



**Welcome to your very own Wanstead Place Surgery newsletter - keeping you updated with the latest news from your surgery!**

### Staff News

#### Your doctors are:

**Dr. Katja Paepre-Rohricht (Senior Partner)**

Med State Exam MRCGP DCH DRCOG  
DFSRH

**Dr. Ayesha Siddiqui:**

B Sc (Hons) MB BS MRCGP DRCOG

**Dr. Balavinayak Mohankumar:**

MB BS MRCP MRCGP DFSRH

**Dr Seyfettin Gunay**

Med State Exam, MD

#### Practice Staff:

##### Practice Manager

Ms Sheree Horsey Amspar Diploma

##### Receptionists/Admin

Sandra P, Sandra B, Sue B. Sue ,Carol  
Sandy, Kathy, Jaime, Jess, Beryl

##### Practice Nurse

Wendy Chiwawa is available Tue/ Wed/Thu

##### Health care Assistant

Shpresa Hope

##### District Nurse

District Nurses are based at South Woodford  
Health Centre (tel no 020 8708 2389)

being a member of a very supportive team. Working 28 hours a week on a flexible rota, means that Sandra can fit in her own schedule around her working commitments. As part of personal and professional development Sandra has to attend meetings and undertake some online training for issues such as fire safety. She also has basic life support training and this has to be updated every three years. The main drawback to the post is dealing with difficult patients. This often arises as a result of unrealistic expectations when patients expect an immediate response to a request. Good communication across the team is essential to ensure that the practice runs smoothly and Sandra and her team keep an up to date log of daily events in the surgery. This enables staff who are working later on in the day, to be aware of any issues which might need to be dealt with. Sandra is aware of the frustrations that patients often experience when coming to the surgery but rude and inappropriate behaviour is always logged.

Sandra was pleased to report that the new check in system has reduced some of the pressure on the receptionists despite a few teething problems. If anyone is struggling to access this system the receptionists can also book patients in directly.

### Building Extension Update

The last inspection of the surgery by the CQC rated the practice as good so congratulations to all of the staff. The surgery has another opportunity to reapply for funding for the extension to the premises and this will be actively supported by the PPG.

### Free Health Check for Ages 40-74

The NHS Health Check is a free check-up of your overall health. It can tell you whether you're at a higher risk of getting certain health problems such as:

- Heart disease
- Diabetes
- Kidney disease
- Stroke

Please ask the receptionist for a blood test form and book an appointment with the doctor or nurse to complete the health check at least two weeks after you went for the blood test

### Reception

You will probably have met Sandra, the Head Receptionist, on one of your visits to the surgery. She has been working here for the last fifteen years on a part time basis so she is very experienced and knowledgeable about the day to day issues affecting both staff and patients. There are many aspects of the job which Sandra clearly enjoys, especially being able to help people and

## Type 2 Diabetes

Type 2 Diabetes is caused by a combination of factors namely:

- genes and lifestyle
- a person's age, weight, ethnicity and clinical medical history.

Research shows that if a person is aged over 40, overweight, is Black African, Black African Caribbean, South Asian or of Chinese heritage then this can result in a higher risk of developing the disease. It is also very important to be aware of your family history. A person's own medical status including having high blood pressure, a history of heart attacks or strokes, gestational diabetes or taking antipsychotic medication is also indicative of a high risk of developing Type 2 diabetes. It is also known that stress, lifestyle and unknown causes can be triggers for the disease. There are some symptoms of diabetes which can go unnoticed by a person but they are classic indicators of the disease.

These include:

- being very thirsty all of the time despite drinking adequate amounts of water and not quenching your thirst
- needing to pass urine frequently
- fatigue and tiredness
- unexplained loss of weight

There may be other reasons for these symptoms but they should not be ignored and a person should seek medical advice from their GP. There are treatments available and a change in lifestyle and diet can make a huge difference to the disease. Typically losing weight and being more active are very beneficial but if these changes are not enough to reverse the trend of high blood sugar then medication is available. Redbridge is one of the highest risk areas for this disease within the London area and should you be concerned or diagnosed with the disease there is an advice centre you can call or attend as follows:

76, Buntingbridge Road,  
Newbury Park,  
Ilford  
IG2 7LR  
Tel. no. 020 8708 2690

You can also contact the Ilford and District Group of Diabetes UK. They have monthly local meetings.

[www.ilford-and-district.diabetesukgroup.org](http://www.ilford-and-district.diabetesukgroup.org)

[ilfordduk@gmail.com](mailto:ilfordduk@gmail.com)

## Chronic Obstructive Pulmonary Disease

Chronic (long term) obstructive diseases such as asthma, chronic bronchitis and emphysema are now common because of atmospheric pollution and smoking. After heart disease and strokes, lung diseases are the most common cause of illness and death in the UK.

### Chronic Bronchitis

Tar from cigarettes stimulates the secretion of mucus in the airways and also inhibits the cleaning action of the lining of the airways. As mucus collects it can trap bacteria and viruses. This obstruction of the bronchioles, which are very small airways, stimulates smoker's cough in an attempt to remove the mucus. Infection like pneumonia can develop in the mucus causing chronic bronchitis.

### Emphysema

When the lungs are constantly infected and inflamed, cells release an enzyme called elastase which breaks down a protein called elastin. Elastin helps the airways to recoil after they have expanded as you breathe in. The bronchioles cannot then expand and recoil and the bronchioles collapse. The tiny air sacs in the lungs burst reducing the surface area of the lungs so that less oxygen can be absorbed. This results in a higher breathing rate and wheezing and breathlessness are typical symptoms.

These two diseases often occur together. The term chronic obstructive pulmonary disease refers to the overall condition. The breathlessness becomes troublesome when half of the lung is destroyed. Only in rare cases is this reversible. If smoking is given up when still young lung function can improve but in older people recovery from the disease is not possible. The UK has the highest death rate for this disease in the world.

### **Meningitis Jabs**

Students who are hoping to go to university this year are advised to come into the surgery to get a vaccination against meningitis. The surgery do send out requests to teenagers to attend but we want to ensure that the take up is as high as possible. The subject was brought to the group's attention following an article in the Ilford Recorder about the death of a student two weeks after they had started university. Please ask the receptionist for an appointment with the nurse.

### **Shingles Vaccination**

You are eligible for a shingles vaccine if you are aged 70 or 78 years old. In addition, anyone who was eligible for immunisation in the previous three years of the programme but missed out on their shingles vaccination remains eligible until their 80<sup>th</sup> birthday. This includes:

- People in their 70s who were born after the 1<sup>st</sup> September 1942
- People aged 79 years.

If you fit the age criteria please ask reception for a nurse appointment.

### **How Patients can help Student Doctors**

A patient was recently asked by Dr Paepre to help some medical students with their training. The patient had undergone surgery after a prolonged medical problem. The students asked the patient lots of question and this took place over two sessions. The students were very considerate and made the patient feel totally at ease. Both parties found this a useful learning experience and the patient was pleased to assist with the training of our future doctors. The surgery is a training practice.

### **Phone Apps**

An App may be able to assist your wellbeing. The NHS offers many free apps to help your life. There are many different topics from prevention to assistance with problems. Type the link below to start your search;

<https://apps.beta.nhs.uk>

One favourite is the two minute music which you can play whilst cleaning your teeth. We all say that we clean our teeth for this amount of time but who actually does this? If you have a particular condition there will be an organisation that will have an app for it. Just search for it and download it onto your device.

### **Parking Update**

Following the Wanstead Parking Consultations, with so many conflicting views, for the moment, there are to be no changes to Wanstead Place, and Fitzgerald Road, and both bans remain to cut through morning surgery.

The patient group have discussed with officers, that with pay and display along the High Road, (coin operated) and nearby roads to be added to the resident parking scheme, that this will cause displacement of long term parking vehicles into the limited available spaces for the community to be able to park for the doctor, in Wanstead Place, and Fitzgerald Road. Officers and council officials, are aware of this, and have promised to keep an eye on us, and will address the patient parking situation at a later date. There will be pay by phone only, in selected areas in Spratt Hall Road, shared with resident parking, instead of the ban, park side, for those who are well enough to walk from there.

If you have any concerns, comments or any added problems parking near the doctor after the new implementations are in place, please email parking management on :-  
[wanstead.parking@redbridge.gov.uk](mailto:wanstead.parking@redbridge.gov.uk)

### **Are You a Carer?**

Wanstead Place Surgery has started an initiative to identify and support carers. Carers are a group of people who might benefit from extra medical and psychological support. The aim is to address the often hidden health needs of carers regardless of their age. There will be a form available at the surgery for patients to identify themselves as carers so please do look at this and fill it in if you would like to avail yourself of this service.

## Television

A new television has been installed for two purposes:

- There will be general information about health issues
  - Patients will be called to the doctor via the screen
- There is a balancing act regarding the volume so please keep your eye on the screen to ensure that you don't miss your appointment.

This initiative is from the Clinical Commissioning Group and has been introduced into all surgeries. We are hoping to make the system less intrusive for patients and staff!

## Spending NHS money wisely

Following two public consultations, Clinical Commissioning Group decided to restrict or no longer fund some treatments

GPs to stop prescribing

- Anti-malarial medicine, bath oils, shower gels and shampoo for the management of dry skin conditions,
- Colic remedies for babies,
- Cough and cold remedies,
- Eye vitamin supplements,
- Gluten-free products,
- Hay fever medicine to treat mild to moderate symptoms
- Medicines for head lice and scabies
- Medicines for dental conditions
- Multivitamin supplements
- Omega-3 and other fish oil supplements
- Painkillers for adults with acute pain. Continue to be prescribed to Children and those with chronic pain
- Probiotic supplements
- Rubefacient creams and gels 'Deep Heat' and 'Tiger Balm'
- Skin rash creams for mild skin rashes. Severe skin conditions, such as psoriasis, will still be treated
- Sleeping tablets (over the counter) for mild /short-term use
- Soya-based formula milk
- Sunscreens. Continue to be prescribed to people undergoing treatment for cancer

and/or with specialist skin conditions

- Threadworm medicine
- Travel sickness medicine
- Travel vaccines free of charge, Hepatitis A and B combined, Hepatitis B, Meningococcal meningitis, Japanese encephalitis, Rabies, Tick-borne encephalitis, Tuberculosis
- Vitamin D supplements for maintenance only. Vitamin D deficiency will still be treated

Procedures no longer funded

- Breast enlargement surgery (and revision of)
- Earwax removal via aural micro suction
- Face lift and brow lifts
- Surgery to reduce excessive sweating
- Injections for back pain (spinal disc injections, Facet joint injections, epidural injections for spinal claudication)
- Labiaplasty surgery
- Osteopathy
- Surgery to treat scrotum swellings
- Surgery for trigger finger
- Surgery for varicose veins

Restrict access to

- Cataract surgery
- IVF, Fund one embryo transfer for women aged 23-39. Stop funding for women aged 40-41
- Weight loss surgery will only be funded if a person has a body mass index (BMI) of 35 or above and type 2 diabetes
- Routine podiatry to people who have underlying medical condition, inc diabetes, rheumatoid arthritis

**Note: Stopping funding certain surgical procedures does not apply to patients who have had major trauma, cancer or severe burns and require this surgery as a result.**

## Contacting the Patients' Group

This can be done by using the following email address: [ppg45newsletter@nhs.net](mailto:ppg45newsletter@nhs.net)

You can also leave a letter for Paul in Reception