![C:\Users\julie.tanton\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\AO2KM90B\snow-flake-8[1].png]()CAEN MEDICAL CENTRE NEWLETTER ![C:\Users\julie.tanton\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\AO2KM90B\snow-flake-8[1].png]()

Winter 2018

Our aim is to help you use the services at Caen efficiently and to inform our patients of any changes taking place. We hope you find this newsletter helpful. Any feedback about the services we offer would be gratefully accepted, as would any suggestions for future newsletters. Please give your written comments to the receptionists or send us an e-mail.

**CONTACT DETAILS**

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**SORE THROATS – WHAT YOU NEED TO KNOW**

Sore throats are very common and are usually nothing to worry about. They normally get better by themselves within a week.

To help soothe a sore throat and shorten how long it lasts you can:

* gargle with warm salty water (children shouldn't try this)
* drink plenty of water, eat cool or soft foods, but avoid hot drinks
* stop smoking
* suck ice cubes, ice lollies or hard sweets – but don't give young children anything small and hard to suck because of the risk of choking
* rest

A pharmacist can help with sore throats and may advise you to use paracetamol / ibuprofen / medicated lozenges / anaesthetic sprays (unless there is a reason that you cannot take these medicines). These are all “over-the-counter” medicines that do not require a prescription.

**When to see a GP:**

Most sore throats are caused by viruses, which are not cured with antibiotics. GPs don't normally prescribe antibiotics for sore throats because they won't usually relieve your symptoms or speed up your recovery, and can cause harm. Antibiotics are only prescribed if your GP thinks you could have a bacterial infection. This decision is based on the individual patient’s circumstances, & is supported by a great deal of evidence.

However, a severe or long-lasting sore throat could be a bacterial throat infection. Please consider consulting with a GP if any of the following apply:

* your sore throat doesn't improve after a week
* you often get sore throats
* you're worried about your sore throat
* you have a sore throat and a very high temperature, or you feel hot and shivery
* you have a weakened immune system – for example, because of diabetes or chemotherapy

For more information, see [www.nhs.uk/conditions/sore-throat/](http://www.nhs.uk/conditions/sore-throat/)

or <https://patient.info/health/sore-throat-leaflet>

**KEEP ANTIBIOTICS WORKING**

**Antibiotics are used to treat or prevent some types of bacterial infection. They work by killing bacteria or preventing them from reproducing and spreading. But they don’t work for everything.**

Antibiotics don't work for viral infections such as the common cold and flu, and most coughs and sore throats. Many mild bacterial infections also get better on their own without using antibiotics. Taking antibiotics when you don’t need them puts you and your family at risk of a longer and more severe illness.

Antibiotics should only be prescribed to treat conditions:

* that aren't especially serious but are unlikely to clear up without the use of antibiotics – such as moderately severe [acne](https://www.nhs.uk/conditions/acne/)
* that aren't especially serious but could spread to other people if not promptly treated – such as the skin infection [impetigo](https://www.nhs.uk/conditions/impetigo/) or the sexually transmitted infection [chlamydia](https://www.nhs.uk/conditions/chlamydia/)
* where evidence suggests that antibiotics could significantly speed up recovery – such as a [kidney infection](https://www.nhs.uk/conditions/kidney-infection/)
* that carry a risk of more serious complications – such as [cellulitis](https://www.nhs.uk/conditions/cellulitis/) or [pneumonia](https://www.nhs.uk/conditions/pneumonia/)

**Antibiotic resistance**

Antibiotics are no longer routinely used to treat infections because:

* many infections are caused by viruses, so antibiotics aren't effective
* antibiotics are often unlikely to speed up the healing process and can cause side effects
* the more antibiotics are used to treat trivial conditions, the more likely they are to become ineffective for treating more serious conditions

**WHEN IT COMES TO ANTIBIOTICS, TAKE YOUR DOCTOR’S ADVICE.**

**Holiday Vaccinations – Are you travelling Abroad?**

If you are travelling abroad and think you might need some travel vaccinations please book an appointment with the practice nurse 8-10 weeks before you are due to depart.

At this appointment the practice nurse will discuss your requirements and check the vaccinations you have already received. If possible she will administer your vaccinations at this appointment.

**Private Holiday Vaccinations** – Certain vaccinations recommended for foreign travel are not covered by the NHS and will need to be paid for privately. For more information on vaccination charges please visit our website [www.caenmedicalcentre.nhs.net](http://www.caenmedicalcentre.nhs.net) . Vaccination prices and information can be found under the ‘Services’ page. Alternatively these prices are available from the reception desk.

Useful travel websites to visit before your appointment: [www.nathnac.org](http://www.nathnac.org), [www.fitfortravel.scot.nhs.uk](http://www.fitfortravel.scot.nhs.uk), [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

## European Health Insurance Card (EHIC)

An EHIC can help you get free or reduced-cost healthcare while visiting many countries in Europe.

For more information visit [www.ehic.org.uk](http://www.ehic.org.uk)