too late. It's better to have the flu vaccine as soon as it becomes available, usually in October, but it's always worth getting vaccinated before flu comes around right up until March.

10. Vitamin C can prevent flu.

No, it can't. There's no evidence to prove this. For further information advice visit The Chestnuts Surgery website.

"Our Seasonal flu & pneumonia clinics are now running."

"There are many myths surrounding flu and the flu vaccine."

Friends and Family Questionnaire...

WOULD YOU RECOMMEND US TO YOUR FAMILY AND FRIENDS?

THIS IS WHAT YOU HAVE SAID SO FAR:

CURRENT YEAR APRIL 2016 – MARCH 2017

| Answer Selected | Total | Percentage |
|----------------------------|-------|------------|
| Extremely Likely | 27 | 65.85% |
| Likely | 5 | 12.20% |
| Neither Likely or Unlikely | 3 | 7.32% |
| Unlikely | 4 | 9.76% |
| Extremely Unlikely | 2 | 4.88% |
| Don't Know | 0 | 0% |

Pre Diabetes...

Diabetes is a lifelong condition that causes a person's blood sugar level to become too high.

There are two main types of diabetes: **type 1** and **type 2**. Type 2 is the most common and is often linked to being overweight. That means there are steps you can take to reduce your risk of developing it.

Could you have Diabetes?

Many people have blood glucose (sugar) levels that are above the normal range, but aren't high enough to be diagnosed as having diabetes. This is sometimes called "pre-diabetes". Even if you feel healthy, if your blood glucose levels are higher than normal (pre-diabetes) you may be at risk of diabetes if you don't take preventative steps, such as eating more healthily, losing weight (if you're overweight) and becoming more physically active. It's

very important for diabetes to be diagnosed as early as possible because it will get progressively worse if left untreated. Many people have type 2 diabetes for years without realising because the early symptoms tend to be general.

Diabetes and your weight.

If you are overweight or obese, with a body mass index (BMI) of 25 or above, you're at an increased risk of type 2 diabetes. BMI isn't the only important measurement. Your waist measurement may also indicate that you're carrying extra body fat, and are therefore at risk. For all women, a waist measurement of more than 80cm (31.5 inches) indicates an increased risk. For white or black men, a waist measurement of more than 94cm (37 inches) indicates an increased risk. For Asian men, a waist measurement of more than

90cm (35 inches) indicates an increased risk.

Preventative Measures.

If you lose excess weight, you'll lower your risk of type 2 diabetes. A healthy diet and physical activity are the key to a healthy weight, but that doesn't have to mean going on a strict diet and spending hours at the gym.

When to see your GP.

Visit your GP as soon as possible if you experience the main symptoms of diabetes, which include:

- ◆ feeling very thirsty
- ◆ urinating more frequently than usual, particularly at night
- ◆ feeling very tired
- ◆ weight loss and loss of muscle bulk
- ◆ itching around the penis or vagina, or frequent episodes of thrush
- ◆ cuts or wounds that heal slowly
- ◆ blurred vision

"Would you recommend us to your family and friends?"

"Diabetes is a lifelong condition that causes a person's blood sugar level to become too high."