



**Measles is circulating in the UK.** Measles is extremely infectious. It can cause serious illness and be fatal

### What are the signs and symptoms?

Measles	Mumps	Rubella
Fever, cold-like symptoms, rash, sore eyes or conjunctivitis	Fever, headache and swollen glands in the face	Swollen glands, sore throat, temperature and a rash
<b>Is it serious?</b>		
<b>Yes</b> About 1 in 5 go to hospital and 1 in 15 will develop severe complications. Measles can cause deafness, fits, brain damage and swelling of the brain. Since 2006 there have been three deaths from measles in the UK.	<b>Yes</b> Although most cases are mild, mumps can cause viral meningitis and painful inflammation of the ovaries or testicles and in rare cases, of the pancreas.	<b>Yes</b> Although cases are mild, catching rubella during pregnancy can cause serious illness in unborn babies, including deafness, blindness and even death.

**Protecting yourself** To protect yourself and those around you from measles: Make sure **your children** get 2 MMR vaccines on time – the first at 12 months of age and the second at 3 years, 4 months. If you or your children missed these vaccines, it's not too late – ask for the free vaccine from your GP if you or your children aren't up to date

**Older children, teenagers and young adults**  
If you have never previously had MMR vaccine or have only had one dose of it, you should contact your GP surgery to arrange to catch up with your outstanding doses. If you have already had one dose of MMR vaccine as a young child then you will only need one further dose, no matter how long ago your first dose was given. If you need 2 doses then they can be given with a one month gap between them.

**Women of child bearing age**  
Rubella can be a very serious infection for unborn babies, it can cause blindness, deafness and even death. If you are a woman of child bearing age, even if you are not planning to have a baby, you should have 2 doses of the MMR vaccine before you become pregnant. If you have not had 2 doses, or you are unsure, you should contact your GP surgery to arrange to catch up with any doses still outstanding.

**Older adults**  
Adults born in the UK before 1970 are likely to have had measles, mumps and rubella as a child or to have had single measles or rubella vaccines which were used before MMR was introduced in 1988.

**How safe is the vaccine?**  
The combined MMR vaccine has been safely protecting children for many years in many countries worldwide. In the UK, millions of doses have been given since it was introduced in 1988. Before vaccines can be used, they have to be thoroughly tested for safety. Although there may be some side effects from vaccination, they are usually mild and much less severe than the disease itself. Serious reactions following vaccination are rare.

**If you think you have measles**  
If you have symptoms of measles stay at home and phone your GP or NHS 111. Do not attend GP surgeries and A&E departments without informing them that you think you have measles before you visit – you could spread the illness to others.



## Shingles – a few facts

- Unlike most other infections, you don't catch shingles from someone else.
- Most of us had chickenpox when we were young, although some of us will not be aware that we've had it.
- After you have chickenpox, the virus remains dormant living in the nerves.
- The virus can come back and spread to the skin causing a disease called shingles.
- Shingles can be very painful and tends to affect people more commonly as they get older.

## Check if you have shingles

The first signs of shingles can be:

- tingling or painful feeling in an area of skin
- headache or feeling generally unwell

A rash will appear a few days later.

Usually you get the shingles rash on your chest and tummy, but it can appear anywhere on your body including on your face, eyes and genitals.

The rash appears as blotches on your skin, on 1 side of your body only. A rash on both the left and right of your body is unlikely to be shingles.

You might need medicine to help speed up your recovery and avoid longer-lasting problems. This works best if taken within 3 days of your symptoms starting.

**Go to [111.nhs.uk](https://111.nhs.uk) or call 111 or phone the surgery.**

## Try to avoid:

- pregnant people who have not had chickenpox before
- people with a weakened immune system – like someone having chemotherapy
- babies less than 1 month old – unless you gave birth to them, as your baby should be protected from the virus by your immune system



**In the first 5 years of the national programme there were 40,500 fewer GP consultations for shingles related disease and 1,840 fewer hospitalisations<sup>1</sup>.**

## Who will get the vaccine?

From 1 September 2023 the vaccine programme is being offered to the following:

- ❖ **Healthy people 70 to 79 years of age who have not yet been vaccinated**
- ❖ **People from 50 years of age with a severely weakened immune system**
- ❖ **Healthy people aged 60 to 70 years will become eligible for the vaccine over the next 5 years, when they turn 65 or 70 years of age**

You will remain eligible for the shingles vaccine until your 80th birthday (unless you have a weakened immune system), but the sooner you have the vaccine the earlier you will be protected.

When you become eligible for your shingles vaccine, **your GP surgery will contact you to book an appointment.**





**Blood Pressure UK**

Helping you to lower your blood pressure

**Blood Pressure UK is a charity dedicated to lowering the nation's blood pressure to prevent stroke and heart disease.**

Their vision is for everyone to know their blood pressure numbers in the same way they know their height or weight and take steps to keep them healthy, both now and in the future.

### **1.5 million**

1.5 million people have had a blood pressure check during our annual **Know Your Numbers! Week**, which takes place every September. It's the UK's biggest blood pressure testing and awareness event.

### **120/80**

An ideal blood pressure is under 120/80mmHg. Do you Know Your Numbers?

### **6 million**

6 million people in the UK have high blood pressure and don't know it.

### **350**

Every day in the UK, 350 people have a stroke or heart attack that could have been prevented.

### **£2.1 billion**

That's how much high blood pressure costs the NHS every year.

SAVE THE DATE and join in with **Know Your Numbers! Week**. This year's campaign will take place from 4-10 September. **To find out more visit [www.bloodpressureuk.org](http://www.bloodpressureuk.org)**

## **NHS prescriptions**

An NHS prescription is issued by a prescriber, such as a doctor on behalf of the NHS. Depending on the medicine you need, your prescription can either be a **one-off/acute** or a **repeat**. A one-off/acute prescription is usually given for a condition where medicine is only needed for a short period of time and in some instances, the medication is a controlled drug. Repeat prescriptions are usually for conditions that require ongoing treatment for a longer period of time.

You can request your prescriptions in several ways.

### **Your nominated pharmacy**

You can order prescriptions without the need to book an appointment with your GP although you'll still need to see your GP for regular, medicine reviews. Ordering online is often the easiest way of managing your prescriptions but you can phone your pharmacy if that's easier for you. You can order for yourself, or on behalf of someone that you care for, with their consent.

The pharmacy send your request to us at the GP surgery. Once checked and approved, we send an electronic prescription (EPS) back to the pharmacy who will get your medication ready for you.

### **NHS App**

You can order prescriptions by logging into the app with the email address that we hold on record for you here at the surgery. Click on the Prescriptions icon>Order a prescription>select what type of prescription>select medication>confirm pharmacy Requests will be dealt with within 48 hours of receipt.

Remember to request your prescription early for Public Holidays or if you are going abroad.

### **FAQ**

**Why can't I order my medication? Here are the most common reasons:**

- You need a medication review
- It's too early to order your medicine
- It's an acute (short-term) or one-off prescription
- It has already been requested
- It has been prescribed by a hospital and we have not received the documentation



## Macmillan Coffee Morning



Macmillan's Coffee Morning is our biggest fundraising event to support people living with cancer. People all over the UK host their own Coffee Morning and donations raised on the day are made to Macmillan. A Coffee Morning can be whatever you want it to be. It could be at home, on your driveway, a hall or online, whatever suits you best. You can hold a garden get together and throw a barbeque, or treat your colleagues to some

homemade bakes, or even get together with friends for a takeaway.

**In 2022, we raised over £12 million** and hope to top that this year.

### When is Macmillan's Coffee Morning?

The official date of Coffee Morning is **Friday 29 September**. This doesn't mean you can't host at other times of the year! You can host your coffee morning whenever suits you best.

### How you can get involved

All you have to do is sign up to host a Coffee Morning and Macmillan will send you a fundraising kit with top tips to get you started. [www.coffee.macmillan.org.uk](http://www.coffee.macmillan.org.uk)

## Who's who!



**Dr Sharon Vu**  
**MBBS (Lond. 2007), MRCGP (2012), DRCOG, PGDip**  
**Clinical Dermatology (Distinction)**

Qualified from Royal Free and University College Medical School in 2007 and completed GP training in Watford and St Albans in 2012.

Also works as a private GP for BUPA.

Enjoys all aspects of general practice, in particular Dermatology, Women's Health, and Diabetes.

## Help us to help you...

Please ensure we have the most up to date information for you. Have you changed address, got a new contact number or email address? Have you nominated a next of kin?

## Did not attend Appointment

Between 1 August and 28 August we booked **2435** appointments.

**56** patients did not attend (DNA)

**If you are unable to keep your appointment, please make every effort to cancel it so that it may be offered to someone else.**



## Join in with the discussion!

We have an active Patient Participation Group which meets regularly to discuss what has been happening in the practice. We want to understand how we can improve our service to you and how you feel about our surgery, staff and quality of care.

Your views are important and will be listened to. It may not be possible to act on every suggestion, but all feedback is extremely valuable.

We need people of all ages and backgrounds to join the team so that we can truly represent the diversity of our patients.

Interested?

Please contact

**Michelle Greene 07941 077350**