

Drs Hegde & Jude's Practice Newsletter.



Flu Campaign 2014.

We will be running open flu vaccine clinic's for our over 65's, anyone with a chronic disease & pregnant patients, no appointment needed walk in at a time suitable for you.

**Saturday 4th October - 8:30am-12:30pm @ Riverside.
Wednesday 8th October - 9:00am - 16:00 @ Picton.**

For most people, flu is an unpleasant illness, but it's not serious. If you are otherwise healthy, you will usually recover from flu within a week. However, certain people are more likely to develop potentially serious complications of flu, such as Bronchitis and Pneumonia. These people should have a flu jab each year. The injected flu vaccine is offered free of charge on the NHS to people who are at risk to ensure that they are protected against catching flu and developing serious complications. The injected flu vaccine is offered free of charge on the NHS to anyone 65+, patients who are pregnant & patients with a serious long term health condition such as :

- ◆ Chronic (long-term) respiratory disease, such as asthma (that requires inhaled or tablet steroid treatment or has led to hospital admission in the past), chronic obstructive pulmonary disease (COPD) or bronchitis.
- ◆ Chronic heart disease, such as heart failure.
- ◆ Chronic kidney disease.
- ◆ Chronic liver disease, such as hepatitis.
- ◆ Chronic neurological conditions, such as Parkinson's disease or motor neurone disease.
- ◆ Diabetes.
- ◆ Problems with your spleen- for example, sickle cell disease, or if you have had your spleen removed.
- ◆ Weakened immune system due to conditions such as HIV and AIDS, or as a result of medication such as steroid tablets or chemotherapy.

If you have missed our walk in session's contact your branch to book an appointment.

Have you visited our new and updated practice website yet? Its full of useful health information and latest practice news!

www.drshemdeandjudespractice.nhs.uk

Issue 1—
October 2014.

Riverside Branch
Riverside Centre for Health.
Park Street
Liverpool
L8 6QP
Tel: 0151 295 9213
Fax: 0151 295 0348

Picton Branch
Picton Neighbourhood
Health and Children's
Centre.
137 Earle Road
Liverpool
L7 6HD
Tel: 0151 295 3333
Fax: 0151 295 3334

Like us on Facebook:
[DrsHegdeandJudesPractice](https://www.facebook.com/DrsHegdeandJudesPractice)

Follow us on twitter:
[@drshemdeandjude](https://twitter.com/drshemdeandjude)

Meet the Practice Staff.

Clinical Staff.

Partners:

Dr Raghu Hegde - MB BS

University of Mysore - 1976—Male.

Special Interests; Orthopaedics, Care of the Elderly, Palliative Care & Joint Injections.

Dr Jude Mahadanaarachchi - MB ChB

University of Liverpool - 1998—Male.

Special Interests; Minor Surgery, Dermatology, Joint Injections, Palliative Care, General Health & Wellbeing.

GPs:

Dr Sujeeth Mangarai - MB BS - University of West Indies - 2007 - Male.

Dr Nazia Syed Mohammed - MB BS - University of Kerela - 2002 - Female.

Dr Kate McKinnell - MB BCh - University of Witwatersrand (SA) - 1995 - Female.

Dr Radha Paattipati - MB BS - NTR University of Health Sciences - 2000 - Female.

Dr Manoj Wigasinghe - MB ChB - University of Liverpool - 2003 - Male.

Practice Nurses: Mrs Daria McCusker & Miss Emma Norton.

Health Care Assistant: Vicki.

To ensure continuity of care to our patients we have a core of experienced GPs and Nurses based at each site. However, during busy periods our clinical staff may work between the two sites to ensure we can provide you with the best care.

Admin Staff.

Business Manager:

Mrs Colette Forsyth.

Practice Development Lead:

Fiona.

Admin:

Nicola.

Receptionists:

Riverside: Janet & Sabine.

Picton: Lisa (supervisor), Heather, Liam, Toyin.

Apprentice:

Leanne.

Drs Hegde and Jude's Practice is always developing. In the past year we have had 5 new Drs, 3 New admin/receptionists, 1 Apprentice, 1 Health Care Assistant & a Practice Development Lead join our team. Practice manager Colette is now Business Manager.

The practice is ready to face new challenges to ensure best possible care for our patients.

Health Information.

NHS Health Check:

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. Think of your NHS Health Check as being your "midlife MOT". It checks that some of your body's most important systems are all running smoothly. Among other things, your blood pressure, cholesterol, and BMI will all be properly checked. Crucially, your NHS Health Check can detect potential problems early and allow you to put them right before they do real damage. Everyone is at risk of developing heart disease, stroke, diabetes, kidney disease and some forms of dementia. The good news is that these conditions can often be prevented. Your NHS Health Check can help you by assessing your risk of developing these health problems and giving you personalised advice on how to reduce it.

Contact the practice to arrange an appointment at your convenience.

Coughs and Colds:

A cold is a mild viral infection of the nose, throat, sinuses and upper airways. It can cause nasal stuffiness, a runny nose, sneezing, a sore throat and a cough. Usually it's a self-limiting infection - this means it gets better by itself without the need for treatment. On average, adults have two to five colds each year and school-age children can have up to eight colds a year. Adults who come into contact with children tend to get more colds. This is because children usually carry more of the virus, for longer. In the UK, you're more likely to get a cold during the winter months although the reasons why aren't fully understood at present.

Treatment of a cold

For most people, a cold will get better on its own within a week of the symptoms starting without any specific treatment. However, there are treatments that can help to ease your symptoms and make you feel more comfortable. These are available from your pharmacy, which means that you can treat yourself, rather than needing to see your GP. There is no cure for colds. Antibiotics, which treat infections caused by bacteria, don't work on cold viruses.

Self-help

- ◆ There are a number of self-help measures that may help to ease the symptoms of a cold.
- ◆ Drinking enough fluids to prevent dehydration.
- ◆ Steam inhalations with menthol, salt water nasal sprays or drops may be helpful.
- ◆ Vapour rubs may help relieve symptoms for children.
- ◆ Hot drinks (particularly with lemon), hot soups and spicy foods can help to ease irritation and pain in your throat.
- ◆ Sucking sweets or lozenges which contain menthol or eucalyptus may sooth your throat.
- ◆ Gargling with salt water may help a sore throat.
- ◆ You should try to make sure you get enough rest if you have a cold. It's not usually necessary to stay off work or school.

Patient Participation Group.

Thank you to everyone who attended our first meeting - 19/9/14. It was a great success! If your interested in attending the next meeting will be in December - contact Fiona for more information.

We would like to know how we can improve our service to you and how you perceive our surgery and staff and this is why we have started a PPG. We will ask the members of this patient group some questions from time to time, such as what you think about our opening times or the quality of the care or service you received etc. We aim to gather around a hundred patients from as broad a spectrum as possible to get a truly representative sample. We need young people, workers, retirees, people with long term conditions and people from non-British ethnic groups.

Patient's opinion's matter to us & does drive change.

'Stoptober'.

Join the 'Stoptober' challenge today! Another month, another campaign - but Stoptober could be one bandwagon well worth jumping on. Stop smoking for 28 days and you're 5 times more likely to stop for good. It is estimated that about eight million adults in England (or one in five people) smoke cigarettes, with over 79,000 deaths a year attributed to smoking-related causes. However, despite knowing the risks, many smokers still struggle to give up the habit. Stoptober is a Department of Health campaign that challenges smokers to give up cigarettes for 28 days during the month of October. The premise is that after abstaining for this period of time, individuals are five times more likely to quit smoking permanently. The only way of finding out if it really works is to give it a go! There's plenty of advice and helpful tips online, as well as a number of additional resources, including a free Stoptober app and text support programme.

