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Abernethy House Surgery

# Newsletter

www.abernethyhouse.co.uk

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## You should get a “shot”!

EVERYONE is vulnerable to the flu. In certain people, the flu can be more severe and lead to potentially serious complications. Unlike many other vaccines, there is no single magic flu bullet we can have which will work throughout our lives. Each year, the vaccine is updated to include the viruses that are most likely to cause the flu. Therefore, you should have the vaccine annually.

WHO should get the flu vaccine?

- ◆ Adults aged 65 and over
- ◆ People with certain medical condition e.g. asthma, COPD, diabetes, chronic heart or kidney disease
- ◆ Pregnant women
- ◆ Primary school children and children aged 2&3
- ◆ If you work in health and social care



✓ **FACT:** The flu vaccine works and saves lives.

✗ **MYTH:** The flu vaccine gave me the flu. This is not possible since the virus is deactivated or “dead”.

**Don't take chances with your health – look after it - get the “shot”!**

If you are not sure if you qualify, speak to reception or your GP today!

## NHS Screening

Screening is a way of finding out if people are at higher risk of certain health problems. This allows us to offer early treatment and information to help you to make informed decisions about your care. In the UK, the screening programme includes the following conditions:

### Breast screening

- ◆ 1 in 8 women in UK diagnosed with breast cancer
- ◆ Offered to women aged 50-70
- ◆ Mammogram (x-ray test) is done to detect early signs of breast cancer (when too small to see or feel).
- ◆ If detected early, treatment is more successful.

### Cervical screening

- ◆ Offered to women every 3 years between age 25-50 and every 5 years from 50-64.
- ◆ Checks the health of your cervix, to prevent cervical cancer
- ◆ Smear test—small sample of cells taken from cervix
- ◆ Finding changes in the cells can be treated early to prevent cancer

### Bowel Screening

- ◆ Offered to men & women aged 60-74
- ◆ Home testing kit sent to your home address (please update GP of any changes to address)
- ◆ Collect 1 sample of stool in bottle and post back to lab
- ◆ If blood detected, you do not always have cancer, but you will need further test to check.

### Abdominal Aortic Aneurysm screening

- ◆ Offered to men aged 65
- ◆ Involves ultrasound scan of your tummy to check the size of the aorta (the main blood vessel that runs from heart through the tummy)
- ◆ If the aorta is large (>5.5cm), there is risk of bursting if untreated. You will be referred to specialist.

For more information, please visit: [www.nhs.uk/conditions/nhs-screening](http://www.nhs.uk/conditions/nhs-screening)



## “I feel lonely and isolated”

Feelings of loneliness and isolation can seem impossible to overcome, but recognising the way you feel is an important first step.

In recent years, we are hearing more and more about loneliness and social isolation. It can affect people of any age, but is especially common in older people.

It can occur for a number of reasons including:

- ◆ Children moving away from home
- ◆ Moving into a new area
- ◆ Starting a new school/university
- ◆ Losing a job/retirement
- ◆ Financial hardship
- ◆ Disability
- ◆ Bereavement
- ◆ Decline in mobility
- ◆ Suffering with long term conditions

Things to do if you or you suspect someone you know is lonely:

- ◆ Reach out to family or friends, who may not be aware of how you are feeling
- ◆ If you suspect someone is becoming isolated, talk to them
- ◆ Talk to your GP. There are multiple organisations who offer advice and signposting. These include: **Mind, Young Minds, Women’s Aid, Age UK, Disability rights UK, The Campaign against living miserably (CALM), Enfield Carers Centre**
- ◆ Use social media to find groups who share your interests e.g. Meetup.org
- ◆ Monitor your children’s use of social media and talk to them about their friendships

Everyone experiences loneliness at times. If you feel lonely, or suspect somebody else might feel isolated, encourage them to speak to their GP. We would be happy to discuss the options available to help you manage your feelings.

## Extension to HPV Vaccine Programme

Since 2008 the NHS has offered the HPV (Human Papilloma Virus) vaccine to all girls in year 8 at school. HPV is responsible for many different cancers including more than 99% of cervical cancers. Approximately 5% of all cancers worldwide are linked to HPV.

The vaccine programme for girls has been very successful and 90% of girls have been vaccinated at school with parental consent and many more are choosing to have the vaccine at a later date.

From September 2019 this service is being extended to all boys in year 8, (12 -13yrs of age). It involves 2 injections given approximately 6 months apart into the upper arm and is given by the school nurses. Currently there are no plans for a catch up programme for older school boys.

HPV infection is very common and there are many different types of HPV. It is estimated that 70% of all unvaccinated people will get the virus at some time in their lives. Although most strains cause no problems and the body gets better on its own, there are a few strains that the body is unable to deal with and these can cause cancer or genital warts.

As a surgery we advise all young people who are eligible take up this opportunity.

## Abernethy House Online Services

Everyone can have access to the Practice’s free on-line services:

- ◆ Access the appointment system
- ◆ Cancel your appointment
- ◆ Order your repeat prescription
- ◆ Access your test results
- ◆ Let us know if your name or contact details have changed

To gain access, you will need to register to **Patient Online Access**. This can be done at: <https://www.abernethyhouse.co.uk/doitonline.aspx>

For any further information, feel free to speak to reception or your GP today.

