



Winter 2012

Healthy Times

The newsletter of the White Horse Medical Practice

Are you a Carer? Please let your GP know so that we can add this to your patient record. The PCT are running a carers break scheme for which you may be eligible.

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White Horse Patient Group

On October 4th we held an open meeting on the future of the NHS.

Dr Bartholomew made a presentation to 80 or so patients on this and on how commissioning might alter the provision of local healthcare services from April 2013.

As an aside we used the opportunity to ask our patients if they would like to become involved in our newly formed patient group.

As a result, 22 people have expressed an interest in becoming involved. Another meeting has been arranged for Late January 2013.

If you are interested in joining our group please contact the practice manager Caroline Beaney on 01367 242 388

Online appointments

We are introducing an on-line appointment booking system.

Patients who are interested in using the service will have to register with us to do so. You will need to fill in an application form and bring this in with photographic ID so that we can verify your identity.

Please ask for an application form at reception.

...appointment cancellation

We have a text appointment cancellation service.

Please text us on

07551 464407

We will need your name and date of birth, the date and time of your appointment and who it is with.

We can then offer your appointment to someone else.

...Flu vaccinations

If you are over 65 please make an appointment to have your flu jab.

It is also very important that anyone under 65 but in an at-risk group should have a flu jab too. Anyone with heart disease, kidney disease, diabetes, neurological diseases, respiratory disease or asthma, liver disease or who are immuno-suppressed should have the injection.

Anyone caring for an elderly or disabled person is also eligible as are pregnant women.

New to our practice? Please ensure that registration forms are received at least 24 hours before you want to see the doctor. We need to have you registered on our system before you can be seen.

NHS Health Checks

Even if you are feeling well, it's worth having an NHS health check. This check is part of a national scheme to help prevent the onset of stroke, heart disease, diabetes and kidney disease.

Everyone aged between 40 and 74 who has not already been diagnosed with these conditions will be invited for a check once every 5 years.

The check takes only 20 to 30 minutes.

We have started writing to patients inviting them to attend for a health check. Please make an appointment for your health check when you receive your invitation.

Blood Pressure and Weight Check

We have a piece of equipment for you to check your own blood pressure and BMI in the waiting room.

If you use the machine, please hand the print-out to reception with your name and date of birth written on it.

Stop Smoking

We would love to help you quit smoking and understand that for the majority of people this is very difficult. With our specialist help and some nicotine replacement therapy you are 4 times more likely to succeed! We know that quitting will improve your health and save you money and we can provide you with the tools to succeed.

Ask our receptionists to make you an appointment with our specialist nurse. You may want to get a free quit smoking pack from our local pharmacy or apply for one online from the smoke-free.nhs.uk website before coming to see us.

Be a healthy traveller...

We are an approved yellow fever centre and our practice nursing team offer travel advice and carry out any necessary immunizations.

Some of these are available on the NHS, but certain others have to be paid for as private prescriptions. Please ask at reception or take a look at our website for the charges applicable.

Our dispensary can order any malaria tablets required.

This service is also available privately to patients registered elsewhere.

Warts and verrucas

Warts are caused by a virus.

They can occur at any age but are commonest in school age children.

Verrucas differ only generally from warts in that they occur on the soles of the feet and so appear different as a result of the pressure from walking.

Wart viruses 'hide' from the body's immune system. Once the immune system spots them they will disappear very quickly, but until then they are very difficult to get rid of.

The virus likes damaged skin and so picking and gouging at them should be avoided.

The best thing to do is ignore them and wait for them to go. Verruca pain is caused by the hard skin that forms over the affected area. This can be rubbed down with a pumice. Kits can be bought to 'freeze' warts,

Minor injuries unit at Abingdon



Did you know that there is a minor injuries unit at Abingdon Hospital? The unit is open from 10am to 10.30pm 7 days a week.

Many people go to A&E when they could be treated just as well and probably quicker at a minor injuries unit.

In A&E staff must give priority to life threatening illnesses, so if you go there with a minor injury you may have to wait longer to

be seen than if you visit your local MIU.

Minor injury units can treat patients with the following:

- Deep Cuts
- Eye Injuries
- Broken Bones
- Severe Sprains
- Minor Burns and scalds
- Minor head injuries
- You don't need an appointment to visit a minor

injuries unit.

For all **life threatening conditions** including chest pains, blacking out, severe blood loss or breathing difficulties call 999 for an ambulance or go to the Emergency department at the John Radcliffe or Great Western Hospitals.

Have you
visited our
website?

www.whmp.co.uk

What are the symptoms of lung cancer

If you have been coughing for the past 3 weeks, please make an appointment to see your doctor.

Other symptoms include:

- A cough that has got worse or changes
- repeated chest infections
- coughing up blood
- breathlessness

-feeling more tired than usual

-losing weight for no obvious reason

-an ache or pain in the chest or shoulder that has lasted for some time

Detecting lung cancer early makes it easier to treat, so seeing a doctor quickly may save your life.

If you know anyone who has these symptoms, please encourage them to see their GP.

The doctor will ask some questions and may suggest a chest x-ray.

It may help to write down your symptoms so that you don't forget to tell your GP about them.