**CRADLEY SURGERY NEWSLETTER**

**Dr Patsy Dye**

**Dr Chris Spruce**

**MARCH 2019**

**NEWSFLASHES**

Sharon, our senior practice nurse, is retiring after 28 years at the end of March. Sharon has been the backbone of Cradley surgery and seen healthcare through many changes with her calm and caring attention. We’re sure that Cradley patients join us in wishing her the best and a well-deserved and relaxing retirement.

This month we will also wish a happy retirement to Diana, our summariser and carer’s lead who has done a superb job of keeping our records up to date and helping our patients cope with their caring responsibilities.

Many of you will have noticed, Karina, one of our Dispensers, is expecting. We are delighted to announce she has safely delivered a baby boy today 15th February.

**“Childhood” Illnesses & Immunisations**

Whooping cough - This continues to be a troublesome issue for some of our adult patients, even if they’ve been immunised as children. The infection is now circulating in our community because of the inexplicable choice of a few to not vaccinate their children.

Measles - is on the rise. Did you know that having measles depresses a child’s immune system *to all* *other infections*, for 3 or 4 years, leaving a child vulnerable to ongoing illness with permanent effects lasting into adulthood?

We are now seeing teenagers in the surgery asking for immunisations that their parents withheld for them as babies or who insisted on single jabs because of press hysteria. One of them said, ‘what were my parents thinking of?’

Baby immunisations do not ‘overwhelm’ the immune system. Our immune systems are massively over-engineered and the injections occupy less than 1% of its work at any one time.

**Adverse Media**

The doctors are concerned at press reports (this is constant), that we are to be ‘incentivised’ to not refer or admit patients. We have not been part of any scheme to do this, and would never alter our decisions for financial reasons. We might discuss not referring a patient for good clinical reasons which we will explain at the time.

**Hay fever Medication/ Gap Year Immunisations/ Travel vaccinations**

Please do think about starting your medication for Hay Fever this month and order in plenty of time to do so. To gain the full benefit of these types of medications it is recommended to start taking them 1 month before the season begins and to continue throughout.

It is never too early to ask our nurses for their expert travel vaccination advice. Please collect a form from the surgery or download one from our website, simply fill it in and our nurses will do all the research on the country or countries you are visiting and check what immunisations/vaccinations are required against your record. Please give them one week to do this before calling us to find out what their advice is. It is important that you give us plenty of notice before your holiday or travels so that we can research this information and start any immunisations or vaccinations you may need so that they are effective when you are abroad.

**Dr Patsy’s Factoid of the Month**

Did you know that a mere 7 (yes! You read that correctly - SEVEN) extra calories a day leads to a staggering 15kg weight gain over 30 years!!

Which leads nicely into our next item…

**String Test**

The simple string test is a good place to start to check if you are overweight and taking years off your life.

Quite simply, get yourself a piece of string that’s long enough to go from your heel to the top of your head. Then fold that length of string in half. See if you can fit it around your middle…

If you can, that’s great, as waist size should be less than half your height, if you can’t it’s time to take a look at your diet and how much exercise you do. Our doctors are happy to see you if you need a little help and advice with your diet and exercise.

**NO SHOWS**

There were 44 No shows for appointments in December. This equates to around 7 ½ hours consulting time that could have been used by others. Please call if you don’t need your appointment.

**Contact Details**

Please keep us up to date with your contact details, address, telephone number(s) and email addresses. Electronic communication is changing our lives. It helps communication if we can get hold of you and this means up to date landline numbers, mobile phone numbers and email addresses. It is your responsibility to keep these up to date. Young people, please check that we have your contact details and not your parents’, especially as you get older.

**And Finally…**

I am writing this on a beautiful sunny afternoon. The spring bulbs are coming up and we are waiting in anticipation for the emergence of last year’s plant contributions in the surgery garden.