

# Holbrook Surgery Newsletter

Autumn - Issue 3

October 2019

## Worried About Memory Problems

Everyone forgets things from time to time. But if you or other people are noticing that problems with your memory are getting worse, or this is affecting everyday life, it could be a sign of dementia.

How can I tell if my temporary problems are a sign of **something serious**.

Forgetting why you went upstairs. Failing to put a name to a face of a celebrity. And the feeling that a word is 'on the tip of your tongue'. We've all done it - and most of the time small memory slips aren't serious. Many people find that their memory becomes less reliable as they get older. However if your memory is getting noticeably worse, or affecting everyday life, you should seek help as it may be a sign of a medical condition. There are many causes of memory loss, including depression, infection and vitamin and thyroid deficiencies.

### What should I do next?

If you are worried about your memory, visit your GP. It is important to find out the reason for the problems, as there may be treatment or support available that can help. Your GP will talk to you (and anyone with you) about your concerns and arrange for further investigation if necessary.

You may be referred to a local memory clinic or hospital specialist where further assessment will take place so you can get a diagnosis.

If you are concerned about the memory of someone close to you, encourage them to visit their GP. You could start the conversation by gently asking if they have been feeling any different from usual or are struggling with anything. Support them to make the appointment with their GP and ask if they'd like you to go with them.

Memory lost can also be an early sign of dementia. This is especially true if you:

- Struggle to remember recent events, although you can easily recall things from the past.
- Find it hard to follow conversations or programmes on TV
- Forget the names of close friends or everyday objects
- Regularly lose the thread of what you are saying
- Find yourself putting objects in unusual places - such as your keys in the fridge
- Feel confused, even in a familiar place or get lost on a familiar journey



### Dr Jonathan Heatley - Update

**GOOD NEWS** - Jonathan has just been given the all clear.

He is feeling relieved and can now concentrate on making a recovery. He still suffers from the after effects of the radiotherapy but will be phasing back to work over the next few months.

### Annual Flu Injections

Still time to book your flu vaccination. Please call the surgery to book an appointment. 2 remaining clinics being held on: Sat 5th October and Sat 26th October

You should book your flu vaccination if you:

- Suffer from a chronic disease
- Are aged over 65
- Are or may be pregnant
- Carer
- Close contact with immunocompromised individuals.
- 2 & 3 year olds

## Preventing Type 2 Diabetes



Around 7 million people in the UK have prediabetes and have a higher risk of developing Type 2 diabetes.

Our prediabetes programme aims to

help prevent the onset of Type 2 diabetes by reducing the risks and allowing people to take more control. The sessions help people set small manageable goals to help avoid developing Type 2 diabetes. Diet, physical activity and other lifestyle factors are the main focus.

People who have a higher risk of developing Type 2 diabetes:

- Family history of type 2 diabetes
- Body Mass Index (BMI) of over 25
- Inactivity
- High sugar level test results (from your GP or practise nurse)

If you fit into these categories our prevention team could provide you with the advice you need to prevent diabetes.

The session is approximately 3 hours long. To find out more details and book a place please contact Horsham Wellbeing on 01403 215111, email [info@horshamdistrictwellbeing.org.uk](mailto:info@horshamdistrictwellbeing.org.uk) or complete a referral form.

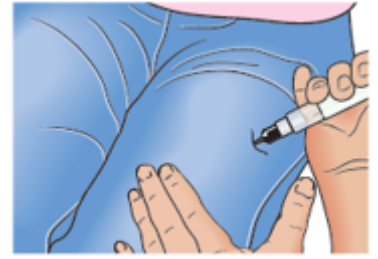
Anyone who is unsure about their risk of developing Type 2 diabetes can visit [riskscore.diabetes.org.uk](http://riskscore.diabetes.org.uk) and take a quick 60 second test provided by Diabetes UK.

Your BMI (body Mass Index) can also be checked online by visiting [www.nhs.uk/Tools/Healthyweightcalculator.aspx](http://www.nhs.uk/Tools/Healthyweightcalculator.aspx)

## Drug Safety Alert

A drug safety alert has been received for **EMERADE (Adrenalin injectors)**

-There has been a fault detected in a few devices where the full dose has not been delivered. Patients affected by this will receive a fact sheet and letter. If you are concerned please contact your pharmacy or the surgery



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## Know Your GP



**Dr Paul M Woods**  
MBBS (1991) MRCGP  
DFFP

Dr. Woods was one of the founder partners in the practice, having started in January 1996. He is married

and has two daughters. His special medical interest is in neurology

### Training Practice

We have a GP trainer in the surgery- Dr Woods- and will from time to time have GP Registrars attached. We also occasionally have Medical Students that will be sitting in with the GPs. You will always be informed of new registrars and students when they are sitting in surgeries.

For further information on GP training practices see leaflet in the surgery waiting room

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## Primary Care Network

Central to the new NHS 10 Year Plan is the importance and the development of primary care. This is going to involve GP practices working together more closely as part of new Primary Care Networks and providing some joint services for which there is going to be additional funding. Holbrook Surgery is going to be part of the Horsham Central Primary Care Network, which means that it will be working closely with the Park, Orchard and Riverside Surgeries. We are not exactly sure what this will involve but we are shortly meeting with the Surgery when we hope to learn more. Healthwatch West Sussex have produced a patient guide and the following is the link <https://www.healthwatchwestsussex.co.uk/sites/healthwatchwestsussex.co.uk/files/Patient%20Guide%20to%20PCNs%20HWS.pdf>

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## First Contact Physiotherapist Pilot

It was disappointing that we had to cancel the meeting but we had lots of apologies from people who would have liked to come. The Pilot was successful and we have been promised sight of the evaluation, which we will circulate when we receive it.

## Diabetic Nurse

We have a Diabetic Nurse specialist who is looking at patients who have had a raised blood marker (HbA1c) These patients are at risk of developing Diabetes, but with advice on life style changes this will improve.