

The Culcheth Medical Centre Newsletter May 09



Welcome to the latest edition of our Newsletter. The aim of this is to be informative about the Practice and any new Health issues that may affect you. So here goes;

Congratulations to Dr Fisher!!!

You will all be happy to hear that Dr Fisher is a proud father again. His wife gave birth to a healthy baby girl recently. Mother and baby are doing great and I am sure that you will join us in wishing them “Many Congratulations”. They have called her Abigail and the pictures we have seen are beautiful. Please be gentle with Dr Fisher over the next few months as he may be experiencing some disturbed sleep!!!

Surgery Web Site

I am pleased to let you all know that our own Surgery website is ready to view. Dr Ghosh is continuing to update the site. You can go on-line and have a look at it at the following address : www.culchethgp.co.uk

We hope that you will like the site and find it interesting and informative. This newsletter and several past ones are available to be read on the website.

Mobile Phone Numbers

Please can you all let us know your mobile phone numbers. This is so that we will be able to send you a text to remind you of your appointment date and time with the nurse or doctor. So at the time you next make contact with us at the Surgery either by phone or at the desk or when seeing us face to face, do give us your number.

Your mobile number is always useful if we ever have to contact you urgently, as long as it's switched on!!

Telephone Advice

If you want advice on a health problem, or medication, or need to talk to the doctor or nurse, the receptionist will take your details and pass it on to us. We will ring you back as soon as we can on the same day, but it may be after surgery so as not to delay appointments. The receptionist will not put non-urgent calls through to either doctor or nurse during surgeries as these interruptions are distracting for us and patients.

Chlamydia Screening

There now is a National NHS screening programme and we are able to offer this free easy test at the Surgery for men and women aged between 16 and 24. Chlamydia is the most common bacterial sexually transmitted infection {STI}, as many as 1 in 10 sexually active young people have it. It affects men and women and often causes no symptoms. If left untreated it can cause health problems such as infertility but the good news is that it is easily diagnosed and treated with one simple course of antibiotics.

If you are aged between 16 and 24 and would like to be tested free, then please ask the Practice Nurse or Doctor for a **simple urine testing kit**.

There are local events held in sports centres etc such as Youth Advice Shop and Warrington Collegiate where you can ask advice and pick up testing kits and post back free. Testing kits can be ordered free on-line via www.tht.org.uk/free. Order kits by phone on 0845 1221 200. Kits are easy to use and come with a freepost envelope to send back. For more information, or for other testing centres in Warrington, call 01744 457 379. Useful website is www.chlamydia-screening.nhs.uk Remember this service is quick, easy and completely confidential. Please do ask our Practice Nurses about testing as this is available in your Surgery.

HEALTH INFORMATION TOPICS

Human Swine Influenza: advice for the public

Questions on swine influenza

To find out more about swine influenza, look at [questions and answers from the Health Protection Agency](#) on their website at www.hpa.org.uk and NHS Direct <http://www.nhsdirect.nhs.uk/>.

Community advice

Following the closure of some schools as a precautionary measure, where probable or confirmed cases of swine flu have occurred, the Health Protection Agency has prepared [advice for the public on exclusion from schools and workplaces](#) on their website at www.hpa.org.uk

Travel advice (outbound and returning travellers)

[Comprehensive advice is available on the HPA website](#) at the web address given above for any travellers who have returned from an affected country. This includes symptoms to look out for and measures you can take to protect yourself and your family against infection. Further information is available in the leaflets and posters which are being distributed at ports and airports in the UK. These can be viewed on-line in pdf format at www.hpa.org.uk

If you are travelling to an affected country overseas please look at the [Foreign and Commonwealth Office](#) website where information will be updated regularly. Web address is www.fco.gov.uk

If you have returned from a country currently affected with cases of swine flu ie Mexico,USA {California } Canada and have developed flu like symptoms please contact the surgery by phone for advice rather than coming down so as not to risk spreading germs to others. Also advice can be got for NHS direct on their website or by phoning 0845 4647.

Currently on May 10th there are 55 confirmed cases of swine flu in the UK. The majority of these are in travellers returning from Mexico, all are recovering at home.

The flu like symptoms that can develop are; fever, cough, sore throat, muscle/joint aches and pains, headache, and fatigue. Some people have also developed vomiting and diarrhoea.

As with any flu-like illness spread can be minimised by avoiding contact with others, so not going to work etc. As with any coughing/sore throat illness germs can be caught in a tissue which then must be thrown away carefully and hands washed. Remember “coughs and sneezes spread diseases”. Try and make sure your children also use a tissue if they have a cough or runny nose no matter what the cause so as to prevent spread to others.