

Self Care Newsletter

Autumn 2018



Upton Surgery



PERSHORE
MEDICAL
PRACTICE



Abbottswood
Medical Centre

Are you entitled
to a FREE flu jab?

NHS

HELP US
HELP YOU
STAY WELL THIS WINTER

Flu Immunisation

Your surgery now has their flu vaccines available for those patients who are eligible and at risk. Each surgery runs their clinics differently, so contact yours for more information on dates of clinics and availability of vaccine.

Flu vaccination is available every year on the NHS to help protect adults and children at risk of flu and its complications.

Flu can be unpleasant, but if you are otherwise healthy it will usually clear up on its own within a week.

Information sourced from www.nhs.uk

However, flu can be more severe in certain people, such as:

- anyone aged 65 and over
- pregnant women
- children and adults with an underlying health condition (such as long-term heart or respiratory disease)
- children and adults with weakened immune systems

Anyone in these risk groups is more likely to develop potentially serious complications of flu, such as pneumonia (a lung infection), so it's recommended that they have a flu vaccine every year to help protect them.

For 2018, there are 3 types of flu vaccine:

- a live quadrivalent vaccine (which protects against 4 strains of flu), given as a nasal spray. This is for children and young people aged 2 to 17 years eligible for the flu vaccine
- a quadrivalent injected vaccine. This is for adults aged 18 and over but below the age of 65 who are at increased risk from flu because of a long-term health condition and for children 6 months and above in an eligible group who cannot receive the live vaccine
- an adjuvanted trivalent injected vaccine. This is for people aged 65 and over as it has been shown to be more effective in this age group



Public Health
England

ONE YOU

Our lifestyles can be more unhealthy than we think.
Search One You and take the free health quiz to see how you score.



QUIT SMOKING WITH **SUPPORT**

STOP TOBER

Search Stoptober for a free Personal Quit Plan.

BECAUSE THERE'S ONLY
ONE YOU



Be prepared for common ailments by keeping a well-stocked medicine cabinet at home.

This list, recommended by the Royal Pharmaceutical Society, will help you deal with most minor ailments.

Pain relief

Painkillers like aspirin, paracetamol and ibuprofen are highly effective at relieving most minor aches and pains, such as headaches and period pain. These medicines also help with some minor ailments, such as the common cold, by reducing aches, pain and high temperatures. Paracetamol, aspirin and ibuprofen also help reduce the inflammation seen in arthritis and sprains.

Bear in mind:

aspirin mustn't be given to children under 16

ibuprofen must be taken with caution if you have certain conditions, such as asthma – check with your pharmacist if in doubt
pregnant women shouldn't take ibuprofen – visit the [bumps website www.medicinesinpregnancy.org](http://www.medicinesinpregnancy.org) to find out more about taking medicines when you're pregnant

Antihistamines

These are useful for dealing with allergies and insect bites. They're also helpful if you have hay fever. Antihistamines can come in the form of creams you apply to the skin (topical antihistamine) or tablets you swallow (oral antihistamine). Antihistamine creams soothe insect stings and bites, and rashes and itching from stinging nettles. Antihistamine tablets help control hay fever symptoms and calm minor allergic reactions to food. They can also help calm itchiness during chickenpox. Some antihistamines may cause drowsiness. Ask your pharmacist for advice as there are some antihistamines that don't cause drowsiness.

Oral rehydration salts

Fever, diarrhoea and vomiting make us lose water and essential minerals, and can lead to dehydration. Oral rehydration salts, available at pharmacies, are an easy way to help restore your body's natural balance of minerals and fluid, and help your recovery. But they don't fight the cause of your illness, such as a virus or bacteria.

Anti-diarrhoea tablets

Diarrhoea is caused by a range of things, such as food poisoning or a stomach virus, and can happen without warning. It's a good idea to keep an anti-diarrhoea medicine at home.

Anti-diarrhoea remedies can quickly control the symptoms of diarrhoea, although they don't deal with the underlying cause. Don't give anti-diarrhoea medicines to children under 12 as they may have undesirable side effects. Speak to your GP or pharmacist for advice about a child with these symptoms.

Indigestion treatment

If you have stomach ache or heartburn, a simple antacid will reduce stomach acidity and bring relief. Antacids come as chewable tablets, tablets that dissolve in water, or in liquid form.

Medicine safety

When keeping medicines at home, remember:

always follow the directions on medicine packets and information leaflets, and never take more than the stated dose

always keep medicines out of the sight and reach of children – a high, lockable cupboard in a cool, dry place is ideal

regularly check the expiry dates on a medicine – if a medicine is past its use-by date, don't use it or throw it away: take it to your pharmacy, where it can be disposed of safely.

If you have questions about any medicines or you want to buy them, ask your local pharmacist.

How your pharmacist can help you

Don't forget your local pharmacist can help with many ailments, such as coughs, colds, asthma, eczema, hay fever and period pain. They can give advice or, where appropriate, medicines that can help clear up the problem. Instead of booking an appointment with your GP, you can see your local pharmacist any time – just walk in.

