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WOODLANDS PRIMARY CARE



Patient Newsletter No.65

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www.woodlandssurgerysidcup.nhs.uk

Our website will give you all the latest surgery news and information.

CHILDHOOD VACCINATIONS

There has been a recent increase in measles cases in London. Those who have never received a measles vaccine are at risk. The MMR (measles, mumps and rubella) vaccine is a safe and effective combined vaccine.

The MMR vaccine is recommended for all babies and young children, but older children and adults can have it if they were not vaccinated when they were younger.

Please contact the surgery if you need to check your vaccination status or to book an appointment.

More information about vaccinations can be found at: nhs.uk/vaccinations.

PHARMACY CONSULTATIONS

You can contact or visit your local community pharmacy for help and advice from a qualified healthcare professional, on a range of minor illnesses, including;

- earache (aged 1 to 17 years)
- impetigo (aged 1 year and over)
- infected insect bites (aged 1 year and over)
- shingles (aged 18 years and over)
- sinusitis (aged 12 years and over)
- sore throat (aged 5 years and over)
- urinary tract infections or UTIs (women aged 16 to 64 years)

If something is more serious, they can point you to the right place to contact or attend.

They can also offer confidential advice on a range of topics, including exercise, stopping smoking, contraception and blood pressure.

They can also support you with taking medication, and any queries you may have.

Please visit nhs.uk/find-a-pharmacy to find pharmacies local to you.

URINE SAMPLES

Please do not bring a urine sample to reception unless you have spoken to a Clinician, and they have requested you bring a sample in.

If you are asked to provide a sample, please make sure it is using one of our sterile sample pots, which are available at reception.

All samples must be brought into surgery before 12.30pm.

AUGUST BANK HOLIDAY

Please note that Woodlands Surgery will be closed on the following days;

- Monday 26th August 2024

If you need medical assistance when we're closed, please visit 111.nhs.uk or call 111.

In a medical emergency, please call 999.

HEALTHY LIVING WITH TYPE 2 DIABETES

Healthy Living is a free, online NHS programme that supports people to live well with type 2 diabetes.

It includes information and advice about;

- eating well
- becoming more active
- how to look after your body and mind
- the NHS services and support
- living with diabetes, including driving, working and travelling

You can use the Healthy Living programme whenever suits you, and for as long as you need - there is no limit to access so you can learn at your own pace. It can also be used alongside any other diabetes programmes or education you may be taking part in.

To register for the programme, please visit healthyliving.nhs.uk.

To find out more about your risk of type 2 diabetes, please visit riskscore.diabetes.org.uk.

SUMMER HEALTH

Please visit nhs.uk/live-well/seasonal-health for information and guidance on seasonal summer health, including;

- guidance on sunscreen and sun safety
- keeping your baby safe in the sun
- sunburn
- heat rash (prickly heat)
- heat exhaustion
- dehydration
- sore or dry lips
- moles

PATIENT CONFIDENTIALITY

Everyone 16 years or over needs to contact the surgery for their own results and medical information. Due to patient confidentiality, we cannot give information about any patients 16 years or over to anyone else, without prior permission.

FREE HOME TEST FOR HEPATITIS C

Hepatitis C is a virus that affects your liver. It can be cured by taking a course of tablets. Lots of people have hepatitis C without knowing. Even if you do not know you have it, it can damage your liver and can sometimes lead to life-threatening conditions like liver cancer or liver failure.

You can do a free, confidential hepatitis C test at home. You prick your finger to get some blood and then send the blood to get tested.

Please visit hepctest.nhs.uk for more information about hepatitis c, the testing process, and to order a free test kit to your address.

INHALER RECYCLING

You can now recycle pressurised metered dose inhalers at participating sites.

Inhalers should not go in the bin or recycling at home. They end up in landfill, and the gases they contain contribute to climate change. Even inhalers that seem empty can still contain greenhouse gases.

Please bring your old, expired and unused inhalers to a participating pharmacy. Two local pharmacies are;

- Olins Pharmacy (The Oval)
- Roadnight Pharmacy (Station Road)

More information and other participating sites can be found at: www.selondonics.org/our-residents/your-health/local-nhs-services/inhaler-return-and-recycling.

HAY FEVER

Hay fever is an allergic reaction to pollen from grass, trees or plants, typically when it comes into contact with your mouth, nose, eyes and throat.

Hay fever is usually worse between March and September, especially when it's warm, humid and windy. This is when the pollen count is at its highest.

Your local pharmacist can help with hay fever if you are suffering with symptoms. They can advise on treatments and products which can be purchased, such as antihistamine tablets or nasal sprays.

Please visit: www.woodlandssurgerysidcup.nhs.uk/hay-fever for more information.



UK Health
Security
Agency

NHS

Whooping cough and pregnancy

Help protect your baby

There is a lot of whooping cough around at the moment. Babies are at most risk, especially in their first weeks of life.

Expectant mothers can help protect their baby by getting themselves vaccinated against whooping cough, from 16 weeks of pregnancy.

Don't take the risk.
Act now to protect your baby from whooping cough from birth. Contact your GP or midwife to get the vaccination.

immunisation

the safest way to protect yourself and your baby

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