

# Macklin Street & Park Farm Surgery

## PPG Newsletter

Welcome to the Macklin Street & Park Farm newsletter. For those of you who do not know what a PPG is, it's our Patient Participation Group and any interested patient can join our group. We meet quarterly where we discuss any new services, changes and gain views on what our patients want from us. If you wish to join and participate please ask reception for a form to fill out and we keep you updated on meeting dates and times.

### **NHS Health Check**

#### **What is an NHS Health Check?**

The NHS Health Check is a health check-up for adults in England aged 40 –74. It's designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia. As we get older, we have a higher risk of developing one of these conditions.

#### **How do I get an NHS Health Check?**

If you're in the 40-74 age group without a pre-existing condition, you can expect to receive a letter from the surgery inviting you to a free NHS Health Check every five years.

#### **What happens at an NHS Health Check?**

An NHS Health Check takes about 20-30 minutes.

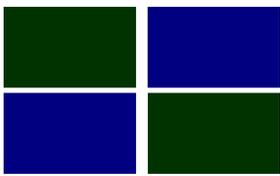
The health professional – often a nurse, will ask you some simple questions about your lifestyle and family history, measure your height and weight, and take your blood pressure and do a small finger prick test. If you're over 65, you'll also be told the signs and symptoms of dementia to look out for.

#### **How will the NHS Health Check help me?**

As well as measuring your risk of developing these health problems, an NHS Health Check gives you advice on how to prevent them. The risk varies from person to person, but everyone is at risk of heart disease, stroke, type 2 diabetes, kidney disease or some types of dementia. Your NHS Health Check can detect potential health problems before they do real damage.

### **Annual Health Check**

Anyone aged 14 or over who's on their GP's learning disability register can have a free annual health check once a year.



### What happens during the annual health check?

At a health check the doctor or nurse will check things like how much you weigh, heart rate and blood pressure. Talk to you about staying well and if you need help with this. Talk to you about your medicines.

### Do you have to have an annual health check?

No. All parts of the health check are voluntary.

### **Vaccinations:**

#### Pneumococcal Vaccine

The pneumococcal vaccine protects against serious and potentially fatal pneumococcal infections. It's also known as the "pneumo jab" or pneumonia vaccine.

Pneumococcal infections are caused by the bacterium *Streptococcus pneumoniae* and can lead to pneumonia, septicemia (blood poisoning) and meningitis. At their worst, they can cause permanent brain damage, or even kill.

Who should have the pneumococcal vaccine?

A pneumococcal infection can affect anyone. However, some people are at higher risk of serious illness and can be given the pneumococcal vaccination on the NHS. These included:

Babies

Adults aged 65 or over

Children and adults with certain long-term health conditions, such as a serious heart or kidney condition

#### Shingles Vaccination

A vaccine to prevent shingles, a common, painful skin disease is available on the NHS to certain people in their 70s.

The shingles vaccine is given as a single injection into the upper arm. Unlike the flu jab, you'll only need to have the vaccination once and you can have it anytime of the year.

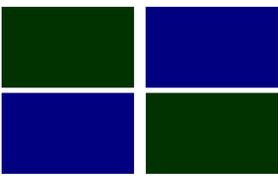
The shingles vaccine is expected to reduce your risk of getting shingles. If you are unlucky enough to go on to have the disease, your symptoms may be milder and the illness shorter.

Shingles can be very painful and uncomfortable. Some people are left with pain lasting for years after the initial rash has healed. And shingles is fatal for around 1 in 1,000 over 70s who develop it.

It's fine to have the shingles vaccine if you have already had shingles before and it will boost your immunity against further shingles attacks.

Who can have the shingles vaccination?

You are eligible for the shingles vaccine if you are aged 70 to 79 years old and not previously had the vaccine.



## MenACWY Vaccine

What is the MenACWY vaccine?

The MenACWY vaccine is given by a single injection into the upper arm and protects against four different strains of the meningococcal bacteria that causes meningitis and septicemia (blood poisoning): A, C, W and Y. The MenACWY vaccine is called Nimentrix.

At what age should teenagers and young people have the vaccine?

The MenACWY vaccination is offered to teenagers and also first-time college and university students who haven't already had the vaccination.

Schoolchildren

Children aged 13 to 14 (school year 9) are being offered the MenACWY vaccine in school as part of the routine adolescent schools programme, alongside the 3-in-1 teenage booster, and as a direct replacement for the Men C vaccination.

Older teenagers

The MenACWY vaccine provides important protection, and all teenagers born between September 1 1998 and August 31 1999 are advised to arrange vaccination now with their GP. In addition, anyone born on or after September 1996 who missed their routine school vaccination in school years 9 and 10 or the catch-up MenACWY vaccination can get the vaccine from their GP up to their 25<sup>th</sup> birthday.

University students

Students going to university or college for the first time, including overseas and mature students, who have not yet had the MenACWY vaccine remain eligible up to their 25<sup>th</sup> birthday. They should contact their GP to have the MenACWY vaccine before starting university or college. If that's not possible they should have it as soon as they can after they arrive.

Why teenagers and students should have the MenACWY vaccination.

Case of meningitis and septicemia (blood poisoning) caused by a highly virulent strain of Men W bacteria have been rising since 2009. Anyone who is eligible for the MenACWY vaccine should have it, even if they've previously had the Men C vaccine.

## Adults and MMR

Adults who missed out on the Measles, Mumps and Rubella (MMR) vaccination as a baby and are therefore not immune can have the MMR vaccine on the NHS. It's given to adults as 2 doses, with the second dose given at least a month after the first.

Some adults may not have received full protection because of changes in the MMR vaccine. Anyone born between 1980 and 1990 may not have received a mumps vaccine, and anyone born between 1970 and 1979 may only have had a measles vaccine. If you fall into one of these groups, ask your GP for the MMR vaccination.

