



MIDDLESTOWN PATIENT PARTICIPATION GROUP



2020 Newsletter

Our next **One Day Event** starts at 9.30am on Thursday 30th January with Age UK. Please come along and talk to those who will be there on the day.



Age UK is the country's largest charity dedicated to helping everyone make the most of later life. They provide companionship, advice and support for older people who need it most.

Age UK Wakefield District offers a wide range of services to help and support individuals as they grow older including -

- Advocacy
- Befriending
- Home Assessments
- Home Shopping Service
- Social Support and Group activities
- Supported hospital discharge
- Home Support Services
- Bereavement Support
- Winter Support Measures

We are focusing this Event on Age UK, their services, and what they offer to anyone aged 50 and over. There will be Age UK members in the surgery to answer your questions and provide information on what they do, and how you might benefit from their services.

No appointment needed, just turn up on the day. There will also be information for you take away with you.

HEALTH IMPACTS OF A COLD HOME

The World Health Organisation recommends temperatures in the home should be between 18 & 21 degrees C. If it falls below this for more than 2-3 days there is an increased risk to health and wellbeing. Cold can cause or make worse a range of health and wellbeing problems including Strokes; Respiratory illnesses; Heart & circulatory illnesses; longer stays in hospital; Social isolation; reduced dexterity & mobility. In extreme cases the cold can lead to death.

Please keep an eye on your friends and neighbours who you think may be vulnerable at this time of year. Checkout more information at ourneighbours.org.uk

One Day Events 2020

Our Programme for 2020 is now complete and the full programme is on our Notice Board in Middlestown, on the PPG website, and will be on the back of the flyers for the April event and included in the goodie bags at the January event.

- 30th January - Age UK
- 30th April - Respiratory conditions
- 23rd July - Arthritis
- 12th November - Dermatology and skin conditions.

Contacting the practice by phone

Week Days

08:00 - 18:00 Call 01924 237100 All calls are answered as quickly as possible and our trained staff will ask the nature of your call to direct you to the most appropriate person. If you feel you need to be seen on the same day, a clinical member of staff will call you back.

17.00 - 18.00 Patients can be booked into GP Care Wakefield at Trinity Health Centre in Wakefield.

18.00 - 22:00 Call 01924 237100 and your call will be diverted to GP Care Wakefield.

22.00 Closed message asking patients to call 111

Weekends/Bank Holidays 09:00 - 15.00

Call 01924 237100 the phones are diverted to GP Care Wakefield.

SAVE THE DATE

PPG AGM - Thursday 21st May, 2pm at Middlestown. All patients are welcome.

It's not too late for your flu jab - call the surgery on 01924 237100 now



2020 Practice Training: surgery closed from 12 noon on Wednesdays, until 8.00am the following day on 26 February, 18 March, 22 April, 13 May, 17 June, 15 July, 16 September, 14 October & 11 November.



ON MIGRAINE

Migraine is a recurrent throbbing headache, typically affecting one side of the head and often accompanied by nausea, vomiting, disturbed vision and increased sensitivity to light or sound. It affects women more than men. They usually begin in early adulthood. The

two main types of migraines are:

Migraine without Aura - the most common type of migraine where the migraine occurs without any specific warning signs. Symptoms include: headache, usually one side of the head, at the front or side with the pain often described as throbbing or pulsating & any movement of the head makes it worse. The headache can last from 4 to 72 hours; Feeling or being sick; Not liking bright lights or loud noises, feel like sitting in a dark room or lying down

Migraine with Aura - less common than migraine without aura, the symptoms are the same but this comes with a warning sign, an aura, which comes on before the headache begins. Visual aura is the most common type of migraine aura. It affects only one side of the vision and gradually gets bigger over 5-20 minutes, eg a bright and shimmering light, often in a C-shaped pattern or zig-zag lines. During the aura, patient can also feel numbness and pins and needles in the hands, face, lips and tongue. Problems with speech can also be a type of migraine aura. The aura usually takes few minutes to develop and can last from 5 minutes to an hour.

The headache usually starts after the aura. Sometimes, just the aura occurs and no headache follows. This is a silent migraine. Most people who have migraine with aura also have episodes of migraine without aura.

Causes of migraine - the exact cause of migraines is not known and most migraine attacks occur for no apparent reason. However, something may trigger migraine attacks in some people. Triggers can be all sort of things. For example:

Diet - Dieting fast, irregular meals, cheese, chocolate, red wine and not drinking enough water.

Environmental - Smoking and smoky rooms, glaring at light, computer screens, flickering TV sets, loud noises and strong smells.

Psychological - Depression, anxiety, anger, tiredness, stress, etc.

Medicines - Hormone Replacement Therapy (HRT), some sleeping tablets and contraceptive pills.

Other - Periods (menstruation), shift work, different sleeping patterns and menopause.

How long do migraines last? - A migraine attack can typically be divided into four phases:

- A warning phase occurs in up to half of people with migraine. You may feel irritable, depressed, or tired, have food cravings, or just know that a migraine is going to occur. You may have these feelings for hours or even days before the onset of the headache.
- The aura phase (if it occurs).
- The headache phase.
- The resolution phase when the headache gradually fades. During this time you may feel tired, irritable, or depressed, and may have difficulty concentrating.

Treating migraine - There's no cure for migraine, but a number of treatments are available to help reduce the symptoms. These include:

- painkillers - including over-the-counter medicines like paracetamol and ibuprofen
- triptans - medicines that can help reverse the changes in the brain that may cause migraines
- anti-emetics - medicines often used to help relieve people's feeling of sickness (nausea) or being sick

During an attack, many people find that sleeping or lying in a darkened room can also help.

When to get medical advice

- You should see a GP if you have frequent or severe migraine symptoms.
- See a GP if you have frequent migraines (more than 5 per month), even if they can be controlled with medication, as you may benefit from preventative treatment

You should call 999 or ring for an ambulance immediately if you or someone you are with experiences:

- Paralysis or weakness in one or both arms or one side of the face
- Slurred speech
- A sudden agonising headache resulting in severe pain unlike anything experienced before
- Headache along with a high temperature (fever), stiff neck, mental confusion, seizures, double vision and a rash.

The next PPG Newsletter is due 20th April 2020.
Next One Day Event is 30th April 2020 about Respiratory Conditions