

PRACTICE NEWSLETTER

FEBRUARY 2017



Welcome to our latest newsletter. Now that all the festivities are over we can start looking forward to 2017 and all it may hold for us. We can plan for the worst and expect the best, as my old mum used to say.

SEASONAL ADVICE COUGHS & COLDS

Viruses, colds, sore throats and coughs (acute bronchitis) in the winter months. Most last for 2-3 weeks. If you are otherwise healthy, use your pharmacist to get treatment for your symptoms. Remember that antibiotics will not help to make you better as these only work with bacterial infections. For babies and older patients with COPD or other health concerns, an appointment at the practice might be needed. If you feel more unwell than you would expect, we are also happy to see you for a check-up.

DIARRHOEA & VOMITING

If you develop diarrhoea and/or vomiting (D&V), this usually settles after a week or two. If you feel generally unwell, or if you are a carer for someone who is very young, please feel free to seek medical advice. If the diarrhoea lasts for more than 10 days, we sometimes ask you to hand in a sample (of poo).

Usually regular fluids such as diluted apple juice or electrolyte sachets (e.g. Dioralyte) from the chemist, as well as rest, will allow you to make a full recovery.

Please try and not to go to work, go swimming or attend public places, including the health centre if you have diarrhoea or vomiting of recent onset as spreading it to other people is highly possible.

HELP YOURSELF TO HELP US

Please feel free to use the link below so that you can learn more about how to avoid antibiotic use when you are ill.

www.antibioticguardian.com

Finally, on behalf of all the GP's and staff at Townhead Practice, I would like to wish all our patients a very happy and healthy 2017.

Wendy Loudon Practice Manager

Contact us:

Townhead Practice 01674 676161 8am-6pm Mon-Fri
Prescription Line 01674 677819 (24hr answering machine)

EMAIL: townheadprescriptions.tayside@nhs.net
townhead.tayside@nhs.net

WEBSITE: www.townhead-montrose.co.uk

AN UPDATE FROM THE NURSING TEAM

Townhead Practice offers a selection of routine vaccinations for patient who are eligible.

AGED 70-79YRS – SHINGLES VACCINE

Eventually everyone aged 70 will be offered Shingles vaccine, but in meantime, it is offered to specific age groups. When you become eligible, we will contact you.

OVER 65YRS

Eligible for flu vaccine and Pneumococcal vaccine.

UNDER 65 YRS

You may be eligible for pneumococcal and/or flu vaccine if you have a chronic disease. When you are in for your annual health check, then ask the nurse and she will be able to advise you.

NURSING TEAM

We have 4 trained nurses and 2 healthcare assistants working in the practice. All the nurses are trained to do various jobs and have their own interests and specialities. When you call for an appointment it is useful to know what the appointment is for so the reception staff can give you an appointment with the appropriate nurse.

MINOR ILLNESS

At present we are training up two nurses to treat minor illness such as ear problems, urinary symptoms, eye infections respiratory problems and skin complaints. Both nurses are able to prescribe so can often deal with the illness. Ask reception if a nurse could deal with the problem instead of the GP when you phone for an appointment.

EXTENDED HOURS CLINICS:

Tuesday 14 February 2017
Wednesday 22 February 2017
Thursday 2 March 2017
Tuesday 7 March 2017
Wednesday 15 March 2017
Thursday 23 March 2017
Tuesday 28 March 2017
Wednesday 5 April 2017

PATIENT CONTACT INFORMATION

Please send me future information like this by email

Name.....

Home Tel. No.

Address.....

Mobile Tel. No.

.....

Work Tel. No.

Email address

Next of Kin

NOK Contact Tel. No.

NEW YEAR'S RESOLUTION? STOP SMOKING??

Smoker? Undoubtedly one of the single best things you can do to improve your health, quality and quantity of life is to stop smoking. There is overwhelming evidence to show benefit for you and those around you. Researching this article, I found this list of benefits from Healthier Scotland's website

BENEFITS WITHIN DAYS:

- Heart rate drops
- Carbon monoxide and oxygen levels in blood return to normal (similar to those of never-smokers)
- Senses of taste and smell sharpen

BENEFITS WITHIN WEEKS:

- Risk of sudden death from cardiac event/heart attack begins to reduce
- Decline in lung function slows down; lung function begins to improve
- Reduced rates of post-operative complications
- Reduced chest infections; coughing and shortness of breath decreases
- Reduced severity of asthma attacks
- Improved complexion
- Reduced risk of complications during pregnancy.

BENEFITS WITHIN A FEW MONTHS:

- Symptoms of chronic bronchitis (cough, phlegm, wheezing, shortness of breath) improve
- Stomach ulcer risk drops – improved short-term healing and reduced recurrence

BENEFITS WITHIN A YEAR OF HAVING QUIT:

- Reduced risk of heart and lung disease, i.e. slows progression of heart or lung disease and reduces risk of it recurring (heart disease risk is cut by half one year after quitting)
- Mild/moderate chronic obstructive pulmonary disease (COPD) sufferers: improvement in lung function

BENEFITS AFTER SEVERAL YEARS (FIVE YEARS OR LESS) OF HAVING QUIT:

- People without heart disease: substantial reduction in risk of developing heart disease compared with persistent smokers
- People with heart disease: approx 35% reduction in risk of further heart attacks or death.
- Decline in lung function with age slows to that of never-smokers (within five years)
- Cervical cancer risk falls to that of never-smokers (five years)

BEING QUIT IN THE LONGER-TERM REDUCES THE RISK OF:

- Lung cancer
- Other cancers (compared with continuing smokers): e.g. mouth, throat, oesophagus and oral cancer, bladder, kidney, pancreas, urinary tract, stomach, and larynx
- COPD: risk of death is reduced after quitting
- Cardiovascular disease including stroke and heart disease

So no-one is short of a reason to stop. And that is without mentioning the cash saved! If you have read this far, chances are you are keen to quit. Great news – this is the most important ingredient. Well done, you have already started the process. The next step is from thinking to doing. Easily accessible support is available at <http://www.canstopsmoking.com/> or by calling the Smokeline on **0800 848484**. Additionally local community pharmacies have trained staff providing individual support and nicotine replacement therapy.

You may have tried stopping in the past. We know many smokers need more than one attempt to quit. The most important thing is that you want to be an ex-smoker. Go for it – make 2017 the year you became an ex-smoker!