

PATIENT NEWSLETTER



Issue Month: December 2023

Iridium Medical Practice

PRACTICE ACTIVITY DASHBOARD

9351 Face to face Appointments Offered

7070 Documents Processed

6316 Prescriptions Issued

688 Patients Did Not Attend

13,516 Inbound Telephone Calls (Answered)

HIV & AIDS AWARENESS MONTH

December is HIV & AIDS

Awareness Month

HIV stands for '**Human Immunodeficiency Virus**'. It is a virus that attacks and damages your immune system and weakens your body's ability to fight disease.

AIDS stands for '**Acquired Immune Deficiency Syndrome**'. It occurs when your immune system has been severely damaged by the HIV virus. AIDS is an umbrella-term used to describe several potentially life-threatening infections and illnesses that happen as a result of HIV deterioration.

AIDS CANNOT be transmitted from person to person, but **HIV CAN**.

Unfortunately, there is currently **NO CURE** for HIV & AIDS. There are, however, **effective drug treatments** that allow most people to live a complete and healthy life.

What causes HIV?

The most common cause of HIV transmission in the UK is through **unprotected anal or vaginal sex** with someone with HIV. Although, the risk of transfer in this way is **significantly reduced** when the host is undergoing HIV treatment. HIV can also be transmitted through unprotected oral sex, though this is much less likely.

Symptoms of HIV include:

Nights sweats
Sudden, unexplained weight loss
Sexually transmitted infections
Swollen lymph nodes
Oral thrush
Unexplained rash



WORLD
AIDS
DAY

Who are at a higher risk of getting HIV?

- People with casual sex partners
- Men having sex with men
- Drug injecting people
- People involved in prostitution
- People at risk due to profession

More information about the prevention and treatment of HIV can be found at:

<https://www.nhs.uk/conditions/hiv-and-aids/>

NHS COMMUNITY PHARMACIST CONSULTATION SERVICE

CPCS is a national advanced service that is used to refer patients requiring low acuity advice, treatment and urgent repeat prescriptions to community pharmacies.

The service helps to facilitate patients having a same day appointment with their community pharmacist for minor illness, improving access to services and providing more convenient treatment closer to patients' homes.

The aim of the service is to reduce pressure on GP appointments and emergency departments, in addition to harnessing the skills and medicines knowledge of pharmacists.

By working together, GP surgeries and local pharmacies can ensure that patients are receiving the most appropriate care by a suitable healthcare professional at the right time.

Iridium Medical Practice is working closely with local pharmacists to support you with certain minor health conditions.

It may be more appropriate to have your NHS consultation with a trained pharmacist, instead of the GP Practice.

You can choose a pharmacy that is convenient to you and we will arrange this for you.

Your consultation will either be by phone or video call, or you can go into the pharmacy.

With your consent, the pharmacist will let us know what happened at your consultation to make sure your medical record is updated.

BLOOD PRESSURE CHECKS

Around 30% of people in England have high blood pressure but do not know about it.

It is recommended that adults should measure their blood pressure every 5 years.

You can book in at the practice or see your local pharmacy.

WOMENS CONTRACEPTIVE CLINICS

Do you know that Iridium Medical Practice has the following clinics:

- General Contraceptive Clinic
- Menopause Clinic
- Coil Clinics
- Implant Clinics

If you would like to know more, please enquire at reception.

NHS



111.nhs.uk

Did you know
NHS 111 is now
available online?

30,000 people use it
each week.

MMR VACCINE AWARENESS

The MMR Vaccine is a safe and effective combined vaccine. It protects against 3 serious illnesses: **Measles**, **Mumps** and **Rubella**. Getting vaccinated is important, as these conditions can lead to serious problems such as **meningitis**, **hearing loss** and **problems during pregnancy**.

Over 20 million cases of measles have been prevented since the start of measles vaccination in the UK. Over 4,500 lives have been saved as a result - approximately 81 lives per year.

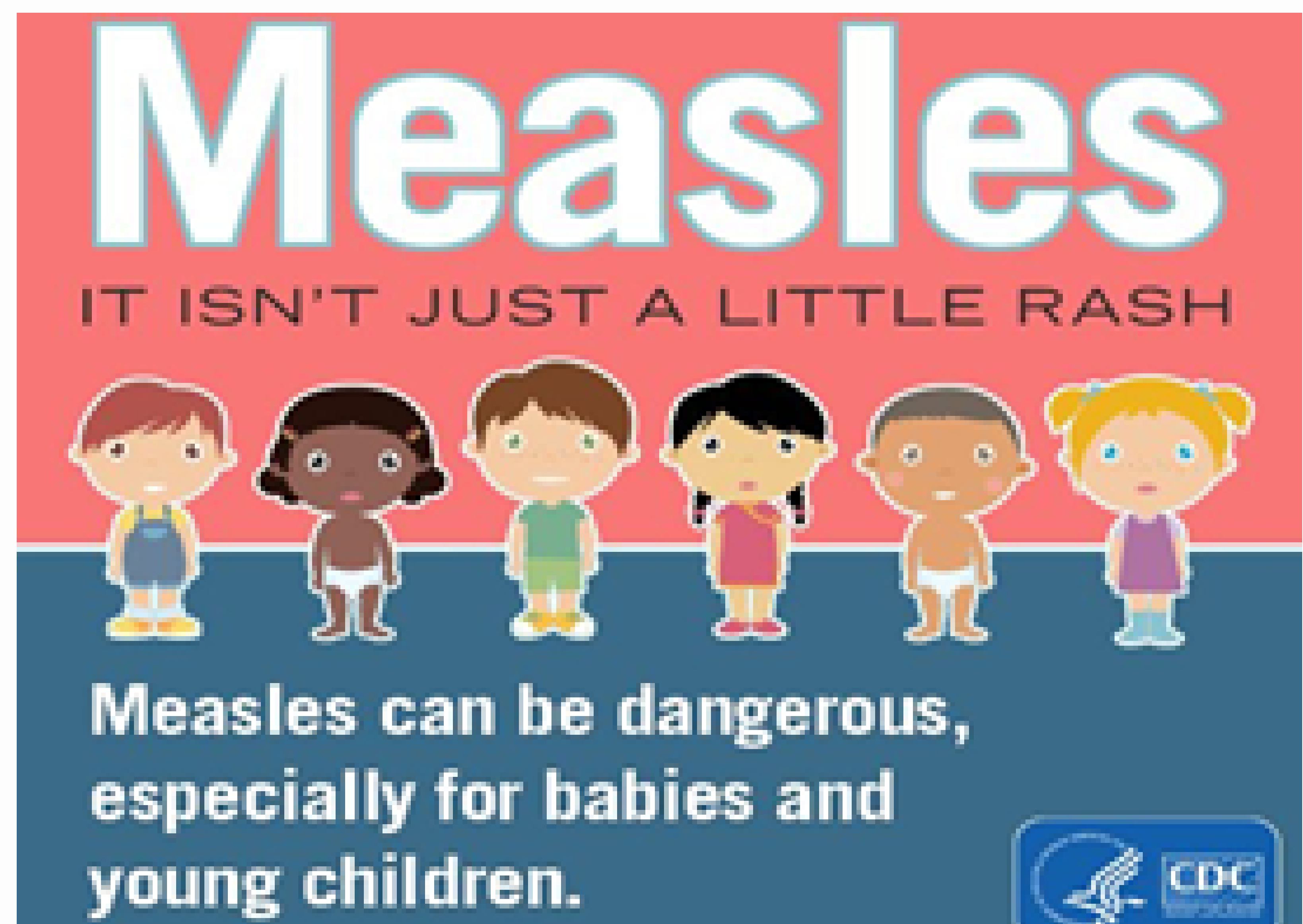
2 doses of the MMR vaccine provide the best protection against the 3 illnesses.

MMR vaccination is free on the NHS with the 1st dose being offered when a child is 1 year old and the 2nd dose at 3 years and 4 months old.

If your child has missed their first or second dose of the MMR vaccine, contact the GP practice to book an appointment.

If you are unsure if your child is due for a vaccination or has missed a vaccination, check their red book or contact us.

For adults, it is never too late to catch up on your MMR vaccinations, contact the practice to book an appointment.



It is important to check that you have had both doses if you:

- are about to start college or university
- are going to travel abroad
- are planning a pregnancy
- are a frontline health or social care worker
- were born between 1970 & 1979, as you may have only been vaccinated against measles
- were born between 1980 & 1979, as you may not be protected against mumps

Anyone who hasn't had 2 doses of the MMR vaccine, should ask the GP surgery for a vaccination appointment.

The evidence is clear; there is no link between the MMR vaccine and autism.

More information can be found at:
www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them
AND
www.nhs.uk/conditions/measles/