



Summer 2019

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Have you had your MMR?

Measles is one of the most infectious viral infections you can catch. The symptoms may seem mild at first: high fever, runny nose, watery eyes and cough. Then a spotty rash appears 3-5 days later. Yet 25% of people with measles will be hospitalized, 1 in 1000 will get brain swelling and 1 in 500 will die. Complications for some who survive may include seizures, blindness, hepatitis, brain infection and pneumonia. Measles in pregnancy can cause miscarriage or stillbirth, premature delivery and low birth weight babies.

Measles immunisations use the Measles, Mumps, and Rubella (MMR) vaccine. It is given in two doses into the muscle of the thigh or upper arm. Babies have immunity inherited from the mother for about a year. Hence, they receive the first dose of the vaccine on their first birthday or shortly after. The NHS regularly invites these babies for vaccination. In spite of this, half a million children under the age of 10 in the UK are not protected.

Outbreaks of measles are increasing. Cases in England almost quadrupled in the last year, especially during the summer. These facts and comments have been widely reported in newspapers and television programmes recently. They prompted Cherry mead Surgery and the PRG to check the situation amongst our patients.

We have analysed the records of patients aged 1 to 9 as at the end of April 2019. These show that 97% of our registered children patients in that group have been immunised.

That is good news as it is above the 95% level that the World Health Organisation recommends to prevent outbreaks.

We are keen to make sure these numbers don't fall and also to protect people at risk who have not had two doses of MMR.

Children up to the age of 18 who missed, or only partially completed their earlier MMR vaccination can have a "catch-up" MMR vaccination on the NHS. If you know or suspect your child has not been fully immunised, ring us to arrange an appointment for a catch-up MMR vaccination.

If you are planning a pregnancy, contact us eight weeks before you start trying to conceive. You should wait a month after the vaccination before trying to become pregnant. If you are pregnant already, the MMR vaccine is unsuitable.

The MMR vaccine can also be given on the NHS to adults who may need it. This includes:

- people born between 1970 and 1979, who may have only been vaccinated against measles
- people born from 1980 to 1990, who may not be protected against mumps

If you are not sure whether you have had full vaccination, please contact the surgery and ask for one of the Practice Nurses to call you back to discuss it.

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BANK HOLIDAYS

Cherry mead Surgery will be closed on Bank Holiday Monday 26 August from 8am to 6.30pm.

Repeat Prescriptions

Please re-order routine repeat medication by the end of Tuesday before a Friday Bank Holiday and by the end of Wednesday before a Monday Bank Holiday.

Extended Hours Openings

Please contact our Reception if you wish to discuss an Extended Hours appointment over the Bank Holiday weeks with the doctor.

Ask NHS

Why not try our new mobile app over the Bank Holiday weekend? To find out more about Ask NHS, you should go to

<http://www.sensely.com/asknhs/>

It's free from App Store and Play Store.

You can also call 111 if:

- you need medical help fast but it's not a 999 emergency
- you think you need to go to A&E or need another NHS urgent care service
- you don't know who to call or you don't have a GP to call
- you need health information or reassurance about what to do next.

Health Information Evening: Mental Health and Wellbeing

The PRG held its first Health Information Meeting of 2019 on 27th March. Staff from NHS Healthy Minds for Buckinghamshire outlined their service and answered questions.

Healthy Minds provides psychological services in Buckinghamshire for over 18s. The team consists of Doctors, Well-being Practitioners and Therapists. They provide evidence - based services for a wide variety of difficulties and disorders. These include:

- Generalised anxiety
- Specific phobias
- Social phobia
- Panic
- Obsessive compulsive disorder
- Post-Traumatic Stress
- Health Anxiety
- Depression .

On first contact they provide an assessment. That is usually by telephone. It determines how best to support the individual. A combination of online courses, self-help, and talking therapies is used. These include Cognitive Behavioural Therapy (CBT).

Healthy Minds describe CBT as follows:

CBT helps us understand more about our emotional well-being. The main areas are what we do, our physical symptoms, and thoughts following a situation. Those are known as triggers. The main principle is to change the way we think and what we do. They in turn change the way we feel. CBT focuses on helping us to develop skills. It provides tools to change behaviours and the thoughts that may be maintaining the difficulties.

The service also provides support for sufferers of Obesity, COPD (Chronic Obstructive Pulmonary and Cardiac Rehabilitation. The support can be provided in group settings and on an individual basis over varying periods of time. There are support

groups for people with Type 2 Diabetes Mellitus and a Postnatal Wellbeing group. There are resources and support available for those struggling with sleep disorder including insomnia. It also provides a crèche service.

Healthy Minds works in partnership with an organisation called the "Richmond Fellowship". The Richmond Fellowship offers help and support to address employment issues that are often a contributing factor to stress and anxiety.

Reaching out for help is often the most difficult step.

The Healthy Minds Service can be accessed by:

- Self-referral – 01865 901 600 or website
- Your GP
- Any health or social care practitioner
- Any mental health voluntary organisation
- Job Centre Plus
- Your employer
- Any education or training organisation

For more information visit the website by going to

<https://www.oxfordhealth.nhs.uk/healthyminds/getting-help/>

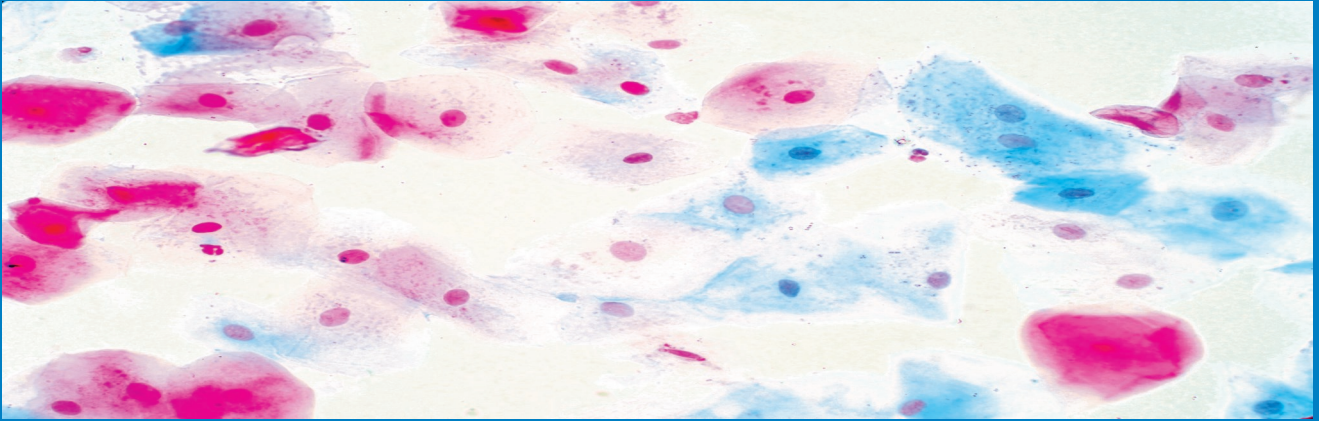
Text: **TALK** and your name to 07798 667 169 and we will call you back

Phone: 01865 901 600

Email: healthy.minds@oxfordhealth.nhs.uk



Cervical Screening



Cervical screening is not a test for cancer. It is a smear test to check the health of your cervix, the opening to your womb from your vagina. It tests for much earlier abnormal cell changes.

All women and people with a cervix aged 25 to 64 should receive an invitation by letter from the National Cervical Screening Service. Screening commences at age 25. Cervical cancer is very rare in those under 25. There is no evidence that earlier screening increases the diagnosis of cancer.

During your screening appointment, a small sample of cells will be taken from the cervix with a plastic brush. The sample is tested for changes to the cells of the cervix. Finding abnormal changes early means they can be monitored or treated. They then do not get a chance to turn into cancer.

Risk Factors for cervical cancer include:

- Genital HPV infection
- Early age of first coitus
- Multiple sexual partners
- Smoking
- Combined oral contraceptive use.

Cervical screening now also checks for Human Papillomavirus (HPV). It can lead to cell changes in your cervix which may lead to cancer.

You can find out more about cervical cancer, screening and support by visiting the Jo's Cervical Cancer Trust website:

<https://www.jostrust.org.uk/>

You can read more about Human Papillomavirus or HPV on Page 4. Please ring our Office if you think your smear is overdue.

Human Papillomavirus

Human papillomavirus (HPV) is the name for a common group of viruses. Most people will get some type of HPV during their lives.

You can get HPV from any skin-to-skin contact of the genital area. That includes vaginal, anal and oral sex and from sharing sex toys. You do not have to have penetrative sex to get HPV. Condoms reduce the risk of passing the virus on to someone else.

HPV has no symptoms. You may not know if you have it. Around 40% of 20 to 24 year old women are HPV positive. Infection declines with age, probably as a result of clearance of infection and reduced reinfection. Most infections are completely harmless and short-lived. Some persist and lead to pre-cancer and invasive cervical cancer.

Risk Factors for Cervical cancer include:

- Genital HPV infection
- Early age of first coitus
- Multiple sexual partners
- Smoking
- Combined oral contraceptive use.

Nearly all cervical cancers are caused by certain types of HPV. By December 2019, all smear samples will be tested for HPV. HPV positive women with abnormal cell structure will be referred for an examination. Those with a positive HPV test and normal smear will be recalled in a year for a repeat test. Most women will clear the infection within 1-2 years.

HPV is also associated with genital warts and with cancers of the vulva, vagina, penis, anus, tongue, mouth, tonsils and throat. You can pass the virus on to other people but not pre-cancer or cancer.

HPV vaccinations help protect against cancer. Girls are vaccinated at school from 11-13 years of age and up to the age of 25 years. Boys aged 12-13 years are also being offered the vaccine this year. They are later protected because girls are vaccinated.

Men who have sex with Men (MSM), and transsexuals that have not been vaccinated in the NHS girls' school program can be immunised up to the age of 45 years.

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For more information on how you can get involved with the Patient Reference Group come and meet us at one of our regular Meet The PRG sessions or email us .

Cherrymead Surgery Patient Reference Group

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