

# Skerryvore Newsletter

Issue 13

[www.skerryvorepractice.co.uk](http://www.skerryvorepractice.co.uk)

Oct 2006

## Flu Vaccination Clinic

**Saturday 11 November at the Health Centre**

Flu vaccine is indicated for the following groups of people:

- ❖ Anyone over the age of 65
- ❖ Anyone under the age of 65 with Chest Disease (including Asthma), Diabetes, Kidney Disease, Heart Disease or problems with their immune system

**IF YOU BELONG TO THESE GROUPS YOU DO NOT NEED TO GET A PRESCRIPTION JUST GO DIRECT TO THE CLINIC**

SURNAME	TIME
A - D	09.00 - 10.00
E - G	10.00 - 11.00
H - L	11.00 - 12.00
M - P	12.00 - 1.00
Q - S	2.30 - 3.30
T - Z	3.30 - 4.30

AS THIS WILL BE A BUSY CLINIC IT WOULD BE APPRECIATED IF YOU COULD WEAR SHORT SLEEVED CLOTHING, THIS WILL SAVE TIME UNDRRESSING!

### FLU FACTS

- Flu or influenza is a virus spread by coughing or sneezing. Most cases occur during the winter, and occasionally epidemics occur where large numbers of people are infected.
- The common symptoms are fever, chills, headache, muscle aches and exhaustion, sometimes there is also a cough, sore throat and running nose.
- The flu is best treated with rest, plenty of fluids and over the counter remedies which contain Paracetamol or ibuprofen to relieve pain and fever.
- **ANTIBIOTICS ARE NOT EFFECTIVE AGAINST THE FLU.**
- Most people will feel dreadful for about a week then gradually improve with the above treatment.
- The flu is more dangerous, and sometimes even fatal for certain groups of people. This includes the elderly and those with other diseases such as chest, heart or kidney problems, diabetes or anything that causes a weak immune system. **PEOPLE IN THESE GROUPS SHOULD BE VACCINATED EVERY YEAR**
- If you are over 65 or have one of the conditions mentioned above and have not yet had your flu jab please get in touch with the practice as soon as possible to arrange this.

## New Vaccine

In September 2006, the immunisation schedule for babies was changed to introduce the Pneumococcal vaccine. This protects against one of the commonest cause of meningitis, ear infections and pneumonia. Babies will receive doses at 2 months and 4 months and a booster at 13 months of age. The routine immunisation programme now protects children against 10 serious diseases. Children born before this new schedule, and under 2 years of age, will be invited to attend for the "Catchup Campaign". If you have a child who is under 2 years of age, you will be invited automatically, hopefully before the end of January 2007. If you have not heard from the practice before this time, please contact us to make sure your child's name is on our list.

## Fond Farewell

Come 13<sup>th</sup> November I will be leaving Skerryvore Practice after a very happy 15 months here. My husband and I are heading North to Shetland, where we have exciting plans to build ourselves a house, settle down, and see more of our Shetland families. There are many of you who I have met during my time here. I would like to thank you for being so welcoming, friendly and patient when my surgeries were running late! I wish you all the very best.

*Dr Heather Jamieson*

Heather will be a big miss at the practice and we would like to wish her and husband all the very the best with their move.

Skerryvore Patient Fund  
2007 Calendars  
are now on sale from  
the reception desk

REMINDER.....  
Please remember that 48 hours  
notice is required for repeat  
prescription requests.

## Don't Make Me Laugh!

**We know that many women are troubled by waterworks problems.**

Surveys suggest that around 1/5 of all adult women have experienced incontinence, where they accidentally leak urine at times, for example when laughing, coughing or taking more vigorous exercise.

This becomes a more common problem as women get older, it is also more likely to happen after childbirth.

Many women who suffer from a weak bladder find that it can have a huge impact on their quality of life.

They may become less confident and less likely to go out socialising for fear of having an embarrassing "accident". Some women feel they can't go anywhere without knowing where the nearest toilet is, and many secretly carry a change of underwear with them everywhere they go.

Sadly, although we know that although many women experience this, very few ever come to see a doctor about it. This might be because they are too embarrassed, or they might feel that it is just part of the normal ageing process and they have to put up with it. They may also feel there is no point in coming as there is probably nothing that can be done.

This could not be further from the truth. Simple things like reducing caffeine intake, losing weight and doing exercises for the pelvic floor muscles can improve the situation dramatically. For patients who are more severely affected there are drug treatments and some surgical operations, which can be very effective.

**If you are troubled by waterworks problems, please make an appointment to see one of the doctors or practice nurses, who will be happy to assess your problem and see what can be done to help.**