

MELTHAM ROAD SURGERY NEWSLETTER

February & March

Australian Flu Symptoms And How Long Does It Last?

What is Australian flu?

There are two main types of flu—A and B. One of the strains of influenza circulating the UK this year is a type of flu known as H3N2. “Aussie Flu”, the H3N2 subtype of influenza A, is a particularly violent strain of flu, with more aggressive symptoms than usual.

Why is it called Australian Flu?

This particular strain of H3N2 flu that is affecting the UK is similar to the type that Australia suffered from earlier this year, during their winter. According to the NHS, flu symptoms may include sudden fever, with a tem-

perature of at least 38C, diarrhea or stomach pain, nausea and vomiting.

How to treat the flu.

To help you get better more quickly:

Rest and sleep

Keep warm

Take paracetamol or ibuprofen to lower your temperature and treat aches and pains

GP's **DO NOT** prescribe antibiotics as they will not relieve symptoms or help recovery.

Drink plenty of water to avoid dehydration (your urine should be light yellow or clear).

How long does it usually last for?

Flu usually clears up by itself after around a week or two but it is advisable to follow the guidelines how to treat flu in order to alleviate any of the associated symptoms. You can seek advice most easily from a pharmacist, you are encouraged **NOT** to call 999 or go to A&E unless you develop sudden chest pain, have trouble breathing or start coughing up blood. Patients are advised **ONLY** to go to their GP if their symptoms fail to improve after seven days, they are a child, over 65, pregnant or have a long-term medical conditions or a weakened immune system.

Missed Appointments

In December & January

490

Appointments were
MISSED

If you no longer require your appointment or are unable to attend please call us on 01484 432940 and let us know so we can give the appointment to someone else.

Flu Vaccinations

Have you had your flu vaccination?



Enquire at reception to see if you are eligible for a free NHS flu vaccination.

Walk All Over Cancer This March

Walk 10,000 steps every day in March to raise money for Cancer Research UK. Get fit and feel amazing as you bask in the knowledge you're stepping up and raising money to help beat cancer sooner. Whether you walk to work, take up jogging or give the lift a miss, the money you raise will help fund Cancer Research UK's life-saving research.

Some of the benefits of walking include:

- Helps maintain a healthy weight
- Reduces stress
- Lowers blood pressure
- Improves sleep
- Helps beat cancer sooner



To register go to: www.cancerresearchuk.org

Register For Online Services

DID YOU KNOW THAT IF YOU REGISTER FOR ONLINE SERVICES YOU CAN

BOOK YOUR OWN APPOINTMENTS

ORDER REPEAT PRESCRIPTIONS

VIEW TEST RESULTS

ASK AT RECEPTION FOR DETAILS

ADVICE FOR PATIENTS REQUESTING PRESCRIPTIONS

NHS North, Kirklees and NHS Greater Huddersfield Clinical Commissioning Groups (CCGs) have agreed to stop the routine prescribing of items that you may have previously been allowed on prescription these include:

- ◆ Multivitamins & Minerals
- ◆ Skin creams, emollients and verrucae treatments
- ◆ Hair & scalp products
- ◆ Camouflage products
- ◆ Sunscreens
- ◆ Gluten free products
- ◆ Soya & thickened infant formulas & infant formula for lactose tolerance
- ◆ Hay fever medication
- ◆ Paracetamol (unless on regular repeat)

These items are readily available to buy over your local pharmacy counter



YOUR NHS AND WHAT IT COSTS.

DID YOU KNOW THAT IT CAN COST YOUR NHS APPROXIMATELY:

£219 TO CALL OUT AN AMBULANCE

£95 FOR A SINGLE VISIT TO A & E

£32 FOR AN APPOINTMENT WITH YOUR GP

£12 TO CALL NHS 111

OR

12p TO CLICK ON NHS DIRECT WEBSITE

HELP US HELP YOU BY USING THE CORRECT SERVICE.

FREE WI-FI NOW AVAILABLE



National Non Smoking Day 14th March 2018 Let Us Help You Quit!

Up to half of all smokers die from smoking-related diseases. About 100,000 people in the UK die each year due to smoking. Smoking-related deaths are mainly due to cancers, chronic obstructive pulmonary disease (COPD), heart disease and stroke.

Smoking increases the risk of developing a number of other diseases. Many of these may not be fatal but they can cause years of illness and unpleasant symptoms.

The good news is stopping smoking can make a big difference to your health. It is never too late to stop smoking to greatly benefit your health. For example, if you stop smoking in middle age, before having cancer or some other serious disease, you avoid most of the increased risk of death due to smoking.

Many people have now given up smoking. In 1972 just under half of adults in the UK were smokers. By 1990 this had fallen to just under a third. At present, about a sixth of UK adults are smokers.

What are the benefits of stopping smoking?

You reduce your risk of getting serious disease no matter what age you give up. However the sooner you stop, the greater the reduction in your risk.

There are huge benefits to stopping smoking and they start as soon as you stop:

Your life expectancy goes up.

Your health improves, even if you are already have a smoking-related condition.

You will start to look younger.

You won't smell of stale tobacco.

You will save money.

You will have done something to make you feel proud.

Help is available if you want to stop smoking but are finding it difficult. Make the change today and book an appointment at reception for the smoking cessation clinic.

