

Skeltons Chemists

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Opening Times

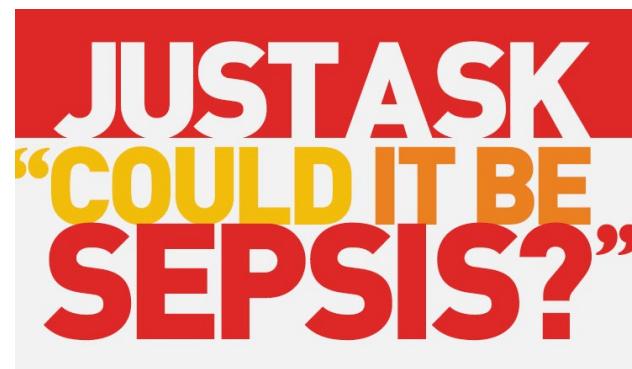
Monday to Friday - 8.30am - 5.30pm

Saturday - 8.30am - 3pm

Sundays & Bank Holidays - Closed

Your FREE Healthy Living Leaflet for November 2022

1. How many people are dying from sepsis worldwide?
2. How many infections happen in the UK each year?
3. How many deaths occur in the UK?
4. What is sepsis?
5. What happens when the body overreacts?
6. What viruses and bacteria are leading triggers of sepsis?
7. What are the symptoms of sepsis?
8. Who is more likely to get sepsis?
9. How can you avoid sepsis?
10. How do you treat sepsis?



Answers on the bottom of page two

One in five deaths due to sepsis worldwide

A report from the University of Washington estimates 11 million people worldwide are dying from sepsis each year. That is nearly double the official figure for deaths from Covid 19 since the pandemic started! They described this figure as alarming as previous estimates had put the deaths at about 5 million a year.

What does that mean for the UK population? Well, there are about 240,000 sepsis infections in the UK each year with a death rate of about 20%. So, 48,000 are thought to die from sepsis every year (which is higher than Spain, France or Canada). Many of these are caused by the sepsis

not being recognised quickly enough.

What is sepsis?

Sepsis is caused by the immune system going into overdrive. Instead of just fighting an infection it starts attacking other parts of the body too. Ultimately it causes organ failure and survivors can be left with long term damage and disability.

Anyone with an infection can get sepsis but the leading triggers of sepsis are diarrhoea and respiratory disease.

Those who are most likely to get it are:

- Babies under 1, particularly if they have been born prematurely or their mother had an infection while pregnant
- People over 75
- People with

**ALWAYS SEEK MEDICAL HELP URGENTLY
IF YOU DEVELOP ANY OF THE FOLLOWING**

Slurred speech or confusion

Extreme shivering or muscle pain

Passing no urine in a day

Severe breathlessness

It's the worst you've ever felt

Skin mottled or discoloured

JUST ASK "COULD IT BE SEPSIS?"

- diabetes
- People with a weakened immune system, such as having chemotherapy or recently had an organ transplant
- People who have recently had surgery or a serious illness
- Women who have just given birth, had a miscarriage or an abortion.

What are the symptoms of sepsis?

Sepsis can be hard to spot but these are the most common ones:

- Slurred speech
- Extreme shivering or muscle pain
- Passing no urine in a day
- Severe breathlessness
- High heart rate or high or low body temperature
- Skin mottled or discoloured

In children the symptoms are:

- A mottled, bluish or pale appearance
- Very lethargic or difficult to wake
- Abnormally cold to the touch
- Breathing very fast
- A rash that does not fade when you press it
- A seizure or convulsion.



What is the treatment?

Sepsis needs treatment in hospital straight away because it can get worse very quickly. You should get antibiotics within one hour of arriving at hospital. If sepsis is not treated early, it can turn into septic shock and cause your organs to fail. This is life threatening.

You may need other tests or treatments depending on your symptoms including:

- * Treatment in intensive care
- * A machine to help you breathe (ventilator)
- * Surgery to remove areas of infection.

You may need to stay in hospital for several weeks. Most people make a full recovery, but it can take time. You might continue to have

physical and emotional symptoms. These can last for months or even years.

These long-term effects are sometimes called post sepsis syndrome and can include:

- ◊ Feeling very tired and weak, and difficulty sleeping
- ◊ Lack of appetite
- ◊ Getting ill more often
- ◊ Changes in your mood, or anxiety or depression
- ◊ Nightmares or flashbacks
- ◊ Post - traumatic stress disorder (PTSD)

There are things you can do to help with these long-term effects

- Ask your work about changes to your working hours or conditions while you're recovering
- Some gentle exercises to build your strength
- Try some tips to help you sleep better
- Things to help prevent infections
- Get support - the Sepsis trust offers support for survivors of sepsis
- Try to eat little and often if you have a small appetite.

What you mustn't do is try to rush your recovery - give yourself time.

What can you do to help prevent sepsis:

1. Keep up to date with vaccines
2. Clean and care for any wounds
3. Follow the instructions when taking antibiotics
4. Take all of your prescribed antibiotics, even if you feel better
5. Wash your hands regularly and teach children how to wash their hands well
6. Do not ignore symptoms of sepsis.

For more information about this or any other health related condition speak to one of our trained staff.

You should get antibiotics within one hour of arriving at hospital. Q10, Sepsis needs hospital treatment immediately because it can get worse quickly. hands regularly. Q10, Sepsis needs hospital treatment immediately because it can get worse quickly. women who have just given birth, had a miscarriage or an abortion. Q9, Prevent infections by keeping up with vaccines, clean and care for any wounds, follow instructions when taking antibiotics, wash your temperature, skin mottled or discoloured. Q8, Babies under 1, people over 75, people with diabetes, shivering or muscle pain, passing no urine in a day, severe breathlessness, high heart rate, high/low infection in attacking parts of the body. Q6, Diarrhoea or lung diseases. Q7, Slurred speech, extreme overreaction by the body to an infection. Q5, The immune system goes into overdrive and joins the overreaction by the body to an infection. Q3, 48,000 which is higher than in Spain, France and Canada. Q4, it is an Q2, About 240,000. Q3, 48,000 which is higher than in Spain, France and Canada. Q4, it is an Answers: Q1, it is estimated that 11 million people are dying each year - double the previous estimate. P2