

# ASTHMA



## Could your Asthma be out of control?

If you use your reliever (blue inhaler) more than 3 times a week or on a daily basis, you may be at an increased risk of an asthma attack. If your asthma is well controlled, you should only be needing **2-3 reliever inhalers per year**, therefore shouldn't be needing to order every month. Using more may be masking a more serious problem.

If you find that you are needing one every month and do not have Chronic Obstruction Pulmonary Disease, then please come and see one of our Respiratory nurses as there may be ways of better managing your asthma.

### You are at risk if;

- ✓ your symptoms are making you use your reliever inhaler more than 3 times a week
- ✓ you have difficulty sleeping because of your asthma symptoms
- ✓ you have your usual asthma symptoms during the day (e.g. wheezing)
- ✓ your asthma interferes with your usual activities (e.g. school, housework etc.)

**It is important you keep up to date with your asthma reviews**



**MEDICATION**

## Patient Access

### REGISTER NOW

- ✓ **Book & cancel** doctor's appointments online
- ✓ **Access** part of your medical record
- ✓ **Order** your repeat prescription
- ✓ Have access to your medical record **on the go**
- ✓ **Update** your details

**BE CLEAR  
ON CANCER**

## SYMPTOMS OF BOWEL CANCER

The three main symptoms of bowel cancer are:

- **persistent blood in the stools** – that occurs for no obvious reason or is associated with a change in bowel habit
- **a persistent change in your bowel habit** – which usually means going more often, with looser stools
- **persistent lower abdominal (tummy) pain, bloating or discomfort** – that's always caused by eating and may be associated with loss of appetite or significant unintentional weight loss

The symptoms of bowel cancer can be subtle and don't necessarily make you feel ill. However, it's worth waiting for a short time to see if they get better as the symptoms of bowel cancer are persistent. If your symptoms persist, contact the surgery and make an appointment with a doctor.

**All men and women aged 60 to 74 are invited to carry out a faecal occult blood (FOB) test.** Every two years, you will be sent a home testing kit, which is used to collect a stool sample. If you're 75 or over, you can ask for this test by calling the freephone helpline on 0800 707 60 60

If you do receive a home testing kit, take part and send it back, it could save your life and prevent you from getting cancer.

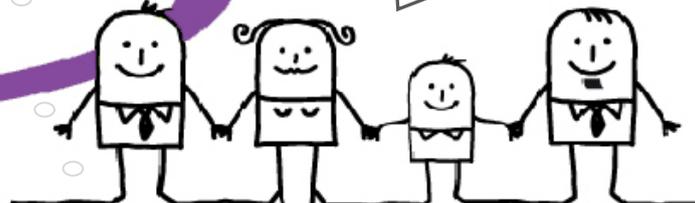
### Useful information

- There **is a charge** for non general medical services such as private medicals, letters and passports etc.
- If you have recently been **discharged from inpatient care in hospital** our Care Navigator Joanne or Colette will be giving you a quick call to see how you are, so if you have any problems at all please ask.
- All hospital prescriptions must be collected from the hospital pharmacy** as certain medications are not available from your GP or local pharmacy.
- Every Wednesday from 11 - 2:45 pm we hold a stop smoking clinic at the surgery. If you feel you need some advice or want to stop smoking this clinic is for you.
- Please make sure that if you hand in a sample, your name and date of birth is present on the label. We can not process your sample if we do not know who you are. All samples must be handed in by 3pm.

**OPENING TIMES: Monday - Friday 8:00 - 6:30 pm Closed Saturday & Sunday**



01282 731731



Welcome to the Richmond Hill Practice newsletter which is available every 3 months. It will help you keep up to date on news and events which may affect you as a patient.

## BOOK YOUR FLU JAB NOW

Come and have your flu jab with us. Help us to keep providing the services that we offer as well as the high standard of care that you all deserve.

**The pharmacies are NOT giving the flu jabs on our behalf. We do encourage you have your flu jab with us as we have access to your medical records & medical professionals.**

Please remember that if you do visit your local pharmacy, they can only give you the flu jab. We may be able to see if anything else is needed.

If you have any questions, please ask one of our members of staff, we are only too happy to help.

**The flu jab doesn't give you flu. It contains dead virus's so catching the flu from the vaccine is basically impossible.**

FLU FLU FLU

FLU FLU FLU

**Answer yes** to any of the following statements and you are eligible for a flu jab.

### GET YOUR FLU JAB



BEFORE I GET YOU

-  are 65 years of age or over
-  are pregnant
-  have certain medical conditions such as asthma, diabetes, COPD, bronchitis, heart failure, chronic kidney disease, hepatitis, Parkinson's, Motor neurone disease, MS, HIV or having Chemotherapy etc
-  are living in a long-stay residential care home or other long-stay care facility
-  receive a carer's allowance, or you are the main carer for an elderly or disabled person whose welfare may be at risk if you fall ill

### Why should I get the flu jab?

To eradicate, eliminate or contain disease

Herd immunity; your choice matters to others

It is a highly infectious respiratory viral illness and it can lead to bronchitis & pneumonia, requiring hospital admission

3000 – 4000 excess deaths per year in UK  
20,000 during high epidemic periods

### CATCH THAT SNEEZE!

- Your sneeze can travel up to 35mph and go 8 meters.
- The flu virus can survive on hard surfaces for up to 24hrs & in the air for several hours.
- **It ONLY survives for 15 minutes on a tissue & 5 minutes on your hands.**



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