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MILL ROAD SURGERY

NEWSLETTER

SUMMER 2024 ISSUE 30

Compiled by the Patients Participation Group

SURGERY NEWS

Staffing

Dr Stubbings has joined Mill Road Surgery and his reception with patients has been great, with many patients commenting on how welcoming and friendly he is. We have also recruited a new HCA following the departure of Lorraine, Justine has joined us and has hit the ground running, following her move from a Mid Essex doctor's surgery Justine is a great addition to our team of Healthcare Assistants and similar to Dr Stubbings, Justine has received praise from patients.

We said goodbye to Tracy, Notes Summariser, who has retired after a career in the NHS, initially in nursing and moving over to summarising incoming notes for the surgery. We are fortunate to say that in Tracy's place we have recruited Sam, who also used to be a nurse and has picked up the role very quickly, easing the transition of Tracy's retirement.

Our PCN Health & Wellbeing Coach, Sue has also retired, and we are fortunate to have recruited Becky who has a history of supporting patient's wellbeing journey and is also well-versed in coaching, we are very fortunate to have Becky join our team, and whilst Sue will be missed we are confident our patients are safe in Becky's capable hands

Building Works

Following several delays, we are at the final stages of our building works. All supplies have

been delivered and we are just waiting on the plumbing, flooring and painting before we can kit out our two new rooms ready for consultation.

Access

We are aware that access to general practice is becoming increasingly difficult nationwide due to the disparity between resource and demand, however a new appointment structure has been devised that relies more on online triage, allowing patients to access more appointments online, avoiding the need to queue in the morning or wait on the phone call. This should also allow our reception staff to focus on other workloads such as online dashboard enquiries as call volume decreases, increasing efficiency in the workflow of the surgery. We are looking to implement this in Spring/Summer 2024.

APPOINTMENT

DNA's
(DID NOT ATTEND)

LAST QUARTER
(January to March)

429

If you are unable to keep your appointment, please cancel by phone, as this leaves a space for other patients, **IN TURN** if other patients cancel their appointment, that will leave a space open for **YOU**



Sunburn is a form of radiation burn that affects living tissue, such as skin, that results from an overexposure to ultraviolet (UV) radiation, commonly from the sun. Common symptoms include red or reddish skin that is hot to the touch, pain, general fatigue, and mild dizziness.

Minor sunburns typically cause nothing more than slight redness and tenderness to the affected areas. In more serious cases, blistering can occur. Extreme sunburns can be painful to the point of debilitation and may require hospital care.

Sun screen: Sun screen is the most popular method of protecting the skin against sunburn and it works by absorbing UV radiation before it can harm your skin. However it must be applied regularly and in suitable quantities. A thin layer of cream is unlikely to protect your skin against UV radiation for long and it is also important that you consider the strength of the cream that you are applying. The Sun Protection Factor or SPF, might vary depending on your skin type. If you burn easily then a higher SPF will be required, usually around SPF 30 or even SPF 50. Try to make sure that your sun screen is protecting you against both UVA and UVB rays. If you are not sure about the harsh chemicals found in some sun screens, you could always try a natural alternative

Here are some tips from the British Skin Foundation:

1. Cool the skin. Apply a cool compress to the skin e.g. a towel dampened with cool water for 15 minutes, or take a cool bath or shower.
2. Moisturise After a bath or shower, use an un-perfumed cream or lotion to soothe the skin. Aloe vera or soy containing gels or lotions can be beneficial in soothing the skin. Aloe vera not only has a cooling effect on the skin but also acts as an anti-inflammatory.
3. Stay hydrated. Drinking plenty of water will prevent dehydration and help your body recover. Alcohol should ideally be avoided. Use of mild steroid cream Using a weak steroid cream such as 0.5-1% hydrocortisone for 48 hours may decrease pain and swelling
4. Leave blisters alone. Try not to pop blisters as this can lead to infection and scarring.



What Is Anemia?

Anemia is defined as a low number of red blood cells. In a routine blood test, anemia is reported as a low hemoglobin or hematocrit. Hemoglobin is the main protein in your red blood cells. It carries oxygen and delivers it throughout your body. If you have anemia, your hemoglobin level will be low, too. If it is low enough, your tissues or organs may not get enough oxygen. Symptoms of anemia – like fatigue or shortness of breath – happen because your organs aren't getting what they need to work the way they should. Anemia is the most common blood condition in the U.K. It affects almost 6% of the population. Women, young children, and people with long-term diseases are more likely to have anemia. Important things to remember are: Certain forms of anemia are passed down through your genes, and infants may have it from birth. Women are at risk of iron-deficiency anemia because of blood loss from their periods and higher blood supply demands during pregnancy. Older adults have a greater risk of anemia because they are more likely to have kidney disease or other chronic medical conditions.

How serious is anemia?

There are many types of anemia. All have different causes and treatments. Some forms – like the mild anemia that happens during pregnancy – aren't a major concern. But some types of anemia may reflect a serious medical condition

Anemia Symptoms

The signs of anemia can be so mild that you might not even notice them. At a certain point, as your blood cells decrease, symptoms often develop. Depending on the cause of the anemia, symptoms may include: Dizziness, lightheadness, or feeling like you are about to pass out

- A fast or unusual heartbeat
- A headache
- Pain, including in your bones, chest, belly, and joints
- Problems with growth, for children and teens
- Shortness of breath
- Skin that's pale or yellow
- Cold hands and feet
- Tiredness or weakness.

Anemia Treatment

Your treatment will depend on your type of anemia.

- If you have aplastic anemia, you might need medication, blood transfusions (in which you get blood from another person), or a bone marrow transplant (in which you get a donor's stem cells).
- If you have hemolytic anemia, you might need medication that will hold back your immune system. Your primary care doctor may refer you to a doctor who specializes in vascular problems.
- If it's caused by blood loss, you might have surgery to find and fix the bleeding. If you have iron-deficiency anemia, you'll probably need to take iron supplements and change your diet.
- If you have a vitamin B12 or folate deficiency, you will be prescribed supplements..
- Thalassemia doesn't usually need treatment, but if your case is severe, you might have blood transfusions, a bone marrow transplant, or surgery.

Anemia diet

To treat anemia, eat an iron-rich diet. If you don't eat enough iron, your body can become iron-deficient. Some foods that have high amounts of iron include:

- Meats
- Eggs
- Leafy green veggies
- Iron-fortified foods like cereals
- Beans
- Seafood
- Peas
- Nuts and dried fruit
- Lentils

Anemia home remedies

Eating a diet with iron-rich foods is one way to treat your anemia at home. Anemia supplements. You can also take supplements, which will increase the amount of iron and hemoglobin in your body. Ferrous sulfate comes in liquid and tablet forms. Usually, the serving size is 325 milligrams. Talk to your doctor about taking an iron supplement for anemia and see how they recommend taking it. But typically, you'll want to take it on an empty stomach. Don't combine your supplement with milk, caffeine, or calcium supplements. It may help to increase absorption to take your supplement with vitamin C such as a glass of orange juice.



Healthy Balanced Diet

Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best. This means eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink to achieve and maintain a healthy body weight. People with special dietary needs or a medical condition should ask their doctor or a registered dietitian for advice.

Food groups in your diet

The Eatwell Guide shows that to have a healthy, balanced diet, people should try to:

- eat at least 5 portions of a variety of fruit and vegetables every day
- base meals on higher fibre starchy foods like potatoes, bread, rice or pasta
- have some dairy or dairy alternatives (such as soya drinks)
- eat some beans, pulses, fish, eggs, meat and other protein
- choose unsaturated oils and spreads, and eat them in small amounts
- drink plenty of fluids (at least 6 to 8 glasses a day)
- If you're having foods and drinks that are high in fat, salt and sugar, have these less often and in small amounts.

Fruit and vegetables: are you getting your 5 A Day?

Fruit and vegetables are a good source of vitamins, minerals and fibre, and should make up just over a third of the food that you eat each day. It's recommended that you eat at least 5 portions of a variety of fruit and vegetables every day. They can be fresh, frozen, canned, dried or juiced. There's evidence that people who eat at least 5 portions of fruit and vegetables a day have a lower risk of heart disease, strokes and some cancers.

Eating 5 portions is not as hard as it sounds.

A portion is:

- 80g of fresh, canned or frozen fruit and vegetables
- 30g of dried fruit – which should be kept to mealtimes
- 150ml glass of fruit juice or smoothie – but do not have more than 1 portion a day as these drinks are sugary and can damage teeth

Just 1 apple, banana, pear or similar-sized fruit is 1 portion each. A slice of pineapple or melon is also 1 portion, and 3 heaped tablespoons of vegetables is another portion. Adding a tablespoon of dried fruit, such as raisins, to your morning cereal is an easy way

to get 1 portion, also swap your mid-morning biscuit for a banana, and add a side salad to your lunch. In the evening, have a portion of vegetables with dinner and fresh fruit with plain, lower fat yoghurt for dessert to reach your 5 A Day.

Starchy foods in your diet

Starchy foods should make up just over a third of everything you eat. This means your meals should be based on these foods.

Milk and dairy foods (and alternatives)

Milk and dairy foods, such as cheese and yoghurt, are good sources of protein. They also contain calcium, which helps keep your bones healthy. Go for lower fat and lower sugar products where possible. Choose semi-skimmed, 1% fat or skimmed milk, as well as lower fat hard cheeses or cottage cheese, and lower fat, lower sugar yoghurt. When buying alternatives, choose unsweetened, calcium-fortified versions.

Beans, pulses, fish, eggs, meat and other proteins are all good sources of protein, which is essential for the body to grow and repair itself and a range of vitamins and minerals. Meat is a good source of protein, vitamins and minerals, including iron, zinc and B vitamins and B12.

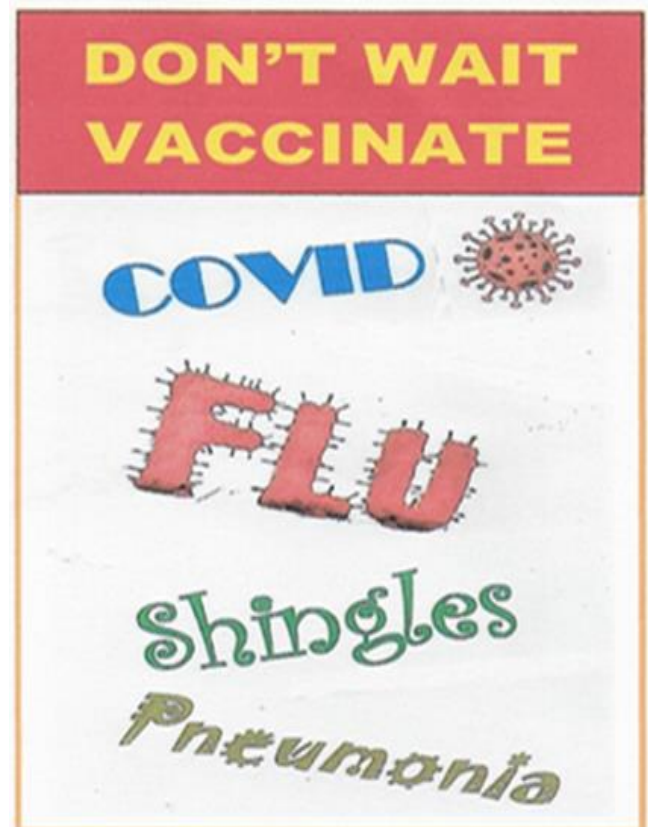
Choose lean cuts of meat and skinless poultry whenever possible to cut down on fat. Always cook meat thoroughly. Try to eat less red and processed meat like bacon, ham and sausages. Eggs and fish are also good sources of protein, and contain many vitamins and minerals. Oily fish is particularly rich in omega-3 fatty acids. Aim to eat at least 2 portions of fish a week, including 1 portion of oily fish.

Choose from fresh, frozen or canned, but remember that canned and smoked fish can often be high in salt.

Pulses, including beans, peas and lentils, are naturally very low in fat and high in fibre, protein, vitamins and minerals.

Nuts are high in fibre, and unsalted nuts make a good snack. But they do still contain high levels of fat, so eat them in moderation.

Eat less saturated fat, sugar and salt. Too much saturated fat can increase the amount of cholesterol in the blood, which increases your risk of developing heart disease. Regularly consuming foods and drinks high in sugar increases your risk of obesity and tooth decay.



Any comments or queries or if you would like to receive future copies by email, send to Mill Road Surgery Patient Participation Group at mrsppgc@gmail.com

Have you had all of your Jabs yet?