

Woodcock Road Surgery

September Newsletter 2019



Dr D Ling, Dr R Blenk, Dr L Shinn, Dr A MacNab



FLU VACCINATION CLINIC FOR PATIENTS AGED 65 AND OVER

Saturday 28th September 2019

8.00 am to 11.45 am

No appointment necessary

PLEASE NOTE: We will NOT be able to vaccinate any patients aged under 65 on this date, as we will not have the vaccinations in stock. The Practice will contact you when your vaccine is available – please wait for invitation.



NATIONAL FLU IMMUNISATION PROGRAMME 2019/20

This year, three types of flu vaccine will be used in the flu programme. This will benefit patients by ensuring that they have the most suitable vaccine that gives them the best protection against flu. The three vaccines are;

- The Adjuvanted trivalent vaccine (aTIV) for people aged 65 years and over.
- The Quadrivalent vaccine (QIV) for children aged from 6 months to 2 years and adults from 18 years to less than 65 years of age who are at increased risk from flu because of a long term health condition.,
- The live attenuated influenza vaccine (LAIV) this is a nasal spray and is for children and young people from 2 years to less than 18 years of age.

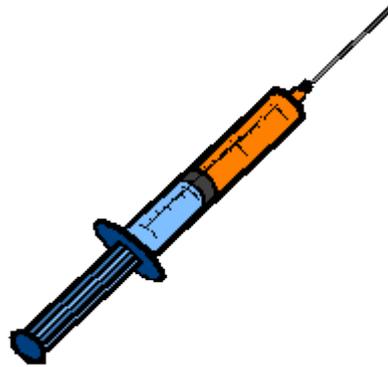
**PATIENTS AGED OVER 65 YEARS
PLEASE ATTEND FOR VACCINATION ON
SATURDAY 28TH SEPTEMBER 2019
BETWEEN 8.00 AM AND 11.45 AM – NO APPOINTMENT
NECESSARY.**

**PATIENTS AGED 18 – 64 YEARS 'AT RISK'
The Practice will contact you when your vaccine is available –
please wait for invitation.**

Vaccinations are being delivered to the Practice on a staged programme. This means that we are only receiving a limited amount of vaccine per delivery, over a period of three months, with the last delivery being November, which means our vaccination of patients aged under 65 will continue into November.

NHS England have advised that if you are vaccinated in November, you will still benefit from the vaccine's protective effect. It is better to wait for the vaccine that is most effective for your age group.

The delivery schedule is completely out of our control and is the same for all Practices and Pharmacies nationally. Please be assured that we will offer vaccination to all patients, as quickly as we can. The Practice will be following national guidance, as issued by the Department of Health and NHS England.



FLU VACCINATION CLINIC FOR PATIENTS AGED 18 – 64 YEARS 'AT RISK'

Date tbc

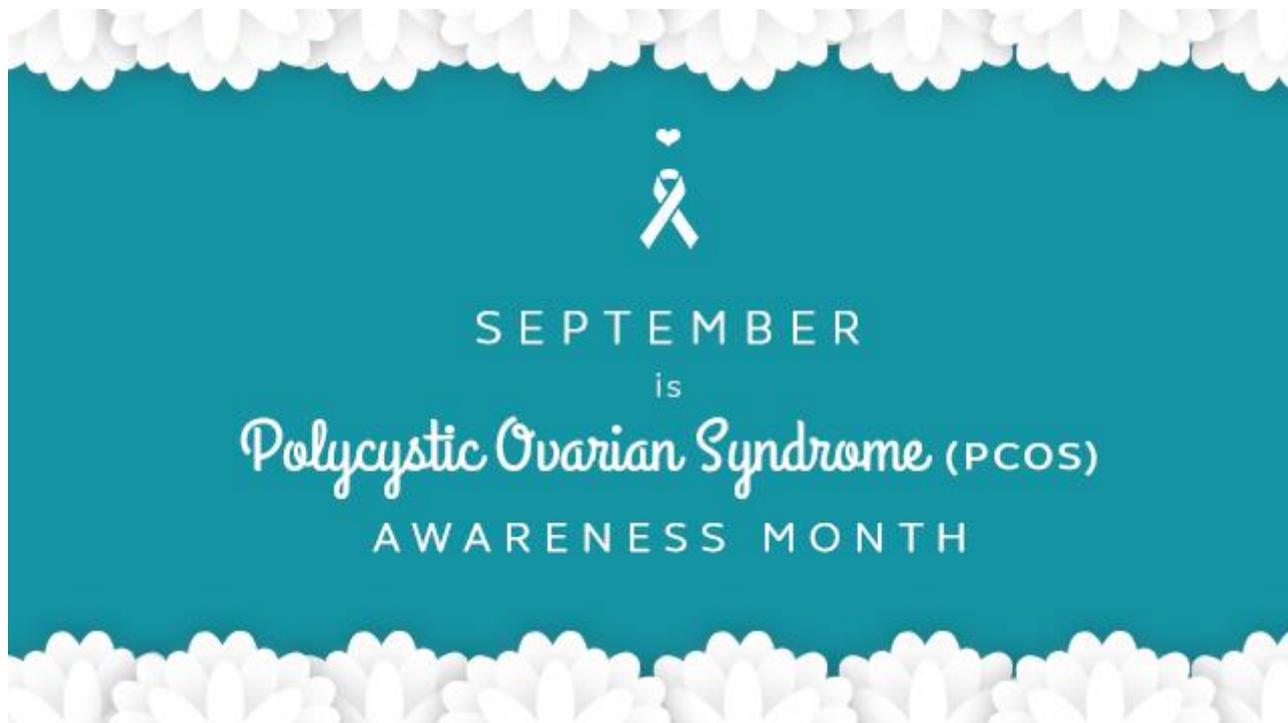
Even if you feel healthy, if you are **aged 18 to 64 years** (not yet 65), you should definitely consider having the free seasonal flu vaccination if you fall into one of the 'At Risk' categories which are as follows:

- Pregnant
- A heart problem
- A Respiratory disease such as COPD or Asthma for which you take inhaled steroids.
- A kidney disease
- Lowered immunity due to disease or treatment (such as steroid medication or cancer treatment)
- A liver disease
- Had a stroke or a transient ischaemic attack (TIA)
- Diabetes
- A neurological condition, for example multiple sclerosis (MS) or cerebral palsy
- A problem with your spleen, for example sickle cell disease, or you have had your spleen removed
- Morbidly obese (with a BMI of 740 or more)

If you are **aged 18 to 64 years and are in an 'at risk' group**, please attend this vaccination clinic.

Vaccination will **only** be given to those patients who fall into one of the 'At Risk' groups, as per the national guidance, issued by the Department of Health.

If you are unsure if you are eligible for vaccination, please speak to Reception, who will be happy to seek advice from the Clinical Team.



Polycystic ovary syndrome (PCOS) is a common condition that affects how a woman's ovaries work.

The 3 main features of PCOS are:

- [irregular periods](#) – which means your ovaries do not regularly release eggs (ovulation)
- excess androgen – high levels of "male" hormones in your body, which may cause physical signs such as excess facial or body hair
- polycystic ovaries – your ovaries become enlarged and contain many fluid-filled sacs (follicles) that surround the eggs (but despite the name, you do not actually have cysts if you have PCOS)

If you have at least 2 of these features, you may be diagnosed with PCOS.

Polycystic ovaries

Polycystic ovaries contain a large number of harmless follicles that are up to 8mm (approximately 0.3in) in size.

The follicles are underdeveloped sacs in which eggs develop. In PCOS, these sacs are often unable to release an egg, which means ovulation does not take place.

It's difficult to know exactly how many women have PCOS, but it's thought to be very common, affecting about 1 in every 5 women in the UK.

More than half of these women do not have any symptoms.

Symptoms of polycystic ovary syndrome (PCOS)

If you have [signs and symptoms of PCOS](#), they'll usually become apparent during your late teens or early 20s.

They can include:

- irregular periods or [no periods at all](#)
- difficulty getting pregnant as a result of irregular ovulation or failure to ovulate
- [excessive hair growth \(hirsutism\)](#) – usually on the face, chest, back or buttocks
 - weight gain
- thinning hair and [hair loss](#) from the head
 - oily skin or [acne](#)

PCOS is also associated with an increased risk of developing health problems in later life, such as [type 2 diabetes](#) and [high cholesterol](#) levels.

What causes polycystic ovary syndrome (PCOS)?

The exact cause of PCOS is unknown, but it often runs in families.

It's related to abnormal hormone levels in the body, including high levels of insulin.

Insulin is a hormone that controls sugar levels in the body.

Many women with PCOS are resistant to the action of insulin in their body and produce higher levels of insulin to overcome this.

This contributes to the increased production and activity of hormones like testosterone.

Being overweight or [obese](#) also increases the amount of insulin your body produces.

Treating polycystic ovary syndrome (PCOS)

There's no cure for PCOS, but the symptoms can be treated. Speak to a GP if you think you may have the condition.

If you have PCOS and you're overweight, [losing weight](#) and eating a [healthy, balanced diet](#) can make some symptoms better.

Medications are also available to treat symptoms such as excessive hair growth, irregular periods and fertility problems.

If fertility medications are not effective, a simple surgical procedure called laparoscopic ovarian drilling (LOD) may be recommended.

This involves using heat or a laser to destroy the tissue in the ovaries that's producing androgens, such as testosterone.

With treatment, most women with PCOS are able to get pregnant.