



## October 2019 – Surgery Newsletter

I wrote about it being flu vaccination season last month, but I will again this month too! We still have our second major flu vaccination clinic due on Saturday 5<sup>th</sup> October, so if you are eligible for a free NHS Flu vaccination and haven't had yours yet, please get on the phone to us or go online to book your slot! Our staff can check your record to see if you are eligible if not sure.

### **Winter is coming...**

Winter is nearly here, so we want to remind patients that many minor ailments resolve themselves in time and do not need medical attention. You will get good professional advice from your local pharmacist, so please do use their services and help us keep our GPs time for our very sick patients. Pharmacists know when it's important to see a GP, so there's no chance of something important being missed. Here are examples of conditions that can be safely managed yourself:



### **Coughing can be good for you!**

This might seem a strange statement to make as coughing often makes us or our children feel uncomfortable as well as affecting those around them. It can keep us all awake and generally make life feel pretty miserable. However coughing is usually there and happening for a very good reason! Almost all coughs are due to upper respiratory infections (common colds caused by common viruses). During these viral infections (which antibiotics will **not** cure) horrible sticky mucus can form throughout your respiratory tree (nose, throat and deep into your lungs) and that's really not nice. If this mucus stayed there it will attract bacteria who would enjoy themselves in the lovely warm sticky environment and reproduce quickly making loads more mucus and causing inflammation. Fortunately we have a marvellous built in way to get rid of the horrible sticky mucus before it gets loaded with bacteria. This process is called "coughing". Coughing brings the mucus up and out of the lungs and respiratory tract and is usually swallowed which renders it completely harmless as it cannot survive in your stomach. Coughing also agitates mucus preventing bacteria from developing their defensive biofilm and creating a huge colony of pus-filled goo!

In summary coughing is good. It's there for a reason. If we had a medicine that would completely stop coughing, it would kill people as they would end up full of infected mucus and if they couldn't cough it up they would die. There's no more effective way in modern medicine to remove this horrid mucus compared to the simple cough. So just remember when you or your child is coughing, just think about the great job it's likely to be doing and it commonly lasts for a few weeks!

*Based on an article by: The Paediatric Insider © 2017 Roy Benaroch, MD*

### **Patient Participation Group**

#### **PLEASE NOTE THAT THE OCTOBER PPG MEETING HAS BEEN CANCELLED!**

The next meeting will be the annual general meeting held on Thursday 21<sup>st</sup> November 2019

**Richard P Miller**  
**Practice Manager**