

ST MARTINS GATE SURGERY

Issue 20

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STAFF NEWS



We are sad to inform you that Dr Wetmore will be leaving St. Martin's Gate Surgery at the end of July.

Dr Wetmore has thoroughly enjoyed her time here at St Martin's Gate and would like to pass on her thanks to patients and staff for helping to achieve this. She will miss everyone dearly. Dr Wetmore will be moving onto pastures new and we wish her all the best for the future.

Our two GP Registrars have now come to the end of their training and we wish them both good luck on their new journeys. We will be introducing 2 new GP Registrars in August.

You may have noticed that you haven't seen our Practice Nurse Glenys around the building recently, she sadly decided to semi-retire and will be helping us out when she can. We have a new Practice Nurse, Leanne who will be joining us this month.

Our Practice Nurse Katie would like to say a big thank you to all the patients who supported her whilst taking her exam. For those who don't know, we are pleased to say Katie passed with flying colours!

A huge congratulations to her.





Hay fever - Hay fever is a common condition that affects up to 1 in 5 people at some point in their life. Symptoms can include sneezing; runny nose; itchy eyes. These happen when a person has an allergic reaction to pollen. People can be allergic to tree pollen (released during the Spring); grass pollen (released during the end of Spring and beginning of Summer) and weed pollen (released anytime from early Spring to late Autumn). There is currently no sure cure for hay fever but most people are able to relieve symptoms with treatment, at least to a certain extent.

Treatment options for hay fever include antihistamines, which can help to prevent an allergic reaction from happening and corticosteroids (steroids), which help to reduce levels of inflammation and swelling. Many cases of hay fever can be controlled using over-the-counter medication available from your Pharmacist. However, if your symptoms are more troublesome it's worth speaking to your GP as you may require prescription medication.

Self-help Tips - It is sometimes possible to prevent the symptoms of hay fever by taking some basic precautions such as; wearing wraparound sunglasses to stop pollen entering your eyes; changing your clothes and taking a shower after being outdoors to remove pollen on your body; try to stay indoors when the pollen count is high (over 50).

Patient Participation Group

You may notice some people in the waiting room wearing blue sashes. These are volunteers from the Patient Participation Group. They are available to listen to patients concerns and suggestions and as non-staff members, will feedback to the Practice.



Please do not leave your pets in your car when you visit the Surgery. Even if it doesn't feel that warm outside, a car can become as hot as an oven very quickly. When it's 22 degrees, in a car it can reach an unbearable 47 degrees within the hour. Many people still believe that it's ok to leave a dog in the car on a warm day if the windows are left open or they're parked in the shade but the truth is, it's still very dangerous for the dog.

If this is an unavoidable situation, please ensure that you provide good ventilation and water.

Pharmacy Corner

Waste Medicines

Did you know.....

Unused prescription medicines cost the NHS across the UK over £300 million every year.

£300 million could pay for:

Over 80,000 MORE hip replacements

- Over 100,000 MORE knee replacements
- 20,000 MORE drug treatment courses for breast cancer
- Nearly 12,000 MORE community nurses
- 300,000 MORE drug treatment courses for Alzheimer's

But it's not just the cost, unused medicines are a safety risk - it's easy to get confused over which medicines you are currently taking and stockpiling medicines can be a risk for children and others who might accidentally take them. If your medicines change - return your old medicines to the pharmacy for safe disposal to avoid mixing them up with your new medicines.

Other ways to help reduce medicines wastage:

Please let us know if you've stopped taking any of your medicines.

- Check what medicines you still have at home before re-ordering.
- If you don't need the medicine please don't order it! If you need the medicine in the future you can still request it at a later date.
- Think carefully before ticking all the boxes on your repeat prescription forms and tick those you really need.

Remember that unused medicines cannot be recycled - even if you never open them, once medicines have left the Pharmacy, they cannot be recycled or used by anyone else.

Discuss your medication with your GP or Pharmacist on a regular basis.

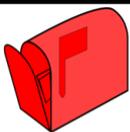
If you would like a medication review at the surgery, you can make an appointment with Emma Blanden, our practice pharmacist.



Going on holiday?

If you need medication for a long-term health condition, such as high blood pressure or diabetes, you may be able to get an extra supply of medication to cover your time away. Your GP will consider the type of medication you are taking and restrictions on specific medicines in the country your visiting. Please arrange to see your GP several weeks before you go away on holiday to discuss all of this.

For more information please visit www.nhs.uk and search for "medication on holiday".



PLEASE NOTE THE NEW ADDRESS & PHONE NUMBER

NB: we will need to see proof of your new address, i.e. Driving licence, passport, utility bill etc.

DO YOU HAVE A NEW MOBILE PHONE? HAVE YOU RECENTLY MOVED HOUSE?

IF SO, PLEASE UPDATE YOUR CONTACT DETAILS AS SOON AS POSSIBLE.

! If you need help communicating with us, or need information in an alternative format i.e. large print or easy read, please let us know.

! You can call us on 01905 363351; speak with Reception or email us on smartinsgate@nhs.net