**Newsletter**

**Headstone Lane Medical Centre**

**July 2023**

This is a patient newsletter that will be published on our practice website and sent out via text message to all patients with a mobile number recorded at the surgery. The aim of the newsletter is to update our patients on changes to how the surgery is operating and the current situation in the NHS.

Medical Student

The surgery will be hosting a medical student during July and August 2023.

Clean Air Day

[Clean Air Day | Action for Clean Air](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.actionforcleanair.org.uk%2Fcampaigns%2Fclean-air-day%3Futm_campaign%3DHealth%2520%2526%2520Wellbeing%2520Newsletter%2520June%25202023%26utm_source%3DemailCampaign%26utm_content%3D%26utm_medium%3Demail&data=05%7C01%7Csaarah.meghji%40nhs.net%7C67981256ad314a692e4108db6dba3986%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638224418838295540%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=djtpwHvwDEvTO%2BLtX4ylN8HKD8MntyipYC9nsWGSP6A%3D&reserved=0)

We know that air quality has an impact on the health and wellbeing of both adults and children. People with asthma, emphysema, bronchitis, heart disease and angina are more at risk from high levels of air pollution.   There is a free service called 'airTEXT' which can give advance warning of elevated pollution levels.

You can sign up for the service, by visiting [www.airtext.info](https://gbr01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.airtext.info%2F&data=05%7C01%7Csaarah.meghji%40nhs.net%7C67981256ad314a692e4108db6dba3986%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638224418838451778%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=dlMKFfq0KKrBoEn%2FQab8SFW17Kd%2FeI9RYB0nm%2BmG%2FKA%3D&reserved=0)

**HPV Vaccine Change**

Currently, the HPV vaccine is routinely given in two doses, and three doses for those that are living with HIV or known to be immunocompromised at the time of vaccination.

Following recommendation from WHO and the JCVI, the routine immunisation programme for 12 and 13 year olds in Years 8 and 9 will change to one dose of the vaccine from 1 September 2023.

The programme will also change for men who have sex with men (MSM) and those who are immunosuppressed and those who are HIV positive.

The schedules from September 2023 will be:

· Routine adolescent HPV immunisation programme for all children in School Year 8 (aged 12-13 years) will move from two doses to one dose, offered mainly in secondary schools and includes children not in mainstream school via a community clinic delivery model.

· Eligible GBMSM under the age of 25 will move from two doses to one dose, offered through sexual health clinics.

· Eligible GBMSM aged 25 to 45 years will remain on a two-dose schedule, offered through sexual health clinics.

· Eligible individuals who are immunosuppressed or those known to be HIV-positive will remain on a three-dose schedule.

· Catch-up will be eligible individuals who started their HPV vaccination schedule and have already received one dose of the vaccine by September 2023 will be considered fully vaccinated. Those who missed out on their one dose HPV vaccine can catch up until their 25th birthday via their GP practice.

What is HPV?

HPV is a virus that lives on the skin in and around the whole genital area, so using condoms does not provide complete protection from HPV.

HPV infection is very common and does not usually cause any symptoms. More than 70% of unvaccinated people will get it. It can be passed on by any skin to skin contact of the genital area.

There are many different types of HPV and most HPV infections do not cause any symptoms and get better on their own. However, some infections do not clear up and can lead to cancer, whilst others cause genital warts.

The HPV vaccine

The UK’s HPV vaccination programme is one of the most successful in the world, with high uptake and millions of doses given since its launch in 2008. The HPV vaccine helps protect against cancers caused by HPV, including:

· cervical cancer

· some mouth and throat cancers

· some cancers of the anus and genital areas

It also helps protect against genital warts.

However, as the HPV vaccine does not protect against all types of HPV that can cause cervical cancers, it is important that women who have received the HPV vaccine still come forwards for their cervical screening which uses a test to check for all types of high-risk HPV.

The HPV vaccine does not protect against other sexually transmitted infections