

Practice Newsletter – September 2009

Latest news

We would like to congratulate Dr Begum who has successfully completed her GP training with us. Dr Rehab Jamil is a new GP Registrar who will be spending 4 months with us as part of her training.

We are also pleased to welcome Dr Caroline Baker who will be joining us this month and will be spending 9 months with the Practice. She is a qualified GP who is returning to work after a break and will be at the practice every Wednesday and Friday.

Congratulations to Ruth our healthcare assistant, who is now fully trained in giving certain injections – just in time for the flu season! It's also congratulations to Kristyn as she passed a course at the University of Surrey in Sexual Health and Contraception.

Annual influenza immunisations

Based on the success of last year and the uncertainty surrounding the timing of a forthcoming swine flu vaccination programme, we will be holding 3 flu vaccine sessions this year on Thursday 8 October, Saturday 10 October and possibly Saturday 14 November. We also have a separate flu clinic at Normandy on 6 October. Where possible, please car share as these will be extremely busy clinics and additional car parking is available behind the community centre at Fairlands. These appointments will run at 3 minute intervals, so please have your arm uncovered and ready for the needle! Unfortunately due to this volume of patients, the receptionists, nurses & doctors will not be able to handout prescriptions or deal with enquiries during

these sessions and we ask you to call back during normal working hours.

If you are aged over 65, have a chronic condition or are immunosuppressed, please book your vaccine against flu now. The vaccine does not arrive with us until the beginning of October but bookings are already being taken.

Swine Flu

At the time of going to press, we do **not** have a directive from the Department of Health for the swine flu immunisation programme. As soon as the Practice is notified of who is eligible to receive a vaccination against swine flu, we will be in touch.

If you believe that you or someone in your family has the symptoms of swine flu, please call the national swine flu helpline on 0800 1 513 100.

However if the patient is under 13 years old, pregnant or has a worsening chronic condition please

- Stay at Home and contact your GP by telephone
- Please do NOT go into your surgery or hospital as you may spread the disease
- Remember to wash your hands with soap and water
- Clean surfaces to get rid of germs
- Use tissues to cover your mouth and nose when you cough or sneeze
- Place tissues in the bin as soon as possible

Appointment system pilot

Some of you may have encountered a new 'doctor call back' system. We have introduced this as many people become frustrated that they are not able to book appointments to see a doctor. A lot of requests can successfully dealt with over the telephone, thereby increasing the number of available

appointments for patients who need to be seen that day by a doctor. The feedback so far from patients who have been involved in this new system has been overwhelmingly in favour of this new way of working and we hope that it will address the demand for appointments during the coming winter months. However our receptionists will need to discreetly ask for your contact number and a brief one-line reason for the call in order that the doctors can prioritise their calls based on medical priority. If you have any thoughts or suggestions on this, please notify the Practice Manager.

Measles

A continued decline in vaccinations may lead to increasingly large outbreaks of measles and the possibility of its reappearance as a self-sustaining or endemic disease in the UK. Today, children are usually first vaccinated against measles, together with mumps and rubella between their first and second birthdays. A second vaccine is administered later in childhood, typically before entering school. The goal of a second dose is to produce immunity in children who failed to respond to their first dose. If you are worried that your child is not up to date with their immunisations or you have concerns about the MMR immunisation, please contact practice nurses Kristyn or Chrissie at the surgery.

Sexual Health & Contraceptive services

If you require a repeat prescription for the oral contraceptive pill, please book an appointment with Kristyn (Lead Nurse) at either Fairlands or Glaziers Lane Surgery.

HPV (cervical cancer) vaccine is now available to eligible girls & invitation letters will be sent. By having the vaccination a girl will reduce her risk of getting cervical cancer when she is older. She will need three injections over about six months to get the best protection and it is important that she has all three doses. The vaccine is not painful to receive; she will only feel a small stinging sensation.

Long Acting Reversible Contraception

We offer a comprehensive service for women who would like to discuss contraception. Please book an appointment with Kristyn to discuss your needs and the range of options available to you.

Obesity

This is a medical condition in which excess body fat has accumulated to the extent that it may have an adverse effect on health, leading to reduced life expectancy. Obesity is associated with many diseases particularly heart disease, type 2 diabetes, breathing difficulties during sleep and osteoarthritis. Obesity is commonly caused by a combination of excessive dietary calories, lack of physical activity and hereditary factors. The practice nurses offer support and advice in helping people make lifestyle changes.



Quick tips for a healthy life

- Eat 5 portions of fruit and vegetables per day
- Exercise for 30 minutes five times a week
- Enjoy your local community and join a club

For some advice on healthy eating and improving your families health, check out these websites

www.nhs.uk/Change4Life

www.bhf.org.uk

www.nhs.uk

www.bbc.co.uk/health/healthy_living

Prescription requests

You are still able to request repeat prescriptions in 4 ways:

- By letter (enclosing a SAE if unable to collect from nominated pharmacy or the Practice)
- By fax to 01483 598767
- By completing a request form from reception
- Via the internet if you have been issued with a password (see above)

Please note that we are unable to accept telephone requests for repeat prescriptions. Prescription requests will be available for collection 48 hours after submission from Fairlands and after 72 hours if you are eligible to collect from our dispensary at Normandy.

Private services at Fairlands

We continue to offer a range of independent practitioners who work out of the surgery. Please ask at reception on details of how to book an appointment with them.

- Alex Nash (chartered physiotherapist)
- Donna Varns & Caroline Govett (osteopaths)
- David Weiss (acupuncturist)
- Imogen Edwards & Lesley Hepburn (Counsellors)
- Joanna Al-Zuhairi (homeopath)
- Gillian Young (reflexologist)

Focus on.... Homeopathy

This and most complementary therapies believe that whether we succumb to an illness does not so much depend on the outside (germs) of our body as on the inside esp. on our immune system. Our immune system is our first line of defence against germs and toxins. So rather than targeting the germ we need to target our own health so that the body can defend itself against all kinds of germs.

What increases your immune system?

- Eating good food; esp. organic food provides natural minerals to keep the body functioning properly.
- Doing exercises preferably in the open air.
- Balanced life style: divide your time well between work, rest & play.
- Nature is the best Healer: elderberries, echinacea, vitamins C, E & D, beta carotene, zinc, etc.
- Positive emotions: e.g. love, laughter, singing, etc.
- Homeopathy

Homeopathy is a scientifically based system of healing that encourages the body to heal itself. It treats the whole person. Each person's physical, mental and spiritual state corresponds to a homeopathic remedy, which is the constitutional remedy for that person. Taking this remedy will improve your health and so increase your immune system. This requires a homeopathic consultation.

Find out more about Homeopathy and flu by contacting my website www.NatuRELAX.co.uk Joanna offers a 30 min. free consultation. Please contact the medical centre for an appointment.

And Reflexology

We are pleased to welcome Gillian Young (M.A.R., DIP.M.T) as a new private reflexologist working at Fairlands every Thursday afternoon. As well as the usual reflexology, she also offers V.R.T (vertical reflex therapy) which is particularly useful for wheel chair bound patients, or at any time when being on a couch is impractical. It is also useful to boost a normal treatment. She is registered with the Health Professions Council and has a Reiki level 2 qualification. In addition to her private practice, Gillian has many years experience of working as both a reflexologist and a music therapist in local hospitals and hospices.

"Reflexology is a gentle but highly effective complementary therapy which can help in a wide range of conditions. It works on the principle that the whole body, with all its structures and systems, is mapped out on the feet via reflex points. Stimulation of these reflexes affects specific areas of the body, helping to bring the person back into a state of balance and wellbeing."

Treatments (which, contrary to some peoples' expectation do not tickle) consist of gentle pressure and massage applied to the feet; it is usually a deeply relaxing and enjoyable experience, making reflexology a particularly popular choice by those who are coping with stress. The long term effects of treatment will vary slightly from one person to another, but reflexology can be effective for many conditions, including;

- *sleep disorders*
- *hormone imbalances*
- *menstrual problems*
- *muscular tension (e.g. frozen shoulder) and pain relief*
- *hypertension*
- *digestive and bowel disorders*
- *sinus and respiratory problems*
- *depression and anxiety*
- *the stress associated with smoking cessation, high blood pressure, diabetes & asthma*