



MIDDLESTOWN PATIENT PARTICIPATION GROUP



Our next *One Day Event* starts at 9.30am on Thursday 26 July on the theme of Diabetes. Please come along and talk to the people who will be there



Common flu myths and the truth behind them

Flu is just like having a heavy cold - A bad bout of flu is much worse than a heavy cold. Flu symptoms come on suddenly and sometimes severely. They include fever, chills, headaches and aching muscles, as well as a cough and sore throat.

The flu vaccine gives you flu - No, it doesn't. The injected flu vaccine given to adults contains inactivated flu viruses, so it can't give you flu. Your arm may feel a bit sore where you were injected, and some people get a slight temperature and aching muscles for a couple of days afterwards. Other reactions are very rare.

Flu can be treated with antibiotics - No, it can't. Flu is caused by viruses - antibiotics only work against bacteria. You may be prescribed antiviral medicines to treat your flu.

Once you've had the flu vaccine, you're protected for life - No, you aren't. The viruses that cause flu can change every year, so you need a vaccination that matches the new viruses each year. The vaccine usually provides protection for the duration of that year's flu season.

I'm pregnant, so I shouldn't have the flu jab because it will affect my baby - You should have the vaccine no matter what stage of pregnancy you're in. If you're pregnant, you could get very ill if you get flu, which could also be bad for your baby. Having the jab can also protect your baby against flu after they're born and during the early months of life.

Children can't have the flu vaccine - Yes, they can! The nasal spray flu vaccine is recommended on the NHS for all healthy 2 and 3 year-olds - plus children in reception class, and school years 1, 2, 3 and 4.

The flu vaccine is generally given as an injection to children aged 6 months to 2 years and as a nasal spray to children aged 2 to 17 years who have a long-term health condition. The flu vaccine isn't suitable for babies under the age of 6 months.

Give the surgery a call late August to book your jab

2018 Practice Training: surgery closed from 12 noon on Wednesdays, until 8.30am the following day.
18 July, 19 September, 17 October and 14 November

WHY SHOULD YOU SIGN UP TO SYSTMONLINE

SystemOnline is a website which allows you to do things like booking and cancelling appointments and ordering repeat prescriptions online. You can also view parts of your medical records including your medications and immunisations.

Benefits of using SystemOnline:

- ❖ It's available 24 hours a day, 7 days a week, allowing you access to our services at your own convenience.
- ❖ It could save you a trip or a phone call to the surgery. You can use SystemOnline at home, at work or on the go, anywhere that you can connect to the internet!*
- ❖ SystemOnline is also available as an app, which can be used on Apple devices (iPhones and iPads) and on Android devices (mobile phones and tablets). The app can be downloaded for free from the Apple App Store and from the Google Play Store.

SystemOnline is only available from within the UK. You cannot access the clinical system, SystemOne from abroad

TIPS FOR HEALTHY EATING No.3

It is recommended that men have around 2,500 calories a day. Women should have around 2,000 calories a day. Most adults are eating more calories than they need, and should eat fewer calories.

Eat the right amount of calories for how active you are, so that you balance the energy you consume with the energy you use. If you eat or drink too much, you'll put on weight. If you eat and drink too little, you'll lose weight.

Cut down on saturated fat

Saturated fat in our diet

We all need some fat in our diet, but it's important to pay attention to the amount and type of fat we're eating.

There are two main types of fat: saturated and unsaturated. Too much saturated fat can increase the amount of cholesterol in the blood, which increases your risk of developing heart disease.

The average man should have no more than 30g saturated fat a day. The average woman should have no more than 20g saturated fat a day, and children should have less than adults.

Saturated fat is found in many foods, such as hard cheese, cakes, biscuits, sausages, cream, butter, lard and pies.

Try to cut down on your saturated fat intake, and choose foods that contain unsaturated fats instead, such as vegetable oils, oily fish and avocados.

For a healthier choice, use just a small amount of vegetable oil or reduced-fat spread instead of butter, lard or ghee. When you're having meat, choose lean cuts and cut off any visible fat.



YOUR NAMED GP

ALL GP PRACTICES are contractually required to allocate a named, accountable GP to all patients (including children). This does not mean you must or should see that specific GP but rather that a single named GP is responsible for your care. With changes to GPs working at the practice (through retirement), your named GP may have changed. For example, if you live in a Kirklees area your named GP is Dr Catherine Swan. If you have any queries or are unsure who your named GP is at the practice, please ask at your next visit or call the surgery after 11am.

**The next PPG Newsletter is due on 5th November 2018
and our next One Day Event, covering Dementia, is on
15th November 2018**