



**W**elcome to the tenth edition of the Patient Newsletter. Each month we hope to include a short item by a member of the Patient Reference Group. This month's article was written by Mr. Philip Rawlings.

### **Food - Ordinary or Organic?**

Clean air, pure water, and good food are needed for life.

Ordinary everyday food is what we buy from shops, supermarkets and online. It could have come from almost anywhere in the world. We take on trust that it is wholesome and that its production has caused minimal environmental damage.

Organic food is produced to certain specified standards. The Soil Association is an example of a body that oversees organic production but there are many other such bodies. Put simply, organic standards require fewer chemical inputs into the food and into the soil in which it is grown. There are strict rules on the husbandry of animals.

Generally speaking people do not buy organic food as it is more expensive. They do not believe it has more flavour than ordinary food or that it is better in any other way. There is a sort of inverse snobbery that says only posh people eat organic. Added to this, organic food is a niche market for the big supermarkets who I feel would probably rather not bother with it, especially when austerity stalks the streets. Note however that organic baby food sales continue to flourish. So organic is good for our babies but not for us! How the industry pulls at our heart strings.

Hang on a minute! There is a problem. "Ordinary" food as described above has only been available during the last 100 years or so. In this time the consumption of sugar, problem fats and processed foods has gone through the roof. So also has the incidence of cancer, diabetes and other modern diseases all of which the good old NHS has to cope with. And don't forget that many of our modern farming methods and food processing activities are damaging our environment. Perhaps we will soon have no choice about eating GMO (Genetically Modified Organisms) foods.

For tens of thousands of years our ancestors, right up to the 19<sup>th</sup>C, ate only unrefined organic food. To our ancestors organic food was ordinary. If we are to survive another 100 years then we must look very seriously at what we are doing.

*Editorial comment: "What do you think?"*

### **Struggling To Quit Smoking?**



Did you know that children who grow up in a smoking household are 90% more likely to become a smoker themselves and a 20 a day smoker will spend more than £37,000 on cigarettes over the next 20 years.

There are lots of ways to quit smoking: seeing an NHS Stop Smoking Advisor will make you up to 4 times more likely to quit for good. To arrange an appointment with our Stop Smoking Advisor contact the Reception Team.

### **Pneumonia & Shingles Vaccinations**

It is recommended that everyone over the age of 65 should be immunised to protect them against pneumococcal (or pneumo) infection. No booster vaccination is needed unless you have no spleen or a disorder of the spleen.

Shingles vaccination is being offered routinely as part of the NHS vaccination programme for people during the year after they have turned 70. The shingles vaccine is available on the NHS only for people aged 70 (and to people aged 78 or 79 as a catch-up). The shingles vaccination programme is being staggered this way as it would be impractical to vaccinate everyone in their 70s in a single year.

For more information see the NHS choices website or contact the Reception Team.

## Over the Counter Products

To help reduce the overspend on the NHS drug budget, the GPs and Nurses will ask you to purchase inexpensive non-prescription items over a Pharmacy counter. By doing so, savings can be made within the NHS which can be reinvested elsewhere in patient care. This applies regardless of whether you receive free prescriptions or not.

Over the counter products include:

- Pain relieving tablets - Paracetamol and Co-codamol.
- Anti-inflammatory medication - Ibuprofen tablets and certain anti-inflammatory gels and rubs.
- Hayfever products (anti-histamines) - including tablets, nasal sprays and eye drops.
- Thrush treatments - Canesten range and Clotrimazole.
- Wart and verruca treatments.

A large majority of 'over the counter' medicines can be sourced from a supermarket as well as a retail pharmacy. So think 'pharmacy first', and use a pharmacy to help relieve pressure on GPs and emergency departments.

We, at this Practice, work to a local formulary which is supported by our CCG (Clinical Commissioning Group) Prescribing Team. As a result, to maintain consistency and to keep costs down, we prescribe generically. Therefore some branded medicines may be changed, if deemed appropriate, to an alternative more cost effective brand or generic equivalent.



## Did you know?

Details of your medical record are available to you online?



Ask at Reception for more information.

## Out Of Area Registrations

From the 5th of January 2015 patients living in England can be registered with accepting GP Practices anywhere, even if the patient lives outside of the practice's boundary. Patients who work or visit an area on a regular basis may find it more convenient to register at a practice in this area rather than a practice closer to where they live.

However, if it is found to be more clinically appropriate that a patient remains registered with a practice nearer to where they live, then they may be refused registration as an 'Out of Area' patient. This is to ensure that the best care is provided, for example if the patient is housebound and receives much treatment at home.

At Mundesley Medical Centre we are now accepting "Out of Area Registrations". So if you live anywhere in England but would find it more convenient to receive healthcare in Mundesley you can now ask for a registration form or for further information please visit the NHS Choices website via [www.nhs.uk](http://www.nhs.uk).

## Easter Opening Times

**We will be closed on Friday 3rd April and Monday 6th April for the Easter Bank Holiday weekend.**

**We will also be closed on Monday 4th May and Monday 25th May**



Please make sure you will not run out of medication during the holiday.



For emergency treatment while the surgery is closed, please phone 111

## ORDERING REPEAT PRESCRIPTIONS OVER THE BANK HOLIDAY PERIOD

Medication requested on	Collection date
Tues 31st March	Thurs 2nd April
Wed 1st April	Tues 7th April
Thurs 2nd April	Wed 8th April
Tues 7th April	Thurs 9th April

