

As the northern hemisphere moves closer to the sun and the days start to lengthen, the promise of spring is in the air as the birds busy around building their nests. It's not just a time of fresh starts in the animal kingdom! If you're ready to spring clean your health, give us a call. We're here to help in any way. Continuing the positive theme, this newsletter focuses on preventing rather than curing with an update on vaccinations. We hope you enjoy reading it.

The A to almost Z of meningitis

Meningitis B

Many of you will be aware that there is currently a global supply shortage of the Meningitis B vaccine; this has been magnified by the huge rise in demand after Meningitis B cases made the national news recently.

As one of the leading suppliers of Meningitis B vaccinations in the UK, we have a special relationship with the manufacturer: they have assured us that there will be enough doses for our patients who have embarked upon the vaccination programme.

Although we are currently restricted to a monthly quota of vaccines, we are still vaccinating children with their boosters; please do book in when you get your booster reminder. We're on top of the programme but some boosters may be slightly delayed. Watch this space!

All our patients are eligible to join the waiting list at any time but you'll need to visit the website and register for Meningitis B. We are keeping people informed regularly by email and encourage everybody to follow us on Twitter for instantaneous updates.

Meningitis ACWY

Meningitis B has been in the news most recently, but did you know there is a different vaccination available to protect against other strains?

Meningitis ACWY is increasingly popular - this is rolled out in schools as children approach their teenage years but parents of younger children are now requesting the vaccine which protects against four different causes of meningitis and septicaemia.

Only one dose is required for children over the age of 12 months and it can be given with Meningitis B - as there's currently a delay for Meningitis B, we can offer you a slot for ACWY while you wait. The vaccine contains Meningitis W which is not on the rise and it can be given at any age.

NB ACWY is used in the US as the primary meningitis vaccination.



Ask The Doc

What has caused the Meningitis B shortage?

The problem has mainly been caused by the manufacturer underestimating the demand globally. We are hoping that the situation will resolve early in the summer.

Do you really look at the feedback you get?

Oh yes, we certainly do! Each and every one, good and bad. The one thing we've been focusing on is recently is punctuality as we know that's really important to our patients and visitors. It's part of the 'first impression'. Sometimes it is difficult to judge how long an appointment may take, so don't be surprised if we ask on booking what your appointment is about. This is just to make sure we do our best to schedule the right amount of time.

Appointments always available

Call **01483 230481** or book online **WWW.SURREYGP.COM**

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You can vaccinate against Chickenpox!

The number of Chickenpox outbreaks tends to reach its peak around Easter time. Rather than hoping to get lucky and avoid the disease, did you know that you can actually vaccinate against it? It is a two dose schedule and is very effective. It's extremely popular with working families as it minimises the chance that parents will have to take time off work to look after one (then another...) infected child. Also you won't be caught up in the distress of applying soothing lotions to sick children who are bent on scratching the spots to leave nasty scabs and marks. It makes sense to vaccinate now!

Are you having trouble hearing?

Do you suffer from wax build up in the ear canal? Is it getting worse? Don't suffer any longer... one simple visit to our surgery and we'll have both your ears syringed if appropriate and restore your hearing. We'll examine you prior to the procedure, of course, but it's painless, quick, clean and simple and the results, I'm told, are fantastic. Which I can well believe, judging by the smiles on the faces of patients who've just got rid of their unwanted earwax.

Twitter

We are building our presence on Twitter and are looking to celebrate our 500th follower very soon – could it be you? It's a great way to keep up to instantaneous date with anything we need to tell you and has been especially useful during the busy Meningitis B period recently. Follow us @SurreyGP

In your words...

We love hearing from you! Here's some of your recent feedback:

"...first class service with a GP who listens to you and your opinion and willing to discuss all the options re treatment."

"...very welcoming and friendly. Felt very comfortable."

One patient recently wrote a very long and complimentary email - below are the highlights (full version on the website).

"...in this case the service was the best ever. Dr Lewis knew my history from her excellent notes from my previous visit...You have my business forever if this is the standard I can expect every visit."

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Meet the team!

Louise has been our dedicated Practice Manager for over 6 years.

She started working for SurreyGP as an office junior and now manages the practice and looks after several team members.

Her favourite place is a beach in Australia: *"It's about as far away as I can get from the office and exchange my uniform for a pair of shorts. Yippee!"*

She's traditionally British about some things, though, and loves Sunday lunch with all the trimmings!

Next Time: Summer

Richard describes how to fly a jumbo jet in three sentences!

Summer vaccine update: topical travel jabs for your tropical itinerary

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