



YOUR VOICE

JULY 2018

THE NEWSLETTER OF THE PATIENT PARTICIPATION GROUP
CRANLEIGH GARDENS MEDICAL CENTRE & WESTONZOILAND SURGERY

Free Health Walks in Bridgwater

At our last patient meeting we had a presentation from Lianne Clarke who is a Health Promotion Officer at Sedgemoor District Council. Lianne is working with practices in Bridgwater to promote walking for health.

The practice is promoting some upcoming walks at Redgate practice on Wednesday August 1st & Wednesday 29th at 12.30 p.m. Taunton Road practice 8th August at 11.00 a.m. and East Quay on 16th August at 12.00 p.m.

Cranleigh is promoting and signposting patients that may be interested to lianne.clarke@sedgemoor.go.uk – Tel no 01278 435715.

Initially we are signposting patients to these existing walks but if there is sufficient interest then Cranleigh could have its own organised walk. If you are interested in being involved just speak to a member of the reception team.

Measles

Think Measles! Public Health tells us that since January there have been 104 confirmed and 38 probable cases in the South West North area (Gloucestershire, Bristol, South Gloucestershire, North Somerset and BANES.) We are also aware of a confirmed case in Minehead. Eight have been admitted to hospital and four have required critical care following complications including measles pneumonitis and encephalitis

Many more have attended practices and A&Es for acute treatment and unfortunately measles cannot always be recognised promptly. This has resulted in secondary transmission to other patients and staff, with consequent risks to those affected and extra work for practitioners in following up and managing the treatment and care of vulnerable and susceptible individuals.

Symptoms of Measles The initial symptoms of measles develop around 10 days after you're infected. These can include:

- cold-like symptoms, such as a runny nose, sneezing, and a cough
- sore, red eyes that may be sensitive to light
- a high temperature (fever), which may reach around 40C (104F)
- small greyish-white spots on the inside of the cheeks

A few days later, a red-brown blotchy rash will appear. This usually starts on the head or upper neck, before spreading outwards to the rest of the body

The advice is to:

Contact your GP as soon as possible if you suspect that you or your child have measles

Its best to phone before you visit as the surgery may need to make arrangements to reduce risk of spreading the infection to others.

You should also see your GP if you've been in close contact with someone who has measles

and you've not been fully vaccinated (had two doses of the MMR vaccine) or haven't had the infection before – even if you don't have any symptoms.

Summertime

We have had a prolonged period of fine weather which in turn can cause health issues.

Why is a heatwave a problem?

The main risks posed by a heatwave are:

- [dehydration](#) (not having enough water)
- overheating, which can make symptoms worse for people who already have problems with their heart or breathing
- [heat exhaustion and heatstroke](#)

Who is most at risk?

A heatwave can affect anyone, but the most vulnerable people are:

- older people, especially those over 75
- babies and young children
- people with a serious chronic condition, especially heart or breathing problems
- people with mobility problems – for example, people with Parkinson's disease or who have had a stroke
- people with serious mental health problems
- people on certain medications, including those that affect sweating and temperature control
- people who misuse alcohol or drugs
- people who are physically active – for example, labourers or those doing sports

How do I know if someone needs help?

Seek help from a GP or contact NHS 111 if someone is feeling unwell and shows symptoms of:

- breathlessness
- chest pain
- confusion
- intense thirst
- weakness
- dizziness
- cramps which get worse or don't go away

Get the person somewhere cool to rest. Give them plenty of fluids to drink.

Find out about the symptoms of heat exhaustion.

<https://www.nhs.uk/conditions/heat-exhaustion-heatstroke/>

Stay smart in the sun

Children aged under 6 months should be kept out of direct sunlight.

Children over 6 months should cover up with suitable clothing, spend time in the shade and wear at least SPF 15 sunscreen.

Visit www.somerset.gov.uk/skincancer for more information on how to stay smart in the sun.