

November 2019 – Surgery Newsletter



At the time of writing, this year's flu season has gone much more smoothly compared to last year. We got all our vaccines earlier and they all arrived on time this year which always helps! We may still have stock available when this is published, so if you think you are eligible for a free NHS flu vaccination, do please get in touch to check and book yourself in to have it administered.



Living with Type 1 Diabetes

About 8% of people with diabetes have Type 1 diabetes. This is a condition where the body can't make a hormone called insulin, causing high sugar levels in the blood which in turn can damage blood vessels and organs. Type 1 diabetes can occur at any age and is not related to lifestyle or weight.

The treatment of Type 1 diabetes is always by insulin injections or an insulin pump for life. We know that keeping the blood sugars well controlled gives the best outcomes and here at the surgery we have a gentleman who has just been awarded his 70 year medal by Diabetes

UK. Mr. Plummer was diagnosed at the age of 11, here in the village. He has seen a lot of changes to his care over the years and we congratulate him on his achievement. I know he is keen to collect his 80 year award in 10 years' time!

Winter Demand – Help us to help you!

As we head into winter, demand for our services usually increases substantially. We really do need all of our patients to consider whether they really need to see a doctor before calling and consider using other local services which might be more appropriate. Of course if you consider your problem urgent we are always here to help and our daily on call doctor triage system will ensure you are seen in a timely manner.

As well as some great websites below, you can also get professional medical advice from your local pharmacy, the walk in centre in Colchester and patients can call 111 at any time 24/7 for help and advice.

Please find below a list of ailments you can safely manage yourself:

<i>Back pain</i>	<i>Cold sores</i>	<i>Common cold</i>	<i>Influenza</i>
<i>Conjunctivitis</i>	<i>Constipation</i>	<i>Diarrhoea</i>	<i>Insect Bites</i>
<i>Period pain</i>	<i>Earache</i>	<i>Haemorrhoids</i>	<i>Migraine</i>
<i>Hay fever</i>	<i>Head lice</i>	<i>Headache</i>	<i>Nappy Rash</i>
<i>Sore Throat</i>	<i>Nasal Congestion</i>	<i>Sinusitis</i>	<i>Sprains/ Strains</i>

There are other conditions that can be managed at home if they are not related to any other underlying conditions, for example: cough that doesn't last for more than three weeks, Heartburn & indigestion unless symptoms persist.

The Patient Participation Group will be holding its annual general meeting at 6.30pm on Thursday 21st November at the Great Bentley Village Hall.

Richard P Miller - Practice Manager