

Dr Jack A T Edmonds MB BS FRCGP



Seasonal Festive Greetings from Dr Jack and his team



Has this been a year like none other?? I was clearing out some old Week magazine and in my reflection of the year thought wow – what a year of events it has been. For the UK Brexit has been at the forefront but there have been worldwide worthy news bulletins. Some good, some bad, some happy, some sad, some humorous, some despicable, some tragic and others thankfully to celebrate. We hope that your year has been in the category of one that you look back on fondly and that the year ahead is looking positive despite what is happening around us. Personally I have taken a lot of comfort in stepping out into the countryside surrounding us and just living in the moment being in awe of nature at work. Whilst everything around us seems to be changing so fast it occurred to me that, whilst walking our gorgeous Darwin now over two, I was reassured in the knowledge that the one sure constant in life is mother nature. When we visited Indonesia in January this year I was shocked by the amount of plastic EVERYWHERE. I was appalled by the amount in the ocean let alone on the land and conscious of the amount being used in supermarkets. Not a lot has pleased me more than knowing that the world has woken up to this plague of detritus choking our beautiful planet. Like a home that is ailed by clutter and the wonderful feeling we get when we have a clear up let's hope that worldwide decluttering can bring a healthy and happier world closer.

This is our 13th Newsletter although Dr Jack has been practicing in the Harley Street area for many more! Our Practice continues to thrive with the help and expertise of our wonderful, helpful and efficient administration staff Laura and Helen not to mention Dr Kate who has now been assisting Dr Jack for 2 years. Recently we were asked if we would take on Dr Hugo Rowbotham's practice when he retired in August and we would like to take this opportunity to extend a very warm welcome to his patients. It must be hard to change your doctor after so many years but hope you will find the transition to be an easy one. Patients who have known Dr Jack for many years have been asking if he is thinking of retiring and the simple answer is a definite no – but cutting back a little may be beneficial! Practice what you preach doctor! Work/life balance!

With 2019 just around the corner Dr Jack and Catriona wish you all a very Happy Christmas wherever you may be and send you our warmest and best wishes for a Healthy and Happy New Year. Hope it's a good one.

Medical News

Flu vaccines for the 2018-19 season are available until the end of February. This year there is a specific vaccine for the over 65s so if you have not already done so, please contact the Practice to book your appointment especially if you are in the 'at risk' group. Further information can be found on our website www.drjackedmonds.co.uk.

Shingles vaccines: Last year we were offering Zostavax. Whilst this is still available there is now also SHINGRIX which provides even better protection. Are you protected against possible shingles? For people aged 55 and over the vaccine is highly recommended.

Medical Fact – 6000 babies in the UK each year are born with a syndrome without a name and around 6% of the population will be affected by a rare disease at some point in their lifetime.

A study suggests that less meat consumption would help greenhouse emission gases fall by 1.2% globally.

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Advance Notice

Festive Season Closure – NB The Practice will be closed from Monday 24 December and shall reopen on Wednesday 2 January 2019. Repeat prescription requests MUST be received by NOON Friday 21 December to ensure you have adequate supplies throughout the festive season.

Although the Practice will be closed Dr Edmonds shall be keeping an eye on his emails should an URGENT query arise.

NB - Dr Jack and Catriona will be on annual leave from Wednesday 9-19 January 2019 and Dr Kate will be providing limited cover.

EMERGENCY cover will be available via **DOCTORCALL on 020 7535 1865**. Please quote Dr Edmonds practice.

Patient Reminders

Please advise the Secretariat of any contact details that change. This is especially important for any prescription requests. This can be done via the website or direct by email to the Secretariat.



Dr Jack's Medical Update- Gender Difference in Heart Disease

If I asked you all to guess the most common cause of death worldwide I would not be surprised to hear you say infectious diseases (e.g. malaria, yellow fever, other tropical diseases, septicaemia and hepatitis). If I asked you what kills most women I am pretty sure the answer would be cancer (breast, cervix).

It will surprise you then that the answer everywhere in the world is heart disease. Heart disease is also the leading cause of female disability adjusted life years in the UK and in many other countries. Yet, heart disease in women is less well diagnosed, outcomes of treatments are not as good as for men and there is less emphasis and resources paid in respect of awareness in prevention of heart disease in women.

Take for example, the fact that if you are a female and you are currently smoking cigarettes you have over three times the risk of a heart attack than a male who has never smoked. Whereas in a man, the risk in smokers is just two times more than in never smokers.

To date researching using the UK Biobank data has shown that the differences between genders is not due to alterations in preventative cardiology practice overall, since key factors such as body mass index and diabetes type I do not show gender difference.

Other than smoking consider another risk factor such as high blood pressure. In women with hypertension there is an 80% higher risk of heart attacks than in men.

So if you are a woman, if you smoke 10-20 cigarettes a day and your systolic blood pressure is between 150 and 160 mm/Hg and you have type II diabetes, you are twice as likely as the man with the same risk factors to have a heart attack.

Why is there such a big difference between men and women? It would be tempting to say that this is another example of gender inequality, but it is not as simple as that. These days' doctors are paying ever greater attention to cardiovascular disease in women and yet it is not obvious why there is such a high heart disease disparity between the sexes. If you are female and you are concerned about your heart health, do not hesitate to come and see me or Dr Kate Thomson for cardiovascular risk assessment. It may well save your life.

Patient Satisfaction Questionnaire Survey 2018

A BIG THANK YOU to you if you were one of our patients who kindly responded to our PSQ Survey. The feedback and results of our survey were very positive and if you would like to view the full results they can be found on our website www.drjackedmonds.co.uk. These results are important to us because not only are they required for inclusion in Dr Jack's annual Appraisal but they highlight how well we are meeting your expectations. A Patient Satisfaction Questionnaire may be completed at any time and is available to download from our website.

General News

Fees – The list of our fees is always available to view on our web site and our 2019 fees will be posted in time for January. Recent significant increases regrettably means they will be reflected in our fees for the coming year. We always strive to keep these increments to a minimum when setting fees and we are pleased to advise that our pathology fees will be able to, in the main, remain the same. Invoices are now mostly emailed for settlement on line and we request that the invoice number with surname is quoted for reference. Alternatively you can set up payee details on your phone to pay at the time of your consultation. Medical insurance patients are requested to settle invoices at time of appointment for which you will be able to reclaim.

GDPR & Egress – After the introduction of emailing results using Egress this has proved to be an efficient resource and in the small number of cases where patients have been unable to open the attachment contact with the office has enabled a PDF version to be emailed. As a reminder this was set up to be compliant with Data Protection law. GDPR is here to stay so Egress and encryption is mandatory. Egress is very easy and free to set up. For further information on the Egress technology please refer to our website under Patient Confidentiality. The reasons for using Egress are threefold:

1. Prevent information being sent to the wrong recipient.
2. Ensure compliance with the Data Protection Act when handling personal data.
3. Ensure patient confidentiality and patient safety.

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Dr Jack's Corner –

SENSIBLE IMBIBING – EVERYTHING IN MODERATION

FOOD – Now is the time to increase your intake of vitamin C to stave off those germs. Get eating those lovely satsumas, clementines and oranges. Enjoy those seasonal nuts full of fibre and protein which are also good to keep your heart healthy. Enjoy the seasonal vegetables on offer, sprouts packed with nutrients, butternut squash, cauliflower, carrots, mushrooms, etc. Dried fruits are also healthy options.

DRINK – Be good to yourself and drink sensibly. Remember 14 units a week is the recommended maximum for both men and women and if you need to identify the units of your favourite tipple visit drinkaware.co.uk. Try adding ice to your drinks to make them last longer. “The hair of the dog” is just a myth and only prolongs the inevitable – rehydrate with water and eat something as soon as possible. Eggs, wholemeal toast or porridge are good choices. Alcohol is a diuretic. Suggest for every alcohol drink your next is a non-alcoholic one.

EXERCISE – is not a licence to party hard but an early in the day workout will help both the body and mind feel good. A post dinner walk is recommended. The British Heart Foundation says that 90 minutes walking post-pud boosts the function of blood vessels and lowers blood-fat levels. A brisk 30 minute walk post eating leads to greater weight loss than waiting for an hour for food to digest and in another study it was found that a 10 minute walk after every meal lowers blood glucose levels.

It is reckoned that up to 6000 calories are consumed just on Christmas Day. It would take a 21.5 hour walk to burn it off!!

**MERRY CHRISTMAS!! ENJOY AND
MAKE A NEW YEAR RESOLUTION
TO GET FIT!**

**Remember our motto – Prevention IS
Better than Cure!**

