



Don't fall prey to Doorstep Vultures!

There are many types of doorstep scams for you to be aware of.

Rogue Traders who cold call you offering a service you don't really need.

Bogus Officials, pretending to be from the Electricity or Gas company.

Bogus Charity Collectors, asking you to donate money, or clothes, they then sell on, or people with a hard luck story.

Do not be afraid to ask the person to leave, if they refuse call the police. Never feel pressured into giving money to someone you don't know. Never agree to have work done in your home or garden by someone who knocks at your door.

If you need a tradesperson its easy to find someone who has been vetted, visit www.checktrade.com or call **0333 0146 190**

Royal Crescent Surgery supports Road Safety Week 20-26 Nov

Road safety affects everyone. It affects whether children can go to the park or walk to school, if elderly people can get to the shops, for people to cycle and feel safe.

For some people, it changes everything. Road crashes end lives too soon, rip families apart and leave communities reeling in shock.

Brake is a road safety charity working across the UK to stop the tragedy of road deaths and injuries, to make streets and communities safer and offer support for people bereaved and injured on roads. Every day in the UK, five people die on roads and about 60 more are seriously injured.

When you drive you're in charge of a fast-moving chunk of metal that can do a lot of damage to you and other people. There are some really simple steps you can take to hugely reduce your chances of being in a serious crash.

Please visit Brake's website for further advice www.brake.org.uk and you'll be helping to prevent devastating crashes, make our streets and communities safer, happier places, and doing your bit for the environment.

Chest Pain - When to call 999

Chest pain can be caused by anything from muscle pain to a heart attack and should never be ignored.

Call 999 for an ambulance **immediately** if you develop sudden severe chest pain. This is particularly important if the chest pain:

- **Feels heavy, pressing or tight**
- **Lasts longer than 15 minutes**
- **Spreads to other parts of your body – such as your arms, back or jaw**

You may have other symptoms – such as breathlessness, nausea, sweating, or coughing up blood.

Heart Attack symptoms tend to last more than 15 minutes, occur at rest, and include sweating and vomiting.

Angina tends to be triggered by physical activity or emotional stress, and gets better with rest after a few minutes.

If you've previously been diagnosed with angina, the pain may be relieved by your angina medication. A second dose can be taken after five minutes if the first dose is not effective.

Call 999 and ask for an ambulance if you're experiencing symptoms of a heart attack or if you have angina and your medication still isn't effective five minutes after a second dose.

If your chest pain is only minor or has resolved itself quickly, please call **NHS 111 in the first instance**, who will advise you if you need to see your GP or attend a local walk-in centre.

Most chest pain is not heart-related and isn't a sign of a life-threatening problem, however you should always seek medical advice to make sure you get a proper diagnosis.

Have you had your Flu Vaccination?

If you have received an invitation letter but missed the walk-in flu clinics, please contact the surgery to book an appointment.



Your vaccine is waiting for you!

For medical emergencies when the surgery is closed **call 999**
For medical advice **call 111**

For Minor Injuries and urgent medical problems visit **The Urgent Care Centre** at Weymouth Hospital
Open 8am-10pm

The surgery is able to offer you a **secure online system** for you to book your own GP appointments and request your repeat prescriptions.

Please enquire at reception if you would like to sign up for this service.



Book your appointment online

NEVER MISS AN APPOINTMENT
We can send **appointment reminders** by text to your mobile phone and you can also **cancel your appointment** by text.

Check with reception that we hold your **correct number!**

My Life My Care

Your 'One Stop' website providing information and advice about care and support, helping you live safely and independently.
www.mylifemycare.com

Are you a Carer?

Speak to **Helen** at the surgery for further information

Long Term Conditions

Diabetes is a lifelong condition that causes a person's blood sugar level to become too high.

There are two main types of diabetes

- **Type 1 Diabetes** – where the body's immune system attacks and destroys the cells that produce insulin
- **Type 2 Diabetes** – where the body doesn't produce enough insulin, or the body's cells don't react to insulin

Type 2 diabetes is far more common than type 1. In the UK, around 90% of all adults with diabetes have type 2.

During pregnancy, some women have such high levels of blood glucose that their body is unable to produce enough insulin to absorb it all. This is known as **Gestational Diabetes**.

Pre-diabetes

Many more people have blood sugar levels above the normal range, but not high enough to be diagnosed as having diabetes. This is sometimes known as pre-diabetes. If your blood sugar level is above the normal range, your risk of developing full-blown diabetes is increased. It's very important for diabetes to be diagnosed as early as possible because it will get progressively worse if left untreated.

When to see a doctor

Visit your GP if you experience the main symptoms of diabetes, which include:

- Feeling very thirsty
- Urinating more frequently, particularly at night
- Feeling very tired
- Weight loss and loss of muscle bulk
- Itching around the penis or vagina, or frequent episodes of thrush
- Cuts or wounds that heal slowly
- Blurred vision

Type 1 diabetes can develop quickly over weeks or even days. Many people have type 2 diabetes for years without realising because the early symptoms tend to be general.

Causes of diabetes

The amount of sugar in the blood is controlled by a hormone called insulin, which is produced by the pancreas (a gland behind the stomach).

When food is digested and enters your bloodstream, insulin moves glucose out of the blood and into cells, where it's broken down to produce energy.

If you have diabetes, your body is unable to break down glucose into energy. This is because there's either not enough insulin to move the glucose, or the insulin produced doesn't work properly.

Type 2 diabetes is often linked to being overweight.

Asthma is a common lung condition that causes occasional breathing difficulties. Asthma is caused by inflammation of the breathing tubes that carry air in and out of the lungs.

Treatments

While there is currently no cure for asthma, there are a number of treatments that can help control the condition. Most asthma treatments are taken using an inhaler, a small device that delivers a spray or powered medicine to your breathing tubes as you breathe in.

Symptoms

The most common symptoms of asthma are:-

- Wheezing (a whistling sound when breathing)
- Breathlessness
- A tight chest – which may feel like a band is tightening around it
- Coughing

See your GP if you think you or your child may have asthma, or if you have asthma and you're finding it hard to control your symptoms.

Asthma attacks

Asthma symptoms can sometimes get worse for a short time – known as an asthma attack. Signs of a severe asthma attack include:

- Wheezing, coughing and chest tightness becoming severe and constant
- Being too breathless to eat, speak or sleep
- Breathing faster
- A rapid heartbeat
- Drowsiness, confusion, exhaustion or dizziness
- Blue lips or fingers
- Fainting

What to do during asthma attack

Sit down and try to take slow, steady breaths.

Try to remain calm, as panicking will make things worse.

Take one puff of your reliever inhaler (usually blue) every 30-60 seconds, up to a maximum of 10 puffs. Use your spacer if you have one.

Call 999 for an ambulance if you don't have your inhaler with you, if you feel worse despite using your inhaler, you don't feel better after taking 10 puffs, or you're worried at any point.

Never feel frightened of calling for help in an emergency.

If your symptoms improve and you don't need to call 999, make an appointment to see your GP or asthma nurse within 24 hours. It is important to discuss how you can reduce your risks of further attacks in the future.