# Newsletter

# QUEEN MARY PRACTICE SEPTEMBER 2017 NEWSLTTER

### WELCOME TO THE SEPTEMBER ADDITION OF QUEEN MARY PRACTICE NEWSLETTER

Keeping you updated with the latest news from your surgery!

We would like to Welcome Dr Pradeep Sharma who has joinied the practice as a Partner from September 2017 and Dr Neha Pandhi who has also joined the surgery as a Salaried GP. We would like to be a practice where our team can offer you the best healthcare advice and experience possible. Our staff, as always work tirelessly to maintain the smooth running of this surgery to deliver a very efficient service for all our patients.

Please do feedback to us to help us achieve this goal. This is your practice! Please help us shape it to serve you better.

Thank you Dr Khan

# FLU SEASON IS HERE!!! PLEASE BOOK YOU APPOINTMENT EARY



The eligible groups for the 2017/18 service are:

\*all people aged 65 years and over (including those becoming age 65 years by 31 March 2017);

\*people aged from 18 to less than 65 years of age with one or more of the following medical conditions:

\*chronic (long-term) respiratory disease, such as severe asthma, chronic obstructive pulmonary disease (COPD) or bronchitis;

\*chronic heart disease, such as heart failure;

\*chronic kidney disease at stage three, four or five;

\*chronic liver disease;

\*chronic neurological disease, such as Parkinson's disease or motor neurone disease, or learning disability;

\*diabetes;

\*immunosuppresion, a weakened immune system due to disease (such as HIV/AIDS) or treatment (such as cancer treatment);

\*asplenia or splenic dysfunction;

\*morbid obesity

- pregnant women aged 18 or over (including those women who become pregnant during the flu season);
- \* people aged 18 or over living in long-stay residential care homes or other long-stay care facilities\*;
- carers aged 18 or over; or household contacts of immunocompromised individuals who are aged 18 or over.



#### Worried about your memory?

It happens to all of us from time to time. You can't put a name to a face. You forget where you put your keys. You can't remember where you parked the car. Most of the time such slips are a nuisance, rather than a sign of something more serious. But if you are worried that your memory is getting noticeably worse, or if memory loss is beginning to affect your everyday life, it is worth seeking advice. You might also be concerned about someone close to you. It's important to seek advice because, in some cases, memory problems are an early sign of a medical condition such as dementia. If you have any concerns, please speak to your GP. Further information on dementia can be found on the NHS Choices website – www.nhs.uk

#### Chlamydia Treatment Now Available at Local Redbridge Pharmacies for 15-24 year olds

Chlamydia is the most commonly diagnosed sexually transmitted infection (STI) in the UK, affecting both men and women, in particular among young people aged between 15 - 24 years old.

Most people don't experience any symptoms so are unaware they are infected. The only way to find out is to take a test - once it's been diagnosed, chlamydia can be easily be treated.

What are the symptoms? Symptoms of chlamydia could be pain when you urinate (pee), unusual discharge from the penis, vagina or rectum or, in women, bleeding between periods or after sex. Read more information about chlamydia symptoms on the <u>NHS Choices website</u>.

Why get tested? You should be tested for chlamydia annually especially if you have ever had unsafe/unprotected sex and/or change sexual partners. If left untreated, the infection can spread to other parts of the body.

Where to get a chlamydia test and treatment?: There are currently 25 pharmacies offering FREE and CONFIDENTIAL chlamydia testing and treatment to all young people aged between 15 to 24.

You can ask a member of staff at these pharmacies for a free chlamydia test and get the results within ten days. Testing will involve a urine test (pee in a pot) or swab test. The testing is confidential and you will usually get the test results through a phone call or text message. You can also get treated at the pharmacy as well. Treatment, if necessary, is simple with usually one dose of antibiotics.

You can also get tested at your **local GP or visit a sexual health clinic**. More information is available on the <u>Barking</u>, <u>Havering and Redbridge Hospitals NHS Trust website (https://www.bhrhospitals.nhs.uk/sexual-</u>

health). For further information on young people's sexual health services, visit: https://www.redbridge.gov.uk/young-people/sexual-health-advice/

# Re: Meningococcal ACWY conjugate vaccination (MenACWY)

Teenagers **born between 01/09/1998-31/08/1999** (2017 school leaver cohort) are now eligible for urgent catch-up with MenACWY vaccination and should make an appointment with the practice nurse to have the injection as soon as possible

### Please log on to : http://ww.queenmarypractice.nhs.uk/

- to the report to view
- Our CQC report
- Leaflets
- Self Referral Forms
- Friends and Family





# COMMUNITY HEALTH OPEN DAY EVERYONE WELCOME NO APPOINTMENT NECESSARY! THURSDAY 5<sup>TH</sup> OCTOBER 2017 2pm to 6.00pm

#### SOUTH WOODFORD HEALTH CENTRE

114 HIGH ROAD, E18 2QS (ENTRANCE FROM HIGH ROAD)

Chandra Patel (Elmhurst) 07961 145592, Rakesh Dutta (Queen Mary) 07931 514129, Michelle Greene (Shrubberies) 020 8505 8354

#### Prescriptions no longer funded by the NHS From 10th July 2017 PRESCRIPTIONS NO LONGER FUNDED BY THE CLINICAL COMMISSIONING GROUP REDBRIDGE (CCG) Gluten Free products e.g. bread Medicines for dental condition-e.g. mouth wash-٠ es, toothpastes Head lice and/or scabies medication Deep Heat/Tiger balm and Cosmetic procedures no longer funded by the other Rubefacient creams local NHS Omega 3 and other fish oil ٠ supplements Multivitamin supplements Face lift or brow lift ٠ Eye vitamins supplements Breast augmentation/enlargement ٠ Colic remedies for babies augmentation/ Revision of breast Cough and cold remedies enlargement Paracetamol and Ibuprofen Surgery to reduce excessive sweating Soya based formula milk Surgery for trigger finger Surgery to treat scrotum swellings Labiaplasty Surgery **Travel vaccinations** Surgery to treat scrotum swellings No longer funded Weight loss surgery: New eligibility criteria paby NHS tient must have BMI of 35 or above and have Type 2 diabetes **IVF Funding** one embryo transfer instead of 3 for women aged 23-39only. Stopping funding IVF for Hepatitis А ٠ women aged 40-41. and B combined Exceptions: Hepatitis B Patients undergoing cancer treatment or ۲ Meningococcal meningitis who have a disease condition requiring medi-Japanese encephalitis cal or surgical treatment that has a significant Rabies likelihood of making them infertile Tick-borne encephalitis ٠ Couples where the male partner has a chron-٠ ΤB ic viral infection such as HIV that could be Yellow Fever transmitted to the female partner and potentially to any unborn child



The Accessible Information Standard aims to make sure that people who have a disability, impairment or sensory loss are given information they can easily read or understand.

# Please inform practice staff if you have any communication support needs.

You need to help us make sure we get things right for you by recording your accessibility requirements and information needs alongside your other details.

