

Culcheth Medical Centre - Newsletter - October 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;

Sadly Autumn is upon us, the nights are drawing in and the shops are full of Christmas fare already!!

Flu vaccinations

There are still plenty of appointments available in our Flu Vaccine Clinics listed below. Please call the surgery to book an appointment.

Saturday 10th October {am clinic}

Wednesday 21st October {pm clinic}

The seasonal flu vaccination is for people over 65yrs and those younger with chronic medical conditions such as asthma, kidney disease, heart/lung diseases and those whose immunity is compromised by medication or illness.

If you cannot attend one of the above sessions we will be running catch-up clinics via the practice nurses. However, we would like as many of you as possible to attend the above times so that we can give you the vaccine as soon as possible.

Currently, we have not heard about when/if the new vaccine against Swine Flu will be ready. It will be made public as soon as it's known.

Wear it PINK!!!

This year we are supporting the Breast Cancer Campaign—"Wear it Pink" on Friday 30th October. All our staff will be wearing something pink—including the male GP's {!} to raise money for this national campaign. There will be a collection box on the reception desk for the whole week leading up to the 30th—just a few coins if you can spare them, will make a big difference to this worthwhile cause. Thank You in advance. For more details you can log on to www.wearitpink.co.uk

Saturday Morning Surgeries

Just to remind you all that we do offer a Saturday morning surgery between 9am and 12 noon. These appointments can be booked in advance, however we do try to give priority to patients that due to work commitments are unable to get into surgery within normal opening hours. Please be aware that this is a routine surgery and does not offer an emergency/walk-in service. Should you need emergency/urgent attention please ring the **GP Out of Hours Service on 01925 650999**

Missed Appointments

From the 1st October we will be monitoring our patients that "do not attend" {DNA} their appointment. Persistent offenders will be contacted by letter. We appreciate that sometimes due to circumstances beyond your control appointments cannot be kept. However all we ask is that you let us know as soon as you know that you cannot attend, so that we can offer that appointment to someone else.

Website

Our website – www.culchethgp.co.uk has been on-line now for almost a year. We would love to hear what you think of it. Does it give you all the information you need? What else would be useful for you to know? Please give us some feedback by jotting down any thoughts/suggestions and post them into our post box or hand to the receptionist.

Information Update

We are always keen to ensure that your information on our system is up-to-date, especially phone numbers. We will shortly be giving out an "Information Update Form" to all our patients to complete and return to us. It is imperative that this information is correct should the doctor need to contact you or visit. Your assistance in this is very much appreciated.

Meningitis Signs and Symptoms

A number of early warning signs can often occur several hours before the other symptoms of meningitis, so they can serve as an important warning signs.

These early warning signs occur in cases of meningitis that are caused by the bacteria neisseria meningitis, when the bacteria can also infect the blood, leading to symptoms of septicaemia and septic shock. (The combination of meningitis and septicaemia is known as meningococcal disease)

- Be alert for the symptoms of fever and any of the following symptoms:
- the child complains of severe pain in their legs or hands,
- their hands and feet are unusually cold, and/or
- their skin becomes pale and their lips may appear blue.

The presence of fever and any other of the above symptoms should be taken extremely seriously. Phone 999 and ask for an ambulance.

Bacterial meningitis

The symptoms of bacterial meningitis usually begin abruptly and rapidly worsen. If you suspect a case of bacterial meningitis phone 999 immediately and ask for an ambulance.

Symptoms include:

- a severe headache,
- fever,
- vomiting,
- drowsiness,
- confusion,
- seizures or fits,
- cannot tolerate bright lights (photophobia) - this is less common in young children, and
- a stiff neck - this is also less common in young children.

Often in cases of meningitis, a blotchy red rash can appear on the skin. Unlike most other rashes, this rash will not fade or change colour when you place a glass against it.

However, the rash does not occur in all cases so you should not assume that an absence of a rash means that a diagnosis of meningitis can be ruled out.

- Symptoms of bacterial meningitis can appear differently in babies and young children. Possible symptoms include:
- becoming floppy and unresponsive or stiff with jerky movements,
- becoming irritable and dislike being held,
- unusual crying,
- vomiting and refusing feeds,
- skin becomes pale and blotchy, and
- loss of appetite
- staring expression,
- very sleepy with a reluctance to wake up,

Some babies will develop a swelling in the soft part of their head. **Viral meningitis** may present with flu like symptoms of headaches fever, chills and aches and pains. More severe cases of viral meningitis will share many of the same symptoms of bacterial meningitis, severe headache, photophobia, fever, nausea and vomiting.