



HAWTHORN MEDICAL PRACTICE

PATIENT NEWSLETTER

Summer 2018

SEPSIS – ARE YOU AWARE??

Did you know that although someone dies of cancer or heart disease about every 4 or 5 minutes in the UK. Although little heard of, someone dies of Sepsis about every 15 minutes, that's over 100 people a day who die of Sepsis!

Sepsis costs the NHS around £2,500,000 a day to treat or about £2 Billion a year!

The UK SEPSIS TRUST claims: *Every year in the UK there are 150,000 cases of Sepsis, resulting in a staggering 44,000 deaths – more than bowel, breast and prostate cancer combined.*

SEPSIS WARNING SIGNS

Sepsis, also referred to as blood poisoning or septicaemia, is a potentially life-threatening condition, triggered by an infection or injury.

In sepsis, the body's immune system goes into overdrive as it tries to fight an infection. This can reduce the blood supply to vital organs such as the brain, heart and kidneys. Without quick treatment, sepsis can lead to multiple organ failure and death.

Early symptoms of sepsis may include:

- a high temperature (fever) or low body temperature
- chills and shivering
- a fast heartbeat
- fast breathing

In some cases, symptoms of more severe sepsis or septic shock (when your blood pressure drops to a dangerously low level) develop soon after. These can include:

- feeling dizzy or faint
- a change in mental state, such as confusion or disorientation
- diarrhoea
- nausea and vomiting
- slurred speech
- severe muscle pain
- severe breathlessness
- less urine production than normal (for example, not urinating for a day)
- cold, clammy and pale or mottled skin
- loss of consciousness

Severe sepsis and septic shock are medical emergencies. If you think that you or someone in your care has one of these conditions, call 999 and ask for an ambulance.

Your body will be around much longer than your expensive phone or designer jacket – invest in yourself. Take care of your body – it's the place you have to live in. Abuse it and it will let you down, treat it well and it will last a lifetime!

70 YEARS OLD AND STRUGGLING

Any one approaching their 70's knows what it's like to struggle from getting old – the bones are weary, there are gaps in the hair and teeth where once they were your pride and joy. Keeping up with technology and the pressures of a fast pace life takes its toll.

Well, guess what The NHS is no different as it approaches its 70th Anniversary. Technology has improved and with it the ways of diagnosing and treating illnesses. However, there are huge gaps in what was once our pride and joy – it's harder to recruit clinical staff – Consultants, GPs. Nurses - there is not enough funding, the buildings are old and need constant repairs, the population has increased and we're living longer. Now there are targets to be met, vacant beds are at a premium and staff are expected to conjure them up from thin air.

Sadly, NHS staff in all areas are subjected to verbal abuse and physical violence from patients, relatives and the general public. Staff still turn up for work despite feeling unwell or stressed, because they joined up to a caring profession and they DO care.

Despite all this, the NHS is still something to be proud of, with the right funding, patience and understanding, it can go on for another 70 years – but like anyone mature in years it can't manage without help and support.

*Old age is golden, I've oft heard it said
But sometimes I wonder when I crawl into bed,
With my ears in my drawer, my teeth in a cup,
And my eyes on the shelf until I wake up.
When sleep dims my eyes and I think to myself,
Is there anything else I should put on that shelf?
The reason I know my youth has been spent
Is my get up and go has got up and went!
But I don't really mind as I think with a grin
Of all the fun places my get up has been!*



JUST ONE CIGARETTE A DAY AFFECTS HEALTH

Research published in the British Medical Journal suggests smoking just one cigarette a day can give you a much higher risk of developing coronary heart disease and stroke than expected.

Scientists from the Cancer Institute at University College London analysed the results of 141 studies to come to their conclusion. They found women who smoke one cigarette a day may have double the risk of heart disease than non-smokers.

"My Dad used to say to me If you were meant to smoke, you'd have a chimney on the top of your head!"

RECEPTIONISTS & ADMIN STAFF WILL BECOME 'CARE NAVIGATORS'

Following various trials across the UK, based on the West Wakefield initiative which started in 2014, NHS England are rolling out a nationwide programme whereby all GP Receptionists and Staff will undergo an intensive training course to become "Care Navigators". NHS England hope this new system will make more effective use of GP services and free up appointments. In West Wakefield between 1st April and 31st October 2016, 13,684 interventions were made, saving a total of 1,685 GP appointments during this period.

All our staff are currently undergoing intensive training but the key challenge our staff face is ensuring patients feel confident and comfortable with the new system. We would ask that you be patient, polite and understand that the questions you are being asked is to ensure you are 'navigated' to the right service.

TIPS FOR YOUR BITS!!

There are a number of things which can cause skin problems or make them worse in the genital and anal areas of both men and women. This practical guide describes simple but effective ways of helping you to keep the skin in these areas healthy. Soreness, irritation, itching, spots or rashes may be caused by the following and they should be avoided:

Men & women

- Avoid tight fitting clothing – e.g. leggings
- Avoid synthetic materials made from nylon, elastane, spandex which are very stretchy/elastic and often found in tights, swimwear, cycling shorts and underwear. If you wear them, limit the length of time worn.
- Avoid perfumed and scented soap, shower gels, bubble bath
- Face cloths/soaps should not be used to wash the genital area
- Waxing, shaving and plucking hairs in the genital area is not recommended.
- Biological washing powder should not be used and avoid using fabric conditioners or tumble dryer conditioner sheets
- Don't sleep in your underwear

Men

- Avoid using deodorants, body sprays, after shave etc in the genital and anal areas

Women

- Avoid 'feminine' wipes, sprays, washes and powders
- Do not clean the vagina with jets of water or feminine washes (known as "douching")
- Change sanitary wear regularly and avoid perfumed sanitary products

TESTICULAR CANCER – HOW TO CHECK YOURSELF

Around 16,000 new cases of testicular cancer are diagnosed in the UK every year but early detection means

95%

Of men will make a complete recovery. The UK charity, "The Oddballs Foundation" has launched a free app to help you check yourself called, unsurprisingly, **Check Yourself**.

Testicular cancer is the most common cancer in men aged 18-35 and the app has already been welcomed by International Rugby teams, Premier League Football clubs and Cricket Clubs. To download it, visit www.theoddballsfoundation.com

LET'S BEAT CANCER TOGETHER!



WHY WEARING SUNSCREEN IS IMPORTANT

Always wear sunscreen, no matter your skin colour or tone. Sunscreen dates back to ancient Egypt, where rice bran extract and jasmine were used to help shield skin from the sun. Chemists invented the first commercial sunscreen in 1936, and it has been improved upon ever since. Modern sunscreens are water resistant, and are included in many cosmetics and beauty products, such as primers, foundations, serums, and creams.

You Should Always Wear Sunscreen, Even on Cloudy Days Up to 80 percent of the sun's rays can pass through clouds, so if you assume it's OK to forgo protection on an overcast day, think again.

It Prevents Premature Aging of the Skin: Sun damage from UV rays causes photoaging of the skin, which is characterized by a thick, leathery look; discoloration; and a breakdown of collagen, which contributes to lines, sagging and wrinkles. Studies show that those below age 55 who apply sunscreen regularly have 24 percent less chance of developing these signs of aging than those who don't.

It Lowers Your Skin Cancer Risk: Skin cancer is a common form of cancer . By applying sunscreen every day it cuts your chances of skin cancer by half.

Wearing sunscreen sets an example for your children and grandchildren: Children learn by what they see and hear. Encouraging children to wear sunscreen from an early age will protect them now and in the future. If it's good enough for you then it's vital for them.

ARE YOU SUN SMART???? TEST YOUR SUN KNOWLEDGE

1. **When are the sun's rays at their strongest during British summertime?**
 - a. First thing in the morning
 - b. Just before sunset
 - c. Between 11am and 3 pm
 - d. Between 3 pm and 4pm
2. **What's the minimum SPF level recommended by the NHS to protect your skin against the sun?**
 - a. SPF 8
 - b. SPF 10
 - c. SPF 15
 - d. SPF 25
3. **Which symbol indicates the level of protection against UVA rays on a sun care product's label?**
 - a. Stars
 - b. Squares
 - c. Triangles
 - d. Hearts
4. **What would you do if you go for a swim in the sea or pool in the summer?**
 - a. Apply sunscreen immediately afterwards
 - b. Use water resistant sunscreen before and after swimming
 - c. Don't bother with sunscreen as water protects you from the sun's rays
 - d. Only apply sunscreen to face and shoulders as these are the only parts of your skin exposed to th sun when swimming
5. **Which of the following suggests you may have a higher than average risk of developing skin cancer?**
 - a. You were badly sunburned as a child
 - b. You have a close relative who has had skin cancer
 - c. You spend a lot of time outdoors at work or gardening
 - d. All of the above

Answers 1) c 2) c 3) a 4) b 5) d