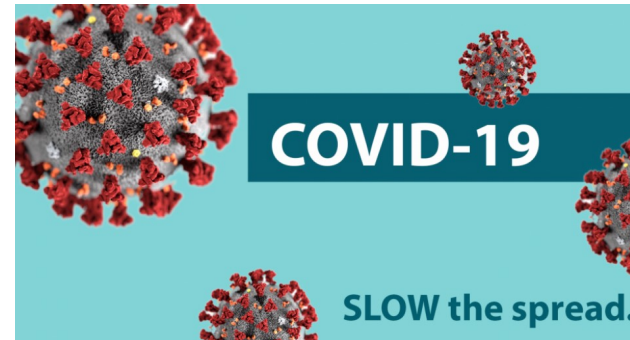




Covid-19 Autumn Booster Campaign

This winter it is expected that many respiratory infections, including COVID-19 and flu may be circulating at high levels therefore the NHS will be offering Covid-19 Autumn boosters between September and December to the following patients:

- those in care homes
- those aged 5 years and over in clinical risk groups
- front-line health and social care staff
- those who care for vulnerable individuals
- families of individuals with weakened immune systems
- people aged 50 years and over



The Whitby Coast and Moors Practices will be involved with the roll out of vaccine starting in mid-September. However, local Practices may have a limited supply of vaccines and therefore will work through patients in priority groups first. **Please** don't call us about the vaccine as we will contact you via a text message and/or a phone call when we reach your cohort and have received vaccines.

For all those eligible we will offer a flu vaccine alongside the covid vaccine.

You may also receive an national invite before you receive one from your Practice. This will allow you to book at any available national site but this does not include the local Practices so please don't call us about this as we will have to refer you make to the National Booking Service (NBS). Please be patient if you wish to have the vaccine at your Practice otherwise please book at a National centre.

Further information can be found online at: <https://www.gov.uk/government/publications/covid-19-vaccination-autumn-booster-resources/a-guide-to-the-covid-19-autumn-booster>



WHITBY, COAST & MOORS
PRIMARY CARE NETWORK

September 2022



Monthly Newsletter

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Updates from Staithes

Appointments

In the last 4 weeks 11/07/2022—07/08/2022 Staithes has serviced a total of **1378** appointments. **450** of those appointments were provided as same day appointments. **90.3%** of appointments at Staithes in that period were face to face, which equates to **1245** appointments.

DNA's (Do Not Attends)

In the last 4 weeks 11/07/2022—07/08/2022 Staithes has had 72 DNA's which equates to 5.2% of the total appointments.

If you cannot attend your appointment, please call the surgery at the earliest opportunity to cancel or reschedule your appointment.

Staithes Shopper

Are you able to get to the shops but can't carry all of your shopping home? Is public transport difficult because you can't get on the bus, or the stop is too far away? Whitby Scarborough & Ryedale DAG runs a shopper trip, every two weeks in our wheelchair accessible minibus, "Hilda" .

Thursday 1st September - Skelton & Friday 16th September - Redcar

The cost is £5 for DAG members and £6 for non-members

Pick up point is Staithes Memorial Hall and we will drop you back home with your shopping after the trip.

Booking in advance is required! **Contact the DAG office on 01947 821001 to book and pay for your place**

SCAM WARNING

It has been brought to our attention that text messages / emails are being sent claiming that you have been in contact with someone with COVID and that you need to do a PCR test which costs 0.98p. This is **NOT** genuine, please do not follow any links or give any payment information.

Updates from Staithes Cont..

Hospital Appointments

If you have been referred for treatment, the hospital triage service will contact you directly with information regarding the date and time of your appointment.

The practice does not receive a copy of your appointment letter or have any influence over the speed at which an appointment is offered. If you have a query concerning the appointment, please contact the hospital directly, as they are best placed to answer any questions, for example if you wish to progress a date or change the date you have been given.

Disposing of Unused Medications

If you have any medications at home which are unused, out of date or will not be used, please do not throw away, flush down the toilet or set alight.

Please return any unused medications to your local surgery.

Inhaler Recycling

When you need to dispose of your old inhaler please remove the canister and place it in the inhaler box in the waiting room at the surgery. We will then ensure this is disposed of correctly. You should then put the plastic element of the inhaler into your recycle bin.

Welcome!

Staithes Surgery is pleased to welcome our new GP Partner—Dr Ania Mejsak, who started at Staithes surgery in August 2022.

Dr Mejsak grew up in Poland and moved to the USA at age 17 to pursue a medical career, having now worked as a Dr in the UK since 2013.

Dr Mejsak has an extensive background in the surgical field alongside emergency and child medicine.

The special interests Dr Mejsak will be providing alongside general medicine at Staithes will be; minor surgery, joint injections, women's and men's health and ENT.



Did you know there is a **rise in asthma attacks in September** when children go back to school?

In the UK a child is admitted to hospital every 20 minutes because of an asthma attack. However, the number of children needing emergency treatment doubles in September compared to August. This is called the "September surge"

Top Tips to avoid the September Surge

- Keep a regular **routine** with **preventer** inhalers during the summer months
- Know your **asthma action plan** – make sure you know what to do in an emergency
- Manage your **triggers** – it is important to know what makes your asthma worse
- Make sure your new **schoolteachers** know you have asthma
- If you need to use your reliever inhaler more often (or you are using it more than **TWICE** a week) book an **asthma review**

VASCULAR DISEASE AWARENESS MONTH

National Vascular Disease Awareness Month is observed in September. The purpose of this event is to raise awareness about vascular diseases across the U.K. and provide support for those living with the condition. Vascular diseases are conditions that affect the blood vessels. They are common and can be serious. Some types include aneurysms and atherosclerosis, blood clots, and strokes. Some vascular diseases can be prevented and others treated when diagnosed early, this further emphasizes the importance of National Vascular Disease Awareness Month, which features sensitization and fundraising events for the research and treatment.

What is A Vascular Disease?

A vascular disease is any abnormal condition of the blood vessels (arteries and veins). The body uses blood vessels to circulate blood through itself. Vascular diseases outside the heart can "present" themselves anywhere. The most common vascular diseases are stroke, peripheral artery disease (PAD), abdominal aortic aneurysm, carotid artery disease, arteriovenous malformation, blood clots and deep vein thrombosis.

Covid and Vascular Disease

With the current global pandemic, vascular disease is something that everyone needs to be more aware of, mainly due to the fact that intravascular clotting, a disorder in which the proteins that control blood clotting become overactive, is a major complication of COVID-19 and presages a bad outcome.

“

Approximately 90% of patients with PAD have a history of smoking, smoking even half a pack of cigarettes a day may increase your risk of having PAD by up to 50%.

”

Smoking and Peripheral Artery disease

By quitting smoking, PAD patients can increase their chances of long-term survival, more benefits including reducing the risk of developing a heart disease, having a stroke and lowering the risk of atherosclerosis, blood clots and PAD. A great way to take action and prevent Vascular Disease is to quit smoking with Yorkshire Smokefree and take the first step to begin your full-stop journey.

There are great resources online to aid in stopping smoking, Quit online - <https://yorkshiresmokefree.nhs.uk/pages/quit-online> Our online quit tool will allow you to create your own personal profile and will support you on a daily basis through your quit journey.

Five Important Factors about Vascular Disease

- 1) **Smoking causes vascular diseases**
Smoking affects the health of your blood vessels and increases the risk.
- 2) **Diabetes increases the risk of vascular diseases**
Excess blood glucose (sugar) caused by diabetes can damage your blood vessels.
- 3) **Vascular diseases are surprisingly common**
One type of vascular disease, PAD, affects about 8.5 million people in the USA alone.
- 4) **Obese people are affected more**
Studies show that people with obesity are at increased risk of atherosclerosis of the coronary arteries, which is a vascular disease.
- 5) **Most vascular diseases affect older adults**
Age is one of the risk factors for developing a vascular disease because it usually affects those aged over 50.