



# Kingsway Medical Centre

## Autumn Newsletter 2018



### Important news about your Flu vaccine



#### Patients aged 65 and over

The adjuvanted trivalent flu vaccine (aTIV) is the recommended flu vaccine for patients aged 65 and over as it will give better protection against flu. The deliveries of aTIV will be staged between September and early November.

**Drop-in Clinic for patients aged 65 and over**  
**Saturday 15<sup>th</sup> September 9 am – 12 noon**

Further clinics will be organised when we receive our deliveries in October.



#### For patients not aged 65 with long term conditions

Quadrivalent Vaccine (QIV) is the recommended vaccine for children aged 6 months to 2 years and adults from 18 to less than 65 years, who are at increased risk from flu because of a long term health condition.

**Drop-in Clinic for patients under the age of 65 with long term conditions**  
**Saturday 6<sup>th</sup> October 9 am – 12 noon**  
**Saturday 13<sup>th</sup> October 9 am – 12 noon**



#### Patients aged 2 – 3 years

Patients aged 2 – 3 years will receive the nasal spray through GP surgeries. We will receive the nasal spray towards the end of October. Please ask at reception for more information. School aged children in reception class through to year 5 will receive this in schools.



## Chronic kidney disease

You may have heard the term chronic kidney disease (CKD), or even been told by your GP or the hospital that you have this condition. CKD is common (about 1 in 10 people have some degree of CKD) and means that your kidneys are not working as well as they once did. Mostly this occurs in older people (half of people with CKD are over 75) and does not cause symptoms or progress to kidney failure. Kidneys have some important jobs in our body.

- To filter waste products from our blood and pass them out as urine.
- To control blood pressure.
- To make a hormone that stimulates bone marrow to make more red blood cells.
- To keep salts and chemicals in our blood at the right level.

CKD may be picked up as part of routine blood tests. CKD means that your kidneys are ageing and may not work as well as they used to. This is usually not due to disease but part of the normal ageing of kidneys. Sometimes diabetes or high blood pressure (especially if uncontrolled or untreated) can cause damage to the kidneys resulting in CKD. Unless CKD is severe it does not usually cause symptoms.

So, if you have been diagnosed with CKD what does this mean?

- Most people are looked after by their GP and do not require hospital treatment.
- Your GP will work with you to control your blood pressure and diabetes as much as possible.
- Your GP will review your medication as some medicines can make CKD worse.
- The surgery will check your urine and if there is a high level of protein in it then medication may be advised.

As people with CKD are more likely to have problems with cardiovascular disease such as heart disease, stroke and peripheral artery disease then we will work with you to reduce this risk. It is important that you do as much as you can to help with this by stopping smoking, cutting back on alcohol, eating a low salt healthy diet, keep weight and waist in check and do regular physical activity.

Overall the prognosis is good and very few people with CKD need any treatment for their kidneys. At the surgery we will keep a close check on you and will remind you from time to time that we need to check your blood pressure, blood tests or urine. You may be offered immunisations against influenza.

If you want to have a bit more of a read about this condition then you could have a look at the National Kidney Federation website at [www.kidney.org.uk](http://www.kidney.org.uk).

