



Dear patients,

Thank you for picking up the spring edition of our surgery newsletter. I hope that you find it an interesting read whether you are reading this on our website, via email or in our waiting room.

With Christmas a distant memory, and the snow gone (at least for now!) it's time to start thinking about spring and fresh starts. One of the important areas we are going to work on over the next few months is that of our Patient Participation Group. The doctors and staff at the surgery are keen for our patients to become increasingly involved with and informed about the provision of their healthcare. So if you would like to learn more about the surgery please come along to our next patient group meeting on the 30th April. Full details are below.

Please don't forget that you can now order repeat prescriptions, book and cancel appointments all via your computer at home. In addition, why not subscribe to our patient news service – where we will on occasions (we do not flood you with emails) send you news from the surgery – including the quarterly newsletter. For all online services please see our website or ask at reception.

Also, please don't forget to tell us about any ideas or suggestions you have about our surgery, our website or even this newsletter. In each waiting room there is a suggestions box please use it! All ideas will be discussed at practice meetings and we will do our best to implement all that we can.

Have a great spring, from everybody at The Woottons Surgery.



YOU ARE INVITED TO: THE SURGERY PATIENT PARTICIPATION GROUP

THURSDAY 30TH APRIL 2009

AT 12.30 NORTH WOOTTON VILLAGE HALL

This meeting is the second for 2009. It's a great opportunity to become involved and be updated on all the latest practice news and issues. Meeting will be run by Jenny Foster (new chair of group). Rebecca Champion from the Primary Care Trust will give a talk about patient participation groups. Everyone welcome to come along. Minutes of previous meetings are available on our website.

Please note that the Patient Participation Group will take place in North Wootton Village Hall rather than the surgery. Thank you

CHANGE 4 LIFE

With the weather starting to warm up (hopefully) there are more chances for you and your kids to get outside and have some fun.

We have got some of the change 4 life leaflets and posters in the waiting rooms. The 'top tips for top kids' leaflet has fun, free and easy ideas to get your kids happy and healthy.

The website www.nhs.uk/change4life has even more information and ideas so why not have a look!



WOULD YOU LIKE TO RECEIVE THE NEWSLETTER VIA EMAIL? To help save paper we are asking people if they would like to receive information about the surgery via email. If you would like to have the newsletter and other surgery information emailed to you visit our website or ask at reception for a Patient News Service form.



IMPORTANT DISCLAIMER: The health and medical information contained within this newsletter or our website is intended solely for the patients of this practice and should never be used as a substitute for seeking advice from your GP.

The Woottons Surgery has prepared the content of this newsletter responsibly and carefully, but disclaims all warranties, express or implied, as the accuracy of the information contained in any of the materials included, on our website, on other linked websites or on subsequent links.

TRAVEL VACCINATIONS

Are you going abroad this year? You may need to have a vaccination. Please ask at reception for a holiday vaccination form, complete it as best as you can and then hand it back to reception. Then make an appointment to see one of our lovely nurses to discuss and or have any vaccinations that may be needed.

TIPS FOR SUN SAFETY FROM NHS CHOICES WEBSITE WWW.NHS.UK

A guide to staying safe in the sun, including tips on sunburn, heat exhaustion and child skin protection.

What sun protection factor (SPF) should I use?

Fair skin burns within 10 minutes. A factor 15 cream offers sun protection for $10 \times 15 = 150$ minutes.

Sunscreen should not be used as an excuse to stay out in the sun. Instead, it offers protection when exposure is unavoidable.

Should I choose a sunscreen with a UVA filter, a UVB filter or both?

Choose a sunscreen with both UVA and UVB protection. Look for an SPF of 15+ and a high level of UVA protection.

UVA are long-wave solar rays blamed for ageing and UVB are short-wave solar rays blamed for burning. Both are dangerous.

How long can I stay in the sun?

This depends on where you are, the time of day, your skin type, cloud cover and the UV index.

It can take as little as 10 minutes to burn on a hot summer's day in the UK. Clouds block only 50% of UV light so the risk of burning is only slightly reduced.

Should I reapply sunscreen if I swim?

Water washes off sunscreen and the cooling effect of the water can make you think you're not getting burned. Water also reflects UV rays, increasing exposure.

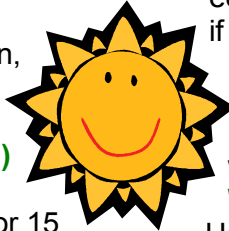
Use a water resistant sunscreen and reapply it straight after coming out of the water and at least every two hours.

What should I do if I get sunburn?

Aspirin or ibuprofen will ease the pain by helping to reduce inflammation. Sponge sore skin with cool water, then apply soothing aftersun or calamine lotion. If you feel unwell or the skin swells badly or blisters, seek medical help. Stay out of the sun until all signs of redness have gone.

Are children more at risk of sunburn?

Children's skin is more sensitive and they should be protected with clothing and a photostable sunscreen with an SPF of more than 30 as well as a high UVA coverage.



Sand on the beach reflects UV light, so keep children well protected, even in the shade. Never place a baby in direct sunlight.

My child has eczema. What sunscreen should I use?

Some sunscreens may aggravate eczema. Check the label for any ingredients that you know your child is allergic to. Salt, chlorine and sand can all irritate your child's eczema, so apply emollient liberally before swimming if at all possible.

Should pregnant women avoid the hot sun?

Research suggests that babies exposed to high temperatures may be born with a slightly lower birth weight and may be prone to a lower IQ.

What are the symptoms of heat exhaustion?

Heat exhaustion occurs when the body cannot lose heat fast enough. If not treated quickly, it can lead to heat stroke, which is a much more dangerous condition.

Signs of heat exhaustion include faintness, dizziness, palpitations, nausea, headaches, low blood pressure, tiredness, confusion, loss of appetite and hallucinations.

What should I do if someone has signs of heat exhaustion?

Move them out of the sun to a cool, shady spot or room to relax. Lay the person down on their back and elevate their feet slightly.

Loosen or remove clothing. Get the person to drink cold (not iced) water to replace lost fluids. Monitor the person closely.

Should I cover up my mole when I'm in the sun?

If you have lots of moles or freckles, you're more likely to develop skin cancer, so you need to take extra care. Moles and freckles can also darken in the sun, which is another reason to use sunscreen.

INFECTIVE CONJUNCTIVITIS

It is very common. Most cases of infective conjunctivitis are caused by common bacteria and viruses - often the same ones that cause coughs and colds. Conjunctivitis commonly develops when you have a cold or cough. Sometimes it occurs alone. Infective conjunctivitis is not serious and clears within a week or so without leaving any permanent damage to the eye.

Symptoms

- One eye may be infected, but it usually spreads to both eyes. The 'whites' of the eyes look inflamed, and red or pink.
- The eyes may feel gritty and may 'water' more than usual.
- Some mild soreness may develop, but it is not usually very painful.

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- The eyelids may become swollen, and are often stuck together with gluey material ('discharge') after a sleep.
- Vision is not normally affected. You may get some blurring of vision due to discharge at the front of the eye. However, this clears with blinking.

Treatment

- **Not treating** is a common option for mild or moderate infections. The tears contain chemicals that fight off bacteria. Without treatment most cases of infective conjunctivitis clear on their own within 1-2 weeks, and often within 2-5 days. If symptoms get worse then see a doctor to check your eye and to see if you need treatment.
- **Bathing the eyes** with cool clean water mixed with bicarbonate of soda or baby shampoo may be soothing.
- **An antibiotic eye drop or ointment** may be prescribed in some cases. This tends to be for more severe cases, or for those that do not clear on their own.

General advice

- Do not wear contact lenses until symptoms have completely gone, and for 24 hours after the last dose of any eye drops or ointment.
- Infective conjunctivitis is contagious. The likelihood of passing it on is not high unless you are in close contact with others. However, until the infection has gone, to help to prevent passing it on:
- Wash your hands regularly, particularly after touching your eyes.
- Do not share towels, pillows or utensils.

What should I look out for?

Seek help if symptoms change, or do not settle within a few days, or if you are concerned that you have anything other than a common conjunctivitis. In particular, see a doctor urgently if:

- You develop marked eye pain.
- Light starts to hurt your eyes (photophobia).
- Spots or blisters develop on the skin next to the eye.
- Your vision becomes affected.
- Your newborn baby develops conjunctivitis.

Does a child with conjunctivitis need to stay off school?

Guidance from the Health Protection Agency states that it is not necessary to exclude a child from school or childcare if they have infective conjunctivitis, unless there is an outbreak of several cases. If an outbreak occurs, advice should be sought from the Health Protection Agency or other health professional by the school or childcare centre.

STROKE ACT F.A.S.T

ACT F.A.S.T. is a new national government campaign aimed at helping people to recognise the signs of stroke, and act to save lives and reduce the damage caused.

A stroke is a medical emergency that requires immediate medical attention.

So recognising the signs and calling 999 for an ambulance is crucial. Quick diagnosis of stroke is important to understanding the cause, the damage done and what immediate medical treatment is needed. The sooner somebody who has had a stroke gets the right medical attention the better their chances of a good recovery. So minutes really do matter.

Only a hospital test can confirm a stroke for sure, but it is important to know the signs and the Face Arm Speech Time test (F.A.S.T.) can help you recognise them for stroke or TIA.

Face - has their face fallen on one side? Can they smile?

Arms - Can they raise both arms and keep them there?

Speech - Is their speech slurred?

Time - Time to call 999 if you see any single one of these signs

If the person has failed any of these tests, dial 999 for an ambulance immediately so they can be taken to hospital for urgent treatment. Paramedics and ambulance staff are trained to assess patients with suspected stroke and get them to hospital quickly.

Why rapid diagnosis is vital

Quick diagnosis of stroke is important to understanding the cause, the damage done and what immediate medical treatment is needed. People with a suspected stroke should have a brain scan as soon as possible to determine:

If the stroke was caused by a blocked artery or a burst blood vessel.

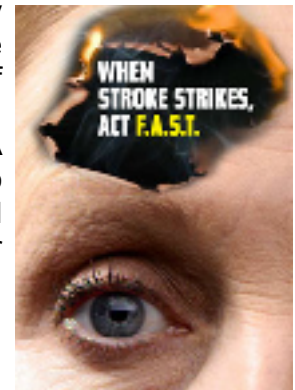
Which part of the brain has been affected.

How severe the stroke is.

The sooner the person is diagnosed, the sooner they can be treated and the greater their chances of survival and recovery.

Rapid diagnosis of TIA allows steps to be taken to reduce the risk of a second and potentially major stroke.

www.nhs.uk/actfast



HAVE YOU BEEN THINKING ABOUT STOPPING SMOKING? READY TO QUIT?



We have some experienced smoking cessation advisors who can help you decide the best options to aid your efforts to quit that smoking habit. It has been shown that smokers are more likely to quit successfully if given on going support from trained advisors.

It is never too late to stop smoking. There are always physical and financial benefits and you will feel fitter and more energetic within weeks.

Not convinced? Then firstly think about the harm smoking tobacco can do including many serious & fatal diseases.

The most common are Coronary Heart Disease, lung cancer and other lung diseases such as chronic bronchitis, Chronic Obstructive Pulmonary Disease (COPD), emphysema and pneumonia.

Other scary facts

- 83% of people who die from lung disease in England are smokers.
- People who smoke 25 a day are 25 times more likely to die from Lung Cancer than a non-smoker.
- Smoking can ruin a man's sex life and can damage a woman's fertility
- Half the smokers who start in their teens and continue to smoke, will eventually be killed by their smoking habit!
- Passive smoking increases the risk of stroke in non-smokers by 82%.
- Mothers who smoke double the risk of cot death.

Department of Health.

Then consider the many benefits to giving up:

- After 20 minutes, blood pressure and pulse return to normal
- After 8 hours the oxygen level in the blood improves and the chances of having a heart attack start to fall.
- After 3 to 9 months breathing problems, coughing, shortness of breath and wheezing improve.
- And of course you will save money – by not buying a pack of 20 every day you will be able to save enough within 12 months for a great holiday!

So convinced yet?

At the Woottons surgery we can help anyone who wants to quit, whether it is their first attempt or they have tried many times before. Nicotine is as addictive

as heroin so it is not surprising it is so hard to kick the habit.

There are nicotine replacement products and other medications that can help with the cravings while learning to live without "lighting up". All these products are available on prescription so it makes financial sense to see us. Smoking Cessation Advisors have lots of advice and useful tips to offer as well as regular support to get through the first few weeks. We always advise setting a quit day then to take one day at a time. Those trying to quit should not worry about how they are going to manage at next months party or on their summer holidays. They just need to think about the next 24 hours and make plans to keep busy. Every day that goes by without lighting up is another day as a non smoker!

So it's up to you! Make a decision that will affect the rest of your life and the lives of those close to you. Take the next step. Give the surgery a ring and book an appointment for a one to one chat. We can help you help yourself. Alternatively you can ring the quit line on **0800 0854 113** or go to <http://www.cignificant.co.uk/> for lots more advice.



**NO SMOKING DAY WEDNESDAY
11TH MARCH 2009**

www.nosmokingday.org.uk

VISIT OUR WEBSITE!

Our website has all the latest information about appointments and services, you can also download the registration forms to become a patient at the surgery and there is lots more so visit www.woottonsurgery.co.uk

You can now also book and cancel appointments and request a repeat prescription via our secure website. This service will require you to have a user name and password that you will need to collect from our main reception.

Further information can be found from the leaflets and posters available from the surgery or on our website.