

# Mowbray Messenger

Issue 21, Spring 2013

**Surgery telephone 0844 499 6978 or 01609 713975**

**Website [www.mowbrayhousesurgery.co.uk](http://www.mowbrayhousesurgery.co.uk)**

## Booking your Holiday



*Patients are reminded that travel advice and vaccinations now require the completion of a **travel risk assessment form** prior to an appointment with the nurse. This ensures adequate time to give both vaccinations and advice at the consultation. Some vaccines need to be given well in advance of travel so please get your risk assessment forms in early, they can be obtained from reception or downloaded from the website, [www.mowbrayhousesurgery.co.uk](http://www.mowbrayhousesurgery.co.uk)*

## Patient Survey 2013

The patient survey for 2013 has now closed and the results will be published on the website (and in surgery booklets as usual for those without internet access) as soon as they have been processed.

*If you are unable to attend surgery for an appointment, please contact us at the earliest opportunity as we can usually re book even at short notice. Thank you*

## Antibiotics – Why most infections don't need them!

When antibiotics were developed in the 1940's they were the first 'wonder-drugs'. Infections which previously killed people or caused them serious harm were now easily cured with penicillin and other antibiotics. Over the last sixty years even better antibiotics have been developed that are ever more effective at treating various bacterial infections.

However in recent years doctors have seen the development of bacteria which are increasingly resistant to antibiotics. MRSA and C difficile are two of the best known. One of the principle reasons for the emergence of these bacteria is that antibiotics have been used far more than they are necessary. We now appreciate that many of the infections which doctors have treated with antibiotics don't actually need them in order to get better.

Most people now know that simple coughs, colds and sore throats which are caused by viruses are not improved at all by the use of antibiotics. But many people don't realise that antibiotics also have very little effect on most cases of tonsillitis, sinusitis, acute bronchitis and many ear infections. So if you see your doctor with an infection and are told you don't need an antibiotic, don't be surprised, it's because he expects you to get better without one.

*Dr Miers*



## Welcome New Registrar - Dr Andrew Dickie



I trained up in Glasgow and worked in hospitals in the area until joining the Navy in 2007. For 3 years I served as Medical Officer on ships and submarines before starting my GP training. At home we have a little boy who has just turned 1 and I enjoy getting out on my bike when I can.

*Dr Bennett-Britton will be leaving us at the beginning of February to go back to the RAF at Leeming. We shall be sorry to lose him and wish him well for the future.*

## New Registrar Dr Audrey Smith

We also welcome Dr Audrey Smith, originally from Texas USA. She went to college at Texas A&M and graduated with a BS in genetics. Then went to medical school at Houston where she graduated in 2006 and began her speciality training as a psychiatrist. Audrey then moved to the UK (to be closer to her, Scottish fiancé) and begin her training to become a GP. She is now a proud wife and Mummy.



**District Nurses 01609 781120**  
**Health Visitors 01609 751160**

## Coming 5th March 2013 - NHS 111

Calls to the NHS 111 service from landlines and mobile phones are free and the service is available 24 hours a day, 365 days a year for healthcare needs, when:

- You need medical help fast, but it's not a 999 emergency;**
- You don't know who to call for medical help or you don't have a GP to call;**
- You think you need to go to A&E or an-other NHS urgent care service; or**
- You require health information or advice reassurance about what to do next.**

Calls to NHS 111 will be handled by a team of highly trained call advisers, supported by experienced clinicians. Using an appropriate clinical assessment system, questions are asked to assess callers' needs and determine the most appropriate course of action without the need for re-triage. This includes ambulance dispatch, referral to a service within the NHS, referral to an alternative service, and information advice and reassurance including self care.

## Seasonal Flu, General Information

Seasonal flu (also known as influenza) is a highly infectious illness caused by a flu virus. The virus infects your lungs and upper airways, causing a sudden high temperature and general aches and pains. You could also lose your appetite, feel nauseous and have a dry cough. You may need to stay in bed until your symptoms get better. Symptoms can last for up to a week.

### How it is spread

The flu virus is spread in the small droplets of saliva coughed or sneezed into the air by an infected person. If you breathe in these droplets, you may become infected. Flu can also spread if someone with the virus touches common surfaces such as door handles with unwashed hands.

### The infectious period

Symptoms develop one to four days (two days on average) after being infected. People with flu are usually infectious (can spread the virus) a day before symptoms start, and remain infectious for five or six days. Children and people with weaker immune systems (such as cancer patients) may remain infectious for slightly longer.

Try to avoid all unnecessary contact with others during this infectious period. Your symptoms will usually peak after two to three days. You should begin to feel much better within five to eight days.

**We no longer have any flu vaccines left, patients are reminded to respond to letters received regarding this, as soon as possible.**