

# EMC NEWSLETTER

## March 2019

### Please take one!

#### **Improvements**

It's been a busy couple of months with a new Practice Manager joining at the beginning of February, with 2 new Receptionists and a Healthcare Assistant all joining us in Mid-March. Thank you for being patient with us whilst we implement the changes.

#### **Cervical Screening Saves Lives**

- It's a test to help prevent cancer
- Women and people with a cervix aged 25-64 should be invited by letter
- During the appointment, a small sample of cells will be taken from your cervix
- The sample is tested for changes to the cells on your cervix
- Finding abnormal changes early means they can be monitored or treated so they do not get a chance to turn into cervical cancer
- You'll get your results by letter, usually in about 2 weeks.

#### **Type 2 Diabetes Prevention Week: 1<sup>st</sup> – 7<sup>th</sup> April 2019**

- Type 2 Diabetes can cause serious long-term health problems
- You can prevent Type 2 Diabetes by eating a healthy balanced diet, maintaining weight and exercising regularly
- These are some groups at higher risk:
  - Men
  - Those with family history
  - Overweight
- Your ethnicity may put you at higher risk of Type 2 Diabetes
- Find out your risk of Type 2 Diabetes by using Diabetes UK Know Your Risk Score at <https://riskscore.diabetes.org.uk/start>

## **Childhood Immunisations**

**It is important that you bring your child to be vaccinated.** Immunisation protects children against serious diseases. Once immunised, children's bodies are better at fighting these diseases if they come into contact with them. Vaccines work by helping the body's immune system to make antibodies (substances that fight off infection). If your child comes into contact with the infection, the antibodies recognise the infection and help protect your child. Vaccines have either a very weak form of the bacterium (another word for germ) or virus that causes a disease, or a small part of it. You might hear people talk about 'vaccines', or 'immunisations', or even 'jabs' or 'jags'. While there are differences between them, they lead to the same thing – a child who is protected from serious diseases. Please contact your health visitor or the Gov.co.uk website for further information

Many minor illnesses can be safely managed at home with sound advice and simple remedies from your chemist.

## **Antibiotics**

The doctors do not prescribe antibiotics for simple coughs and colds; if you are concerned about your symptoms you can have a telephone consultation with the doctor to reassure you that you do not have an infection as medical research has proven that antibiotics are ineffective in the treatment of viral illness.

Paracetamol and plenty of fluids should ease your symptoms until the virus leaves your body.

## **TRAVEL VACCINATIONS**

The Practice provides a handful of appointments for travel vaccinations. Please ensure you follow the Practice Policy and book minimum 6 Weeks **prior** to travel.

You can also attend the Travel clinic:

**TravelDoc**-108 Regent Rd, Leicester LE1 7LT. Tel: 0116 254 1282