

KEEP WARM, KEEP WELL

As everyone knows only too well, Winter started early this year! We don't often wake up to Christmas card scenes before the end of November, but sledges and snowmen have already been out in force, and the kids have had a great time. For the rest of us, though, Winter can be a difficult – and sometimes dangerous – time of year.

Cold, both indoors and outdoors, can have a significant impact on your health. Cold weather can play a part in triggering serious health problems, including heart attacks, strokes, pneumonia and depression. Everyone is at risk to some extent, but some groups are especially vulnerable. These include people over 60, people who are disabled, people with long-term health problems such as heart, lung or kidney disease, and of course people on low incomes who find it difficult to afford adequate heating.

Every Winter, cold weather is identified as a contributory factor in somewhere between twentyfive and thirty thousand deaths across the United Kingdom. Millions more suffer from a wide range of illnesses in which the weather plays a part. One of the most effective ways of keeping well in these difficult circumstances is to make sure that you keep yourself warm. With this in mind, we've produced a leaflet which is packed with hints about ways to keep warm. You can pick up a copy at the surgery, or you can contact Reception and ask for a copy to be sent to you by e-mail. If you have a relative, friend or neighbour who is in one of the vulnerable groups mentioned above, why not get an extra copy to pass on to them?

CHRISTMAS & NEW YEAR SURGERY HOURS

We'll be open as usual Monday to Friday *except* on the three Bank Holidays –

Monday 27 December 2010

Tuesday 28 December 2010

Monday 3 January 2011.

OUT OF HOURS SERVICE

If necessary, you can contact the Out-of-Hours service by telephoning

08450 568 060

FREE NHS HEALTH CHECKS

If you are aged between 40 -74 and haven't already had your free NHS Health Check please contact the surgery to arrange an appointment. The check takes about 20 minutes and assesses the extent to which you are at risk of developing high blood pressure, heart disease, stroke, kidney disease or diabetes.

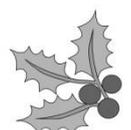
These conditions are the number one cause of premature death across the North East, You're more at risk if you're a smoker, are overweight, have a high cholesterol level or already suffer from high blood pressure.

Do yourself a favour – book your health check now, and give yourself a good start to the New Year!

BEST WISHES FOR CHRISTMAS AND THE NEW YEAR

FROM EVERYONE AT

GRANGE ROAD MEDICAL PRACTICE



WINTER VACCINATION REMINDER

Free influenza and pneumococcal vaccinations are still available to all patients who were unable to attend one of our clinics. Protection is important for everyone over 65 and for all other patients with heart disease, diabetes, chest problems such as bronchitis or asthma, or long term kidney disease. To make an appointment, just contact reception in the usual way.

PRACTICE BOOKLETS

Please check your copy of the Practice Brochure to ensure that it gives the correct phone number for the Out-of-Hours Service, as shown on the front page. We think that some patients may have an old edition of the brochure, which may not show the correct details.

A new edition of the brochure is in preparation; we'll keep you informed of progress in future newsletters.

EVENING SURGERIES

Since the beginning of October we have been offering evening appointments to see a Doctor between 6.00pm and 7.20pm. on one day in each week. These appointments are usually available on Tuesdays, but occasionally we need to change the day to Wednesday to fit in with holidays and training commitments.

If you'd like further details, or to book one of these appointments, just contact reception in the normal way.

CONSULTANT'S LETTERS

Did you know that you can have your own copy of the letter the consultant sends to your doctor when you've been referred to a hospital?

If you'd like to receive a copy, just ask at the hospital outpatients' desk when you check in for your appointment.

GRANGE ROAD HEALTH TIP No.3

Please remember to drink sensibly over the festive season. You could try alternating between alcoholic and non-alcoholic drinks, having alcohol-free days, and avoiding alcohol early in the day.

Above all, never drink and drive – if you do, it isn't just your own health you are putting at risk!

COPING WITH YOUNG CHILDREN WHO ARE UNWELL OR FEVERISH

If your child is unwell, with a raised temperature (above 37.5°) there are a several things you can try to bring down their temperature:

- Give paracetamol mixture (Panadol, Medinol, Calpol) – this will bring the temperature down and help your child feel less hot and miserable. The amount you give your child depends on age – check the dosage instructions written on the label or advice sheet.
- Give plenty of fluids, such as water or juice. Don't worry if they refuse milk or food, they will eat normally when they feel better.
- Take off most of your child's clothes so he/she can lose heat through the skin - e.g. down to nappy and vest.
- Make sure the room temperature feels neither too hot nor too cold.

You should contact the doctor if:

- The child's temperature has not reduced after you have tried to bring it down, or
- Your child is screaming and cannot be calmed down, or
- You are at all worried that they may be seriously unwell.

THANKS FOR ALL YOUR HELP!

We're proud to report that at our Practice Open Day on 18 September sales of refreshments and other donations raised £43.67 for Ryton and District Youth Club.

On the same day we also collected £6.00 for The Stroke Association; the collection box is still in reception, and further contributions would be very welcome!

On 29 October 2010 we had 'Wear It Pink Day' and managed to raise £10.00 for Breast Cancer Awareness.

WAITING TIME FOR RESULTS

We'd like to remind patients to allow at least one full week after providing samples for testing before contacting the surgery to ask about the results. If necessary, we'll get in touch with you if the Clinical team provides feedback in less than a week.