

SURGERY NEWS

Winter Edition - 2010

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COUGHS, COLDS & CHEST INFECTIONS

New guidelines from the Government states initially if you come to see your Doctor with a cough, cold, chest infection or any other related illness we are not to issue antibiotics straight away as they will make little difference to your symptoms and may cause side effects along the lines of diarrhoea, vomiting or even a rash.

Using the timetable below you can see roughly how long you are expected to feel unwell:

Acute Ear Infection:- 4 days

Acute Sore Throat: - 1 week

Acute Tonsillitis:- 1 week

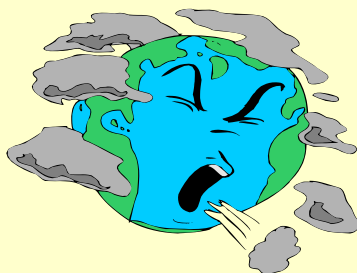
Common Cold:- 1 1/2 weeks

Acute Sinusitis:- 2 1/2 weeks

Acute Cough: - 3 weeks

Acute Bronchitis:- 3 weeks

However, if a week after the initial symptoms started they have not settled or become worse then come back for a review with your Doctor as there maybe justification at this point to issue antibiotics.



WARFARIN PATIENTS

Please remember to record all your blood results in your yellow books including your current dose. When contacted with regards to your most recent INR result you will be asked what dose you are currently taking before you are given your new dose.

You will need to start taking your yellow book to the chemist with you when collecting any Warfarin prescriptions in order for the pharmacist to check your book to be sure you are keeping it up to date and also to check you have the correct dosage of Warfarin issued.

ARE YOU AGED BETWEEN 15—25 YEARS?

If you are aged between 15 and 25 years you are entitled to a free and confidential Chlamydia test.

Chlamydia is a bacteria that effects the sexual organs. Chlamydia is a sexually transmitted infection or STI for short. 1 in 10 of under 25's tested have Chlamydia. The problem is that most people have no signs or symptoms so most of you wouldn't know you have it.

To help prevent any STI's use condoms every time you have sexual intercourse.

The test in question is available from the surgery, you take the sample

yourself and return to it to surgery with the completed form.

It is recommended to have the test repeated on a yearly basis.



Children's Surgery

At 4pm daily, we run a children's surgery. This is for children who have developed an illness over the last 24 to 48 hours. Not for any longer term illnesses. Please make sure you at the surgery by 4pm.



Surgery Hours

Just a reminder that surgery hours are Monday to Friday, 9am to 6pm.

Any phone calls outside those hours will direct you to alternative services.

20 Adelaide Street
Stonehouse
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THANK YOU

We would like to thank everyone who very kindly gave the receptionists a Christmas Present and to all the Christmas cards received. The presents were given a good home and very much appreciated!!

