

# NOVEMBER newsletter

## Still smoking? Want to give up?

*Now is the time to start thinking about giving up smoking, At Chew Magna Surgery, we are here to help.*

**From 1<sup>st</sup> November smoking is banned from Bath RUH along with many other NHS premises. Lighting up is already forbidden inside the RUH. From November the ban will cover all of their land including the car park.**

You are probably aware that among adults aged 16 and over in the UK, 1 in 4 are considered to be smokers. Smoking is the main cause of lung cancer, responsible for **9 out of 10 cases**. Stopping smoking not only reduces the risk of getting serious smoking-related diseases, it means you're less likely to have other health problems, such as: Coughs and colds, gum disease and bad breath, colds and flu, mouth ulcers and high blood pressure.

**In the longer term stopping smoking can help prevent**

Stroke

**Mouth and throat cancer**

Heart disease

**Emphysema and bronchitis**

Lung cancer

**Stomach ulcers**

Bladder cancer

**Infertility**

Peripheral vascular disease, which can lead to gangrene and amputation of limbs. Some of the less well-known benefits of stopping smoking are that wounds and surgical incisions should heal more quickly.

For women, the good news is that you're less likely to suffer painful periods and osteoporosis (brittle bone disease) **once you've quit!**

**Thinking of starting a family?** Men who smoke may suffer from impotence and produce less sperm. Women who smoke take longer to conceive and are more likely to have a miscarriage or stillbirth. **Stopping smoking can improve your chances of conceiving.**

**Around 201,500 people set a quit date through NHS Stop Smoking Services. At the 4 week follow-up around 107,800 had successfully quit (based on self-report), 53% of those setting a quit date. Of those setting a quit date, success at the four week follow up increased with age, from 37% of those aged under 18, to 64% for 60 and above.**

*"I didn't realise that giving up smoking doesn't automatically effect your weight. The stop smoking support I received helped me to realise that. I have now not been smoking for over a year and felt much healthier really quickly . I now feel the best , I ever have . The support I was given was really useful"*

*Patient comment*



### WHO TO CONTACT

"Hi my name is **Anne Yeates**, and I'm, a Health Care Assistant at the Surgery. My job involves a variety of duties. My main role is trying to help people to give up smoking. If you feel you would like to try and quit please ask for an information pack from reception, when visiting your GP or alternatively you can make an appointment to see me.

The majority of people don't succeed in quitting during the first attempt. The main thing is

**NOT TO GIVE UP GIVING UP"**



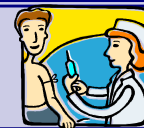
**Anne Yeates**  
Health Care Assistant

#### DID YOU KNOW.....

The surgery is now pleased to be offering hearing batteries to all registered patients who need them. If we do not have your battery type in stock, we will happily order it for you.



# Flu Jabs



**It's that time of year again**, and many of you will already have received notification from the Department of Health that you are eligible to have the flu jab. Vaccination has been available since the late 1960's but has to be repeated annually due to the ability of flu viruses to change over time. Even in a mild year there will be 3000 to 4000 deaths from flu in the UK, and there have been 3 major pandemics over the last century. In the UK we use a flu jab that carries 3 strains of the influenza virus, and this gives 70-80% protection against these particular strains, and takes 14 days to build up your immunity.

**Anyone at risk of developing complications from flu, should be immunised annually. In practical terms this means that you should have the jab if:**

<i>if you have lowered immunity (for example you have had your spleen removed, or have recently had or are having chemotherapy)</i>	<i>if you have ongoing lung disease like asthma (which requires continuous or repeated use of inhaled steroids), or emphysema or cystic fibrosis</i>	<i>if you have ongoing heart problems like angina or heart failure or other problems requiring regular medication</i>	<i>if you are a child who has previously been admitted to hospital with lower respiratory disease like pneumonia</i>
<i>diabetes of any form</i>	<i>you are over 65 years old</i>	<i>if you have chronic renal (kidney) failure or a kidney transplant</i>	<i>if you live in a nursing home</i>

**You should also be immunised if you are the main carer of an elderly or disabled person whose welfare would be at risk if you fall ill with flu. All children under 13 years old will need 2 jabs at 4-6 week intervals and children 6 months to 3 years old will be given a half dose.**

**Do not have the jab if you are ill & running a temperature.** Mild cold like symptoms do not preclude you from your jab. **If you are breast feeding or pregnant you should not have the jab.** Many people will have heard of side effects, but mostly this is a very safe jab with very few side effects. *(Did you know the flu virus in the jab is inactivated and can not give you flu?)* We would be happy to discuss with you any problems or queries regarding your flu jab. Sadly we are not able to offer this jab to everyone who would like it, simply because the NHS does not have the resources to do this if you are fit and otherwise well.

## Who's new at the surgery



**Diane Dawson**

Has joined as Practice Manager.

Diane's career history is from within the public, private and third sectors.



**Joan Maggs**

Has joined as part time Receptionist and Admin. Joan will be able to help with any admin related to non NHS work.

**Tel: 01275 332420**

**Fax: 01275 331355**

**Dispensary: 01275 333699 (10am-12)**

**Repeat prescriptions**

**Email: [prescriptions@gp-L81072.nhs.uk](mailto:prescriptions@gp-L81072.nhs.uk)**

**Out of Hours Tel: 01980 626226**

## PATIENT PARTICIPATION GROUP

**Do you have a strong opinion about the future of your surgery?**

Would you like to be involved in a working group dedicated to improving patient's services at Chew Magna Surgery?

**The surgery is starting a Patient Participation Group.**

Details of how to engage with the Patient Participation Group can be accessed via your local parish council or the Practice.





