

## Tick bites and Lyme disease

### Most tick bites are harmless

Only a small number of ticks are infected with the bacteria that cause Lyme disease. A tick bite can only cause Lyme disease in humans if the tick has already bitten an infected animal.

Ticks that may cause Lyme disease are found all over the UK, but high-risk areas include grassy and wooded areas in southern England and the Scottish Highlands.

Many people with early symptoms of Lyme disease develop a circular red skin rash around a tick bite.



The rash can appear up to 3 months after being bitten by a tick and usually lasts for several weeks. Most rashes appear within the first 4 weeks.

Not everyone with Lyme disease gets the rash. Some people also have flu-like symptoms in the early stages, such as:

- a high temperature, or feeling hot and shivery
- headaches
- muscle and joint pain
- tiredness and loss of energy

### How to spot and remove ticks

To remove a tick safely:

1. Use fine-tipped tweezers or a tick-removal tool - you can buy these from some pharmacies, vets and pet shops.
2. Grasp the tick as close to the skin as possible.
3. Slowly pull upwards, taking care not to squeeze or crush the tick. Dispose of it when you've removed it.
4. Clean the bite with antiseptic or soap and water.



### How to avoid tick bites

To reduce the risk of being bitten:

- cover your skin while walking outdoors and tuck your trousers into your socks
- use insect repellent on your clothes and skin - products containing DEET are best
- stick to paths whenever possible
- wear light-coloured clothing so ticks are easier to spot and brush off

## Dr Alexander Goodman has a few things to say about ticks:

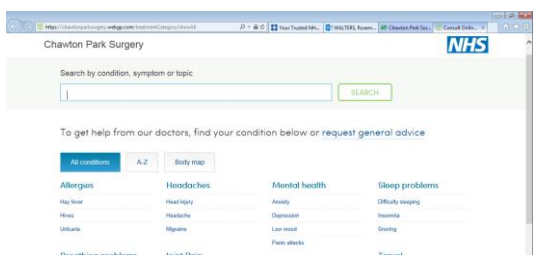
"Please be re-assured that most tick bites do not cause illnesses. You only need to contact us after a tick bite if you have a red circular rash or feel unwell."

## Attach a photo

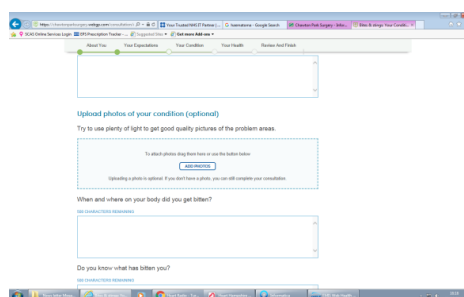
Did you know you can now attach a photo when you consult your doctor from home, online via our website; it is a quicker and more efficient way to get a doctor to give you some advice. The doctor will take a maximum of 48 hours to reply. See the images below on how to get advice and upload a photo via our website:

[Visit our website at www.chawtonparksurgery.nhs.uk.](http://www.chawtonparksurgery.nhs.uk)

[Click the link saying WebGP](#)



[This screen will then appear. Put in the search bar for example Tick bite, Click bites and stings help and follow the instructions](#)



[You can then upload a photo of the area](#)

[Finally.....](#) Continuing our A-Z of Nutrition:

**P - Protein** - Needed for the growth and repair of cells and found in lots of foods including meat, fish, eggs, dairy, nuts, beans and pulses. Food and recipes labelled a source of protein contain 12 per cent of the calories as protein. Those labelled high provide at least 20 per cent of the calories. Men need around 55g/day and women 45g.

**Q - Quantity of Fruit and Veg** - Official guidelines say at least five portions a day, gained from different sources. A portion is 80g fresh, frozen or tinned fruit or veg. 30g dried fruit, 150ml pure juice or 3 heaped table spoons of pulses. Juice and pulses count as one portion, however many you have.

**R - Reference intake (RI)** - The amount of a nutrient you need daily. Packaged food labels show the percentage RI, we also give figures for our recipes. Nutrient reference values for vitamins and minerals depend on age and gender.

## Extended Access hours!

Chawton Park Surgery is working with Bentley Village Surgery, Boundaries Surgery in Four Marks and The Wilson Practice to offer patients additional access to GP and nurse appointments. From the beginning of May 2018 it has been possible to book a routine appointment with a GP or nurse on weekday evenings until 8:00pm and on Saturday mornings from 8:00am - 10:00am. Please note these are for PRE-booked appointments only, no emergency or walk in appointments will be available from 18.30pm-20.00pm and Saturday mornings.

## Newsletter by email

Don't forget - You can receive newsletters by email as soon as they are published. To subscribe, go to the website [www.chawtonparksurgery.nhs.uk](http://www.chawtonparksurgery.nhs.uk). Click on the "Sign up for Newsletter" on the bottom of the home page.

The Doctors:

Dr Over



Dr De Quincey



Dr Bowen-Simpkins



Dr Barber



Dr Goodman

