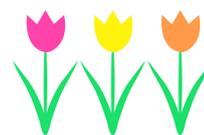




Spring Newsletter



Welcome to our new, bigger Newsletter which contains more information for you and a new PPG section!



Are you at risk of developing Type 2 Diabetes? by Sheila Graysmark

Did you know that 11.9 million people in the UK are at increased risk of developing Type 2 diabetes?

Anyone can get it. Type 2 diabetes is a serious health condition, if undiagnosed and untreated it can lead to long term health problems including eye and kidney disease, circulatory problems and higher risk of heart disease or stroke. It starts gradually, usually later in life, and because there are often no symptoms it might be years before you learn that you have it.

-  **Are you over 40?**
-  **Overweight, especially around the middle?**
-  **Are you unfit?**
-  **Do you have a family history of diabetes?**
-  **Have you been diagnosed with high blood pressure?**

If you answered 'yes' to any of these questions you may be at risk of developing Type 2 Diabetes.

You may also be at higher risk if you've ever had a heart attack or stroke, you have a serious mental health illness such as schizophrenia or bipolar illness, or if you are receiving treatment with antipsychotic medication; if you're a woman who's had polycystic ovaries, gestational diabetes, or a baby weighing over 10 pounds. Type 2 diabetes is 2 to 4 times more likely in people of South Asian descent and African-Caribbean or Black African descent. Some of the risk factors for Type 2 diabetes – such as age, ethnic background, or family history can't be changed, but others can.

The Good News

The good news is that we can all make small changes to help us reduce our risk. Around 3 in 5 cases of Type 2 diabetes can be prevented or delayed by maintaining a healthy weight, eating well and being active.



- Move more:** getting active and staying active will reduce your risk of getting Type 2 diabetes
- Eat better:** eating well and keeping to a healthy weight can reduce your risk of getting Type 2 diabetes
- Stop:** smoking and keep alcohol intake to recommended levels.

Contact Mid-Sussex Wellbeing via their website <http://midsussex.westsussexwellbeing.org.uk/> or telephone 01444 477191 for advice, support, and information on services available to help you improve your lifestyle.

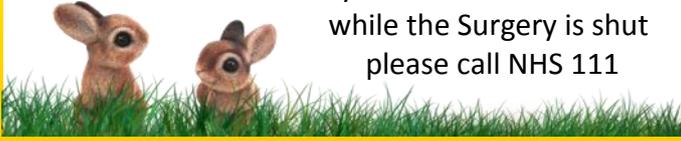
Bank Holiday Closing

Please be aware that we will be closed on the following dates in May:

Monday 1st May 2017
Monday 29th May 2017

Please plan ahead with your medication.

If you need medical advice while the Surgery is shut please call NHS 111



Staff Training

Please be aware that both surgeries will be closed for staff training on the afternoon of:

Thursday 18th May 2017

We will be closed from 12:30pm and will re-open at 8:30am on Friday 19th May.



Dr Sarah Stealy



I am the new registrar working at Cuckfield and the Vale medical practice and I am lucky enough to be here until May of 2018 during the final part of my GP training. I have been a qualified Doctor since 2006 and previously worked in hospital medicine as an Anaesthetist with an interest in Children's Intensive Care and Retrieval Medicine. I changed to General Practice in 2014 after becoming a mum and love it. Getting to know patients properly and having continuity of care is great and I am really enjoying being part of the Cuckfield team. I have an interest in pharmacology and pain management as well as care of the elderly, women's health and paediatrics. Outside of work my two girls, aged three and a half (going on 33) and ten months keep me very busy!

Travel Vaccinations and Consultations by Liz Hosseni & Sharran Rigby Smith

Are you going away on holiday, business or visiting friends and family?

If you are then you will need to make sure you are covered!

Our Travel Nurses have put together these handy tips all patients should be aware of when heading outside of the UK.



- ✓ **Start preparing your trip:** especially long trips, six to eight weeks before you go.
- ✓ **Make an appointment:** to discuss the up-to-date advice for your trip with a nurse. Vaccination courses may take several weeks or months to complete. Prior to coming please complete our Travel Assessment Form ([available on our website](#)) or at the reception desk, and bring any itineraries with you. However, even if time is short, an appointment with a Travel Nurse is worthwhile, as some vaccines and malaria tablets can still be given.
- ✓ **If you take any medicines regularly:** make sure you have enough for your trip and check with your airline what you are allowed to carry in your hand luggage. Some medications are not permitted in some countries. Medication should always be carried in its original pharmacy packaging, along with copies of prescriptions.
- ✓ **Take out medical insurance:** ensuring it covers you for all activities and current medical conditions. When travelling in the EU make you sure you have a valid European Health Insurance Card (EHIC). However, be aware this does not cover everything; such as emergency travel back to UK.
- ✓ **Protect against the sun:** the sun cream bottle label should have at least 4 star UVA protection and at least SPF15 sunscreen to protect against UVB. It is preferable that you use SPF50 for the best protection. Avoid direct sunshine between 11am and 3pm, drink plenty of fluids, but remember alcohol will dehydrate, so should be avoided.
- ✓ **A medical kit tailored to the destination:** Extra items may be; insect repellent, diarrhoea treatment, oral rehydration solution, condoms, an impregnated mosquito net and water disinfection equipment.
- ✓ **If travelling for more than 4 hours:** you are at increased risk of Deep Vein Thrombosis (DVT). Increased risk includes older travellers, pregnant women, previous history of VTE or recent surgery, certain blood clotting disorders, malignancy, certain heart conditions and taking oestrogen containing medicines. Travellers should consider fitted compression socks. Aspirin is not recommended for the prevention during travel. Travellers should regularly mobilise their legs, drink regularly, but avoid alcohol and wear loose comfortable clothes.
- ✓ **Travellers should be alert to personal safety issues** and remember that alcohol or drug use may increase the risk of accidents and injuries and can invalidate travel insurance claims.
- ✓ **Finally, have a lovely time away,** and hopefully you will not need to see us when you return if you take all of our advice

MYTH BUSTER!

Acne myths

Despite being one of the most widespread skin conditions, acne is also one of the most poorly understood. There are many myths and misconceptions about it:

"Acne is caused by a poor diet"

So far, research hasn't found any foods that cause acne. Eating a healthy, balanced diet is recommended because it's good for your heart and your health in general.

"Acne is caused by having dirty skin and poor hygiene"

Most of the biological reactions that trigger acne occur beneath the skin, not on the surface, so the cleanliness of your skin has no effect on your acne. Washing your face more than twice a day could just aggravate your skin.

"Squeezing blackheads, whiteheads and spots is the best way to get rid of acne"

This could actually make symptoms worse and may leave you with scarring.

"Sunbathing, sunbeds and sunlamps help improve the symptoms of acne"

There's no conclusive evidence that prolonged exposure to sunlight or using sunbeds or sunlamps can improve acne. Many medications used to treat acne can make your skin more sensitive to light, so exposure could cause painful damage to your skin, and also increase your risk of skin cancer.

"Acne is infectious"

You can't pass acne on to other people.

GP APPOINTMENT?
CAN'T MAKE IT?
DON'T NEED IT?

CANCEL IT!

179 patients **Did Not Attend** their GP or Nurse appointment in March 2017

If you are unable to attend your appointment please contact the Surgery, or use online services to cancel that appointment. This could then go to someone who needs it. We are able to send out SMS reminders the day before your appointment. If this would be useful for you, please provide the Receptionist with your current mobile number and give us your consent to send you text messages.

Practice Manager's Message by Jess Yaxley



Spring has well and truly sprung in Cuckfield and Haywards Heath!

I hope everyone is enjoying the very clement weather! We have been busy at the Practice as usual, and some of you may have noticed that we have updated our front doors at the Cuckfield site. We were able to successfully apply for some NHS infrastructure funding which, together with an additional contribution from the Partners, enabled us to be able to purchase and install new automatic sliding doors. As the doors slide to open, they provide much greater access especially to our patients with mobility issues, as they will no longer have to try and open and hold the door whilst entering. It also means better access for ambulance crews on the rare emergency occasions when they have to attend the Practice, and also if they have to use a chair or stretcher.

On a staffing level, we are sorry to let you know that Laura our Care Coordinator has decided to leave the Practice and we hope to let everyone know who our new Care Coordinator will be shortly.

Lastly, but certainly not least, huge kudos and congratulations to our Partner Dr Susan Ferrier who successfully ran the Brighton Marathon earlier this month. This was her first marathon, raising funds on behalf of the Charity - [Sussex Nightstop](#) - who provide a safety net for young people age 16-25 who are at risk of homelessness, providing emergency accommodation in the homes of volunteers. This is a fantastic achievement and we are all very proud of her!



Endless Indigestion, a personal story

I well remember my parents popping anti acid tablets. In every pocket after my father died, there were packets of Rennies!

Then I began to have problems - indigestion, wind and a burning sensation round my ribs. I went to the Doctor who sent me for an endoscopy (a camera down into the stomach which didn't hurt and I didn't know it was happening). The Consultant said I had inflammation around the base of my oesophagus, i.e. acid going up

instead of staying in the stomach and it was burning the area. Anyone can suffer from indigestion and acidity; in a worse case scenario - a hiatus hernia - which is to do, amongst other things, with bulging in the stomach wall. Mine was caused by stress and a bad diet. Other causes are obesity and even a change in eating habits. So I now avoid tea, citrus fruits, mint, peppermint and spicy food because these are the specific foods that cause me pain. I drink coffee and alcohol occasionally and I eat tomatoes, chocolate and fatty foods sparingly. I also avoid rich sauces, cream, lots of butter, pastry and fried food - but of course, some of these foods wouldn't upset everyone. Those things are my trigger points, and all the changes have made such a difference!

If my heart pounds at night and I cannot sleep, that tells me I have overdone it. Sometimes putting blocks under the bed head and raising it about 6 inches makes a difference. (More pillows isn't always the answer). I now have indigestion rarely, and when I do I know what to do, and it is not reaching for the pills! Of course some people have worse symptoms, but a lot of the pain I suffered was corrected with changes to my diet.



HOT TOPIC

Mass Market Fraud - Scam Mail

Many people in the UK and overseas are lured by the thrill of a surprise win and find themselves parting with large amounts of money in order to claim fake prizes. Often victims of these particular scams are the elderly and vulnerable. There is a huge range and variety of mass market mail, some of which will be obviously fraudulent, but others that will not. Whatever the case you should always be wary of what you reply to.

What you should know

- ✗ You cannot win money or a prize in a lottery **if you have not entered it**. You cannot be chosen at random if you do not have an entry.
- ✗ Many Mass Market scams will trick you into parting with money or providing your banking or personal details in the belief that you will win a cash prize.
- ✗ You do not have to pay a fee to claim a legitimate prize.
- ✗ It can only take a single response to one scammer to be inundated with further scam mail. Your name and address will be included on what is known as a 'Sucker's List' and you may receive large amounts of scam mail daily.
- ✗ A fake prize scam will tell you that you have won a prize or competition. You may then receive confirmation of this by post, email or text message. There will often be costs involved in claiming the prize and even if you receive a prize it may not be what was promised to you and be worthless.

Think Jessica

If you, or a family or friend, are a victim of Mass Market Fraud then you can contact Think Jessica for advice.

Email: advice@thinkjessica.com. If you would like a Think Jessica information pack about scam mail (includes DVD). Please send a cheque or postal order for £5.00 (to cover production and postage) to: Think Jessica, PO Box 4244, Chesterfield S44 9AS

If you would like to contact or join the PPG then please email: cuckfieldpatients@gmail.com

You can follow the PPG on Twitter: [@CuckfieldPPG](https://twitter.com/CuckfieldPPG)

Our next Meeting will be held on: Wednesday, 31st May – Cuckfield 1.00pm to 2.00 pm