

March 2025

# UPPER TOOTING

# SURGERY



## Dear Reader

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As we move into spring, we remain as busy as ever. Sadly, rates for those not attending their booked appointments and not cancelling them have risen. Please think of others and cancel if you cannot attend. This can be done online via the NHS App or, alternatively, via our telephone system using option 1 on the menu.

We are delighted that we have finally persuaded our website provider to reinstate Google Translate on our websites, which means that information such as our opening times, newsletters, and general health information (which can be located in the 'Wellbeing Centre' module) can be instantly translated into many languages.

Our website, [www.uppertootingsurgery.nhs.uk](http://www.uppertootingsurgery.nhs.uk), is a rich source of information on local services and various health conditions. We encourage patients to check our website first, as many phone calls and online queries to the surgery can be avoided by using the resources provided there. After the cold winter months, many of us decide to get 'fit' or 'fitter' and the website contains information on healthy eating, weight loss and smoking cessation services.

# Diabetes

There is currently an explosion in the number of cases of diabetes in the UK and, sadly, our patient population is no different. Diabetes now affects 4.6 million people in the UK and costs the NHS around £10 billion per year. We know that family history (which we can do nothing about) and weight (which we can) are the main underlying factors. There is, however, no sudden 'onset' for many.

A condition called 'non-diabetic hyperglycaemia' (NDH) was previously called 'pre-diabetes' and often precedes true diabetes. Those affected run sugar levels higher than those not affected and figures show that almost one-in-eight adults are affected. Typically, there are no symptoms but such patients are at much higher risk of diabetes. Approximately 24% of those with NDH or prediabetes will go on to develop diabetes if they do not take action.

Patients who are recorded as having NDH are invited to have their annual blood sugar check at the surgery. We strongly advise you to attend if invited. Those who have previously had diabetes in pregnancy, known as gestational diabetes, will also be invited.

The above patients are also eligible for the Diabetes Prevention Programme, which provides nine months of personalised support for eating healthily, exercising, improving sleeping habits and losing weight. It is a free service offered by the NHS. Completing the Diabetes Prevention Programme can help reduce the risk of developing type 2 diabetes by 37% after two years, so we recommend this for all eligible patients.

For more information about the Diabetes Prevention Programme for patients in South West London, please visit the Healthier You website at [www.healthieryou.org.uk](http://www.healthieryou.org.uk).

## COVID vaccinations

COVID has not gone away, and the number of cases has increased over the last few months. The COVID Spring Booster campaign will offer a booster to individuals over 75, patients in elderly care homes, and those considered immunosuppressed. We will post information on our websites and invite those eligible once the vaccine release dates are announced. Our vaccination clinics continue to be held at Trevelyan House.

## RSV and pertussis vaccines

Since the introduction of the RSV vaccine in September last year, hospital admissions for babies with bronchiolitis dropped 60%, which is very impressive.

Pregnant women are advised to have the vaccine between 28 and 36 weeks of pregnancy, as antibodies made cross the placenta to protect the baby from RSV from birth. This vaccine must be administered in **every** pregnancy.

Individuals aged 75-80 up to 1 September 2025 are also at higher risk of becoming unwell from RSV and are eligible for the vaccine. We often think of RSV as a Winter virus as cases peak during this period, but over the last few summers, there have been significant numbers of RSV, so we recommend the vaccine for all eligible patients.

The pertussis (whooping cough) vaccine must also be administered in **every** pregnancy between 16 and 32 weeks of pregnancy to protect the baby before they receive their own vaccinations.

# **Soft tissue injuries simply need PEACE and LOVE**

We are fortunate to work with Advanced Practitioners from Surrey Physio and encourage all those to see them for any back, neck or joint pain or injuries, as they can organise imaging, advise re: exercises, or refer on to secondary care.

Historically, the official NHS advice for sprains and soft tissue injuries has been ice and rest, or the acronym RICE (i.e. rest, ice, compression).

Many are now advising the new protocol, PEACE and LOVE (if we can remember what this stands for!)

**PROTECT** - avoid any activities or movements that increase pain in the first few days

**ELEVATE** - lift the limb higher than the heart, if possible (pillows help!)

**AVOID** any anti-inflammatories. The new theory is that these can slow tissue healing

**COMPRESSION** - apply a compression bandage or elastic sleeve to reduce swelling

**EDUCATION** - listen to your body

**LOAD** - as the limb begins to recover, gradually apply weight to it and let pain guide a return to normal activities

**OPTIMISM** - be positive and confident. Optimistic patient expectations are associated with better outcomes and prognosis

**VASCULARISATION** - increase blood flow to the injured area by building up levels of pain-free cardiovascular exercise

**EXERCISE** - start to restore mobility, strength and coordination, remembering to stay within comfortable limits

## Staff News

As Dr Georgina Spencer starts her maternity leave, we wish her all the very best.

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**With all best wishes**

**Dr Penelope Smith**

*Penelope E Smith*

**Senior Partner and Clinical Director, Grafton PCN**

