

The heatwave has arrived and our minds are naturally turning towards the holiday season – are you up to date with travel vaccines for those far flung destinations this summer?

When the weather is hot, we liberally water our hanging baskets - but don't forget to keep yourself hydrated and help your kidneys do their job. Two litres of fluid a day is the target! So why not grab a cool drink and read about all the latest news at SurreyGP? Enjoy our Summer edition, we'd love to hear what you think!

Hepatitis Vaccines... ...stay informed, get protected

From autumn 2017, newborn babies will receive three doses of vaccination for hepatitis B in their first course of childhood vaccines. This brings England in line with most first world countries who have included this vaccine in their national programmes for years. The NHS will replace the current 5-in-1 vaccine with a 6-in-1 vaccine where component 6 is hepatitis B.

Hepatitis B is a blood borne disease which causes infection of the liver and in a small number of people can lead to liver cancer. It is contagious and is common in the Far East and Sub-Saharan Africa. Vaccination in children is very effective.

We already vaccinate people who are at occupational risk such as healthcare workers and people travelling to the Far East, often on gap years or holidays. We always recommend vaccination as it protects for life.

A second type of liver infection, hepatitis A, is a food borne disease prevalent in many far flung holiday destinations. It causes severe diarrhoea and vomiting and is highly contagious. Two doses of hepatitis A vaccine provide protection for at least 20 years, and probably for life.

Now that newborn babies will be receiving the vaccine, we expect that many parents will be keen to vaccinate older children to give them the same benefits as their newborn siblings. For children over the age of one, there is the welcome option of using a combined hepatitis A and B vaccine (Ambirix) to protect against both types of hepatitis in the same injection. Children starting the course aged one to 15 need two doses and those over 15 need three doses.

This means that young children can receive cover for hepatitis A and B using fewer injections than for hepatitis B alone.

Vaccines are kept in stock and can be administered at the same time as any other vaccines or during a consultation.

Appointments always available

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



Dr Rachel Lewis

Need to book an appointment for tomorrow?

Why not take advantage of the [online booking facility](#) on our website? We always leave appointment space for the next day to make things easier and more convenient for you.

Home Visits

Out of office hours, we realise that you may still wish to book a home visit so very soon you'll be able to do this online, easily and securely. No need to worry if you can't make it to surgery. We'll come to you!



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NEW Improved HPV vaccination for girls and boys - GARDASIL 9 - NOT AVAILABLE ON THE NHS

Human papilloma virus (HPV) causes most of the cervical cancers and is also associated with genital warts, and genital and throat cancers.

The NHS uses an old vaccine called Gardasil for girls aged 14 -18 in the national programme. Unlike the USA and Australia, the NHS does not offer this vaccine to boys.

The old Gardasil vaccine has recently been superseded by Gardasil 9 which covers nine subtypes of the virus, rather than just four.

We are seeing increasing numbers of teenage boys attending for vaccination, especially during their later school years and university. Girls who have received the older vaccines through the NHS can start a full course of the new Gardasil 9 to obtain more extensive protection.

We have vaccines in stock and it can be administered with any other vaccines or during a consultation, just give us a call.

Life-saving tips for CPR

1. Chest compressions
2. Chest Compressions - at a rate of 100/min
3. Chest compressions - two breaths after 30 compressions
4. Go to step 1

At SurreyGP, all our team have regular training in CPR so we wanted to share our knowledge with you, and highlight the real importance of chest compressions to maintain blood flow to the brain. We have a defibrillator at our surgery and practise using it every year.

In your words...

We love hearing from you! It's even easier now as we can collect feedback immediately after your visit, thanks to a tablet device linked to specialists eKomi. The results are immediate and captured in real time... 98.82% say we are really good!

"Excellent attention, always has time to listen and help. I got great advice and service. Getting travel vaccinations was easy, thanks!"

"Easy to get hold of, very helpful, gives one a sense of being in competent hands."

"Superb service - friendly, flexible and very professional. Highly recommended."

See <https://www.ekomi.co.uk/review-surreygp.com.html> for the latest comments.

Don't forget... Online booking is available for all appointments!
Same day appointments are usually available.

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Team News

Who's the new girl?

We're delighted to welcome Laura who joined our team in May to ensure that we continue to offer the great service you all expect. She's a music college graduate and therefore smart, quick to learn and artistic.

If she had to choose one song to sing, it would be The A Team by Ed Sheeran. She enjoys both writing and singing songs and Chinese food is her favourite - she shares that with Dr Lewis!

What else is new?

You may have noticed your waiting room audio/visual displays have changed! We know our patients like to hear about all the services we offer so we've put together several short presentations which loop through in the waiting room. So many people have said "I didn't realise you did Botox injections - can I book in?"

Meningitis B Booster reminder

Don't forget your Meningitis B booster if you started the programme with us or elsewhere. We have them in stock, guaranteed.

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