

The Hill General Practice

Autumn Newsletter

Bringing you the latest news, information and health advice from The Hill General Practice.



Seasonal Flu

Flu is a common infectious viral illness which is spread by coughs and sneezes. It can be a very unpleasant illness but you usually begin to feel better within a week. You can catch flu (short for influenza) all year round, but it is more common in winter – which is why it is also known as seasonal flu.

Symptoms of flu include:

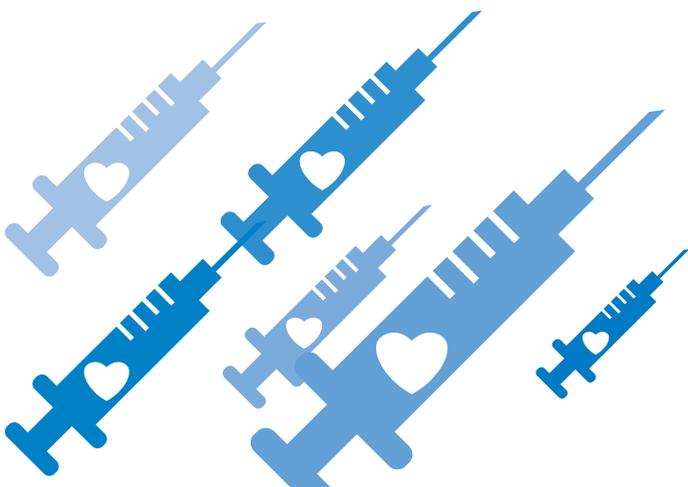
- High temperature (fever) of 38c or above
- Tiredness and weakness
- A headache
- General aches and pains
- A dry, chesty cough

Who should have the flu jab?

The injected flu vaccine is offered free of charge on the NHS to people who are at risk. You are eligible to receive a free flu jab if you:

- Are 65 years of age or over
- Are pregnant
- Have certain medical conditions
- Are very overweight
- Are living in a long-stay residential care home or other long-stay care facility
- Receive a carer's allowance, or you are the main carer for an elderly or disabled person
- Are a healthcare worker with direct patient contact, or a social care worker

Please call us to discuss further or arrange your appointment on: 0345 111 1310



NHS health checks

The NHS Health Check is a sophisticated check of your heart health. Aimed at adults in England aged 40 to 74, it checks your vascular or circulatory health and works out your risk of developing some of the most disabling – but preventable – illnesses.

The health check is not only an opportunity to put right any emerging problems, but also to get personalised advice on keeping yourself healthy and active in the future.

Think of the NHS health check as a midlife MOT.

Why the NHS Health Check is important

Thousands of people have already had an NHS Health Check. They are now armed with information and support to reduce their risk of developing heart and vascular problems. Why not join them?

Together, the vascular conditions identified by the NHS Health Check are the biggest cause of preventable deaths in the UK, affecting more than 4 million people.

Every year, the NHS Health Check is expected to help:

- Save 650 lives
- Prevent 1,600 heart attacks and strokes
- Prevent 4,000 people from developing type 2 diabetes
- Detect at least 20,000 cases of type 2 diabetes or kidney disease earlier

How to get an NHS Health Check

You'll be invited for an NHS Health Check every five years if you are between 40 and 74 years old, as long as you don't have an existing vascular condition.

How the NHS Health Check will help

Once you've had your NHS Health Check, you'll have a good idea of what your risk is of developing heart disease, stroke, type 2 diabetes, kidney disease and certain types of dementia. There are some risk factors for these diseases that can't be changed; for example, your risk increases with age.

But there's a lot you can do to reduce your risk. You can:

- Maintain a healthy weight
- Be physically active
- Eat a healthy and balanced diet
- Stop smoking
- Cut down on alcohol

Don't delay, book today. Call us on 0345 111 1310 to book your appointment now.

Helping you prevent:



Diabetes



Heart disease



Kidney disease



Stroke and dementia

Sexual health

To support sexual health awareness week (14th–20th September) we want to promote our sexual health services to you. Here at the Hill General Practice we offer various clinics and our health professionals offer confidential and accurate information about sex, safer sex, contraception, pregnancy and sexually transmitted infections (STI's).

Our sexual health services are free and available to everyone regardless of sex, age, ethnic origin and sexual orientation.

Firework safety

With bonfire night quickly approaching, here are some facts about fireworks and potential risks of not using them properly.

Follow these safety guidelines at your firework display:

- Only buy fireworks that comply with British Standard 7114 or its European equivalent. Instructions should be in English
- Don't drink alcohol if you're lighting fireworks
- Keep fireworks in a closed box
- Follow the instructions on each firework and be sure they're suitable for home use
- Light fireworks at arm's length using a taper
- Stand well back
- Never go near a firework that has been lit. If it hasn't yet gone off, it could still explode
- Never throw fireworks or put them in your pocket
- Always supervise children around fireworks
- Light sparklers one at a time and wear gloves

- Don't give sparklers to children under five years old
- Keep pets indoors

Treating burns

In case of any accidents on bonfire night, here's some first aid advice on how to treat a burn:

- Immediately get the person away from the heat source to stop the burning
- Cool the burn with cool or lukewarm water for 10 to 30 minutes – do not use ice, iced water or any creams or greasy substances such as butter
- Remove any clothing or jewellery that is near the burnt area of skin, but do not move anything that is stuck to the skin
- Make sure the person keeps warm – for example by using a blanket – but take care not to rub it against the burnt area

- Cover the burn by placing a layer of cling film over it
- Use painkillers, such as paracetamol or ibuprofen, to treat any pain

When to get medical attention

Depending on how serious a burn is, it may be possible to treat it at home. For minor burns, keep the burn clean and do not burst any blisters that form.

Our walk-in centre can treat minor scalds and burns. We are open from 8am–8pm every day of the week.

More serious burns will require professional medical attention and you will need to go to a hospital accident and emergency department.

Children should watch fireworks at a safe distance and follow the safety rules for using sparklers.



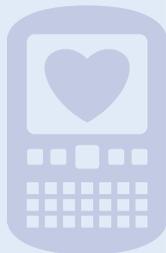
Did you know? We speak your language

The backgrounds of our healthcare team reflect the multicultural community of Sparkhill and they speak a range of languages. We also offer translation services. Contact our reception team to find out more.



Appointment reminders and results the easy way

We offer a free texting service. If you would like to use this service, please ensure that our reception staff have your up-to-date mobile number.



Top 10 tips for an active autumn

Cold autumn weather can make the idea of leaving the house unappealing, while fatty comfort food simultaneously becomes a lot more tempting. Don't let the dark evenings and chilly weather stop you from staying active: follow these top tips to avoid becoming a couch potato and keep up your healthy lifestyle.

Make the most of commercial breaks

Everyone deserves a cosy evening in once in a while, but watching telly doesn't have to make the night an exercise write-off. Challenge yourself during the ad breaks to do a few push-ups, or some lunges.

Work out in the morning

When it's dark outside in the evening our bodies think it's night and become tired, which is why it's so difficult to get to the gym after a day at the office. Beat your body clock by getting up earlier and exercising before work - you'll also have more energy throughout the day.

Sign up for a run

Motivation is key to staying active during autumn, so find out if there are any races on in your area in spring next year. If you sign up now, you'll have a reason to train as well as something fun to look forward to.

Go for a weekend hike

It's still important to get fresh air, so wrap up warm and head out for a long walk with your family or friends. The countryside is beautiful in autumn, and you might be lucky enough to catch a healthy

dose of vitamin D from a late burst of sunshine.

Get a gym buddy

Sometimes you just need a bit of encouragement to hit the gym in the autumn, so get a friend to sign up too and go together. Someone who's close to your fitness level is ideal, as the competition between you should keep you both motivated.

Get a games console

You can pick up some great fitness games for the Wii, Xbox Kinect and PS3. They're fun to play, you can track your progress, and you won't even have to leave the comfort of your living room.

Play squash or badminton

Taking up an indoor sport like squash or badminton will keep your exercise routine varied, and just half an hour of squash will burn over 400 calories.

Go swimming

Jumping in the pool isn't just relaxing, it's also a great way to tone your muscles and get that all-important cardio workout. You can get the whole family involved with a Child Swim Membership, which should put a stop to lazy weekends in front of the TV.