



Waters Green Medical Centre

CUMBERLAND HOUSE SURGERY NEWSLETTER

MARCH 2016 TO MAY 2016

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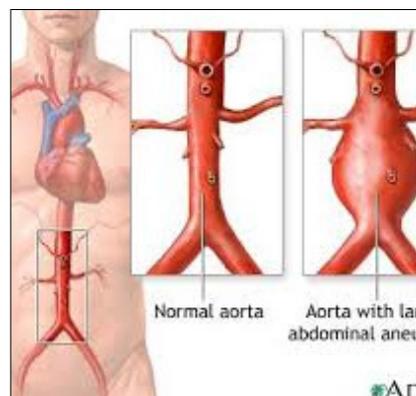
NHS Abdominal Aortic Aneurysm Screening (AAA)

The NHS AAA Screening Programme is co-ordinated and led nationally by Public Health England. Screening services are delivered locally in line with national quality standards and protocols.

WHAT IS AN ABDOMINAL AORTIC ANEURYSM?

The aorta is the main blood vessel that supplies blood to your body. It runs from your heart down through your chest and abdomen.

In some people, as they get older, the wall of the aorta in the abdomen can become weak. It can then start to expand and form an abdominal aortic aneurysm. Large aneurysms are rare but can be very serious. As the wall of the aorta stretches it becomes weaker and can burst, causing internal bleeding. Around 85 out of 100 people die when an aneurysm bursts.



WHY IS SCREENING IMPORTANT?

If you have an aneurysm you will not usually notice any symptoms. This means you cannot tell if you have one, will not feel any pain and will probably not notice anything different. We offer screening so we can find aneurysms early and monitor or treat them. This greatly reduces the chances of it causing serious problems. The easiest way to find out if you have an aneurysm is to have an ultrasound scan of your abdomen.

WHO IS MOST AT RISK?

Men are six times more likely to have an abdominal aortic aneurysm than women, which is why women are not offered screening. The chance of having an aneurysm increases with age. Around 1 in 70 men who are screened have an abdominal aortic aneurysm.

Your chances are also increased if:-

- You are or have ever been a smoker.
- You have high blood pressure.
- Your brother, sister or parent has, or has had an abdominal aortic aneurysm.

Men over the age of 65 who have not been screened can telephone the centre on 0161 291 5716 and ask for an appointment. You will need your NHS number.

During February 2016 Cumberland House male patients who are 65 this year will be called for screening.

WHAT WILL HAPPEN IF I GO FOR SCREENING?

You will have a simple ultrasound scan, similar to that offered to pregnant women. It lasts about 10 minutes.

You are asked to lie down, lift or unbutton your shirt, you will not need to undress. Cool gel is applied to the abdomen. We then slide a scanning sensor over your skin. You will get the result straight away. A copy of the result is sent to your GP.

THERE ARE FOUR POSSIBLE RESULTS.

Normal—no treatment is required. Most men will have a normal result.

Small aneurysm—between 3cm and 4.4cm wide. You will be invited back every 12 months to check if it is getting any bigger.

Medium aneurysm—between 4.5cm and 5.4cm wide. You will be invited back every 3 months to have a check.

Large aneurysm—5.5cm or bigger. Only about 1 in 1,000 men who are screened will have this result. If you get this result you will be given an appointment with a specialist team to have more scans and talk about possible treatment, usually an operation.

ARE THERE ANY RISKS?

There are no risk from the scan itself.

Around 54 out of every 10,000 men screened will eventually have surgery to repair an aneurysm.

Screening does not completely remove the risk of an aneurysm bursting but it is the best method of protection against this condition.

WILL SCREENING PICK UP OTHER PROBLEMS?

No screening is just to see if you have an aneurysm. It does not look for other problems.

WHERE CAN I FIND MORE INFORMATION?

- Men who want more information before deciding if they want to be screened can visit the AAA Screening Patient Decision Aid at www.nhs.uk/aaadecisionaid
- If you have been invited for screening, the phone number for your local screening service is
- You can find information about the NHS AAA Screening Programme and contact details for your local service at www.nhs.uk/aaa
- The Circulation Foundation supports people with diseases of the veins and arteries, known as vascular diseases, including abdominal aortic aneurysms.
www.circulationfoundation.org.uk
- The British Heart Foundation www.bhf.org.uk
- You can also speak to your GP Practice

WHEN WE GET THINGS WRONG



We are only human and will make mistakes from time to time. A large part of what makes medicine a profession is being open about mistakes and trying to learn and improve from them.

We actively encourage our patients to let us know if they feel we have let them down or could do things better.

Ideally we would like to know face-to face about a problem, as from our experience, an open and honest discussion could often allay most worries. However if you feel we still haven't answered your concerns, or feel unhappy talking about it, then please write to the Practice Manager. The formal complaints procedure is available through the website and at the front desk.

Travel Immunisations Plan ahead to stay safe on Holiday

We provide some travel immunisations at Cumberland House Surgery as an NHS Service. However some vaccines are only available privately and you will have to pay for these.

All travel abroad carries some health risks and it is important you and your family are protected and aware of the risks before you travel. Also many countries carry diseases which we have vaccines to prevent.

If you are travelling with very young children, you have existing medical conditions or you are elderly, please ensure you contact us in plenty of time to ensure you get the best advice in a timely manner.

Please plan ahead:

- ⇒ Contact the surgery at least 8 weeks before travel.
- ⇒ As soon as you are planning any trip abroad please ring our travel nurse for advice.
- ⇒ You may need to see her here at the surgery for a consultation or possibly attend the dedicated private clinic in the Health Hub for your consultation – this is for people doing longer trips or more complex travel such as backpacking or volunteering abroad.
- ⇒ **THE TELEPHONE NUMBER FOR THE HEALTH HUB IS 01625 264100**
- ⇒ Many immunisations require a course to become fully effective, taking up to 6 weeks.
- ⇒ It takes three weeks for immunisations to become fully effective.
- ⇒ Organising your immunisations takes a few steps to ensure the correct immunisations are given at the correct time.



For further advice please see

www.fitfortravel.nhs.uk or www.nathnac.org

HAY FEVER

Hay fever is a common allergic condition that affects up to one in-five people at some point in their life.

Symptoms of hay fever include:

- ⇒ sneezing,
- ⇒ a runny nose
- ⇒ Itchy eyes.

HOW TO USE A STEROID NASAL SPRAY

1. Blow your nose and shake the bottle.



2. Tilt your head forward.

3. Hold the spray bottle upright.

4. Insert the tip of the spray bottle just inside one nostril. Close the other nostril with your other hand, and apply one or two sprays as prescribed.

5. Breathe in as you spray (but do not sniff hard as the spray then travels past the nose to the throat).

6. With your head tilted forward, the spray should go to the back of your nose.

7. Repeat in the other nostril.



The symptoms of hay fever are caused when a person has an allergic reaction to pollen. Pollen contains proteins that can cause the nose, eyes, throat and sinuses (small air-filled cavities behind your cheekbones and forehead) to become swollen, irritated and inflamed.

You can have an allergy to:

- ⇒ tree pollen, released from March to May.
- ⇒ grass pollen, released during the end of spring and beginning of summer
- ⇒ weed pollen, released any time from early spring to late autumn

There is currently no cure for hayfever but most people are able to relieve symptoms with treatment, at least to a certain extent.

Many people find that their symptoms improve as they get older. In an ideal world, the most effective way to control hay fever would be to avoid exposure to pollen. However, it's very difficult to avoid pollen, particularly during the summer months when you want to spend more time outdoors.

Treatment options for hay fever include antihistamines (non sedating options such as Cetirizine are available without prescription), which can help prevent an allergic reaction from happening and corticosteroids (steroids eg Beconase nasal spray is available without prescription over the counter), which help reduce levels of inflammation and swelling. Many cases of hay fever can be controlled using over-the counter medication available from your pharmacist. But if your symptoms are more troublesome it's worth speaking to your GP as you may require prescription medication. For persistent and severe hayfever there is also a type of treatment called immunotherapy where you are exposed to small amounts of pollen over time in order to build up a resistance to its allergic effects. However, this can take many months or even years to be effective. If you are affected by hay fever then a good tip is keeping an eye on the pollen count on the weather forecast and if high levels are predicted then taking an antihistamine prophylactically (that is before your symptoms start).

Further information: www.patient.co.uk or www.nhs.uk

Practice News

Dr Elizabeth Paterson

The practice is pleased to announce that Dr Paterson is now a Partner at the Surgery. Dr Paterson has reduced the number of sessions that she will be available. She now works on a Monday, Wednesday and every other Thursday.



Dr Gillian Mines

We say goodbye to Dr Mines who retired from the surgery in December.

Dr Helen Collins

Dr Collins returns from maternity leave at the end of February. Dr Collins will be working all day Tuesday, Thursday and a Friday morning.

Telephone Numbers

Please keep us up to date with your mobile telephone numbers and your home telephone numbers.



Patients with a mobile telephone number recorded will get text message reminders for appointments. These patients are also able to cancel appointments by texting CANCEL to the text that sent them the reminder.

The surgery also keeps in contact with you by informing you about various clinics that are taking place, if you are overdue certain tests and general news that is important for you to know.

Direct Dial Telephone Numbers

We know that people have problems getting through on the main switchboard number please see the direct dial numbers that are also available. The staff below all have voicemails, if no one answers please leave a message with a contact number and they will get back to you.

<u>NAME OF DOCTOR OR CLINIC</u>	<u>CONTACT</u>	<u>PHONE NO</u>	<u>AVAILABLE</u>
Secretary to Dr Eales Secretary to Dr Mullan Secretary to Dr Collins Secretary to Dr Weidner Secretary to Registrar	Melanie Garner	264064	Monday, Tuesday, Wednesday and Friday 9am – 5pm Thursday 9.30am – 2.30pm.
Secretary to Dr Hodgson Secretary to Dr Bell Secretary to Dr Maund Secretary to Dr Ahmad Secretary to Alyson Fallows (Nurse Practitioner)	Lisa Stockton (Assistant Operational Manager)	264063	Monday to Thursday 9.30am – 5pm Friday 9.30am – 2.30pm
Secretary to Dr Oliver Secretary to Dr Finch Secretary to Dr Durow Secretary to Dr Paterson Secretary to Dr Joseph	Michelle Stewart	264066	Monday to Friday 8.30am – 4.30pm
Insurance forms, PMAs and Accounts	Carole Gilmore	264070	Monday–Thursday 8.30am – 5.00pm. Friday - 8.30 – 1pm
Blood test results and x-ray results. These are given by the Secretaries. <i>Please allow at least 5 working days before phoning for blood test results.</i> <i>Please allow at least 10 working days before phoning about x-ray results.</i>	Please see the above secretaries telephone numbers and contact them for your test results: - Monday to Friday between 10am and 4pm only.		Monday – Friday 10am–4pm
Practice Pharmacist	Helen Bianchi	264062	Monday to Friday
Practice Manager	Amanda Abdi Tehrani	264075	Monday to Thursday
Practice E-mail address—for non-urgent things only	ECCCG.CumberlandHouse@nhs.net		
Practice website address	Www.Cumberlandhousesurgery@nhs.net		
Macclesfield Hospital		01625 421000	

NB: Requests for prescriptions are not taken over the telephone.