

ELM TREE SURGERY NEWSLETTER

Issue 2 - 2009

Staff Changes and Updates	2
Flu Clinic—2009	2
Parking - Church Walk	2
Swine Flu	3
Allergy & Clinics	3
Prescription Requests	3
Cervical Smears	4
Contraceptive Implant	5
Local Travel Information	5



**ELM TREE
MEDICAL
PARTNERSHIP**

Staff Changes And Updates



We would like to extend a warm welcome to the following new members of staff — Jenni Murray (Practice Nurse), Ryalla Knight (Receptionist), Hannah Foster and Tia Rachael who are joining our Counselling/Psychology Team, Caroline Pensotti (RGN) who has joined our Health Visiting Team, and we also welcome our next Registrar, Dr Rachel Heath, who will be joining us at the beginning of August.

We say a fond farewell to Dr Kim Purvis (Registrar) who leaves us at the end of July, Charlotte Paterson (Practice Nurse) also leaving at the end of July, and farewell to Jacqueline Millar (Counsellor) and wish all of them well in the future.



Flu Clinic – 2009

ELM TREE SURGERY, SHRIVENHAM

FLU VACCINATIONS. We shall be holding a Flu Vaccination Clinic at **Shrivenham Memorial Hall** on **Tuesday 6 October**, between **2.00pm-7.00pm**.

We strongly recommend vaccination for people with the following:

- . Diabetes
- . Kidney disease
- . Heart disease
- . Stroke
- . Lung disease
- . Liver disease
- . Those who have had their spleen removed
- . Asthma (If you are using inhaled steroids).
- . Everyone aged over 65
- . If you are a Carer

Any registered patients of Elm Tree Surgery, aged over 16 years with these conditions may come along, during the above times for their Flu Vaccination.



NHS policy is that only patients who are in the above categories are eligible to receive a 'flu vaccine.

We anticipate having plenty of vaccine, so please come later in the afternoon to avoid the initial rush.

Parking in Church Walk

Please be aware of the “**KEEP CLEAR**” markings on the road surface when parking in Church Walk. It is important that this area is kept free of parked cars to allow access to the rest of Church Walk and neighbouring properties.



Swine Flu

Swine Flu

There is currently very little precise advice that we can provide about swine flu as the information is changing so fast.

It is not possible to prescribe supplies of anti-virals such as Tamiflu for people to take "just in case" as the supplies are managed by the Health Protection Agency.

If you need up-to-date information we suggest looking at the Health Protection Agency, the World Health Organisation and the Foreign and Commonwealth websites.



Allergy & Clinics



Did you know about the new services now available at Elm Tree Surgery?

Dr Crockett has started an Allergy Clinic which is suitable for patients of any age who have a suspected or known allergy and who are not receiving specialist care. If you think you may be suitable please phone Dr Crockett on 01793 782207.

The service is also available privately to patients registered at other practices.

Dr Edwards has started a weight management course which is aimed at people with a BMI of over 30. If you would be interested in finding out more about the course please make an appointment to see Dr Edwards.

The service will also be available privately from September to patients registered elsewhere.



We also have a comprehensive Travel Clinic providing a full range of immunisations including Yellow Fever and advice on travel abroad, including travel packs. Appointments can be made through reception.

This is also available privately to patients registered elsewhere, telephone number 01793 787462.

Prescription Requests

Please note that from 3 August 2009 the telephone line used to order your repeat prescription - 01793 784440 - will be available between 13:30 and 15:00 only.

Please consider using one of the alternative methods of obtaining your medication:

- By fax - please fax your request to 01793 784429
- Online - please ask at Reception for information on how to set up an account
- By post - please send your repeat prescription list and make it clear which medication you require
- By hand - please bring your repeat prescription list to the surgery and leave it in the "red box" marked "prescriptions" at the Front Desk



Cervical Smears

The importance of attending for regular cervical screening has recently been highlighted following the sad death of Jade Goody. The NHS Cervical Screening Programme invites all women between the ages of 25 and 64 for cervical screening (25-49 every three years, 50-64 every five years). Cervical screening is not a test for cancer. It is a method of preventing cancer by detecting and treating early abnormalities which, if left untreated, could lead to cancer in a women's cervix. Minor changes in the cells in the cervix are quite common and often return to normal. However, if the changes progress they can be easily treated before any cancer changes develop. Cervical cancer is rare in women under 20. Teenagers' bodies, particularly the cervix, are still developing, which means young women may get an abnormal result when there is nothing wrong. This could lead to unnecessary treatment which might do more harm than good. Under the age of 25 invasive cancer is extremely rare, but changes in the cervix are common. Although lesions treated in very young women may prevent cancer from developing many years later, the evidence suggests that screening should start at age 25. Lesions that are destined to progress will still be screen-detectable and most that would regress will no longer be a source of anxiety.

The exact cause of cervical cancer is unknown, however it is known that :

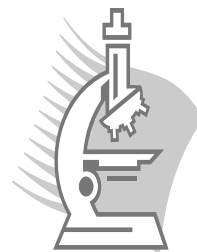
Some types of Human Papilloma Virus (HPV), in particular HPV 16 and HPV 18 are found in 99% of cervical cancers. Other types (HPV 6, HPV 11) cause genital warts. Those which cause genital warts do not place a woman at increased risk of developing cervical cancer.

Women with many sexual partners, or those whose partners have had many partners, are more at risk of developing cervical cancer. This is because their lifestyle is more likely to expose them to high risk HPV variants.

Women who smoke are about twice as likely to develop cervical cancer as non-smokers. Stopping smoking appears to help clinical abnormalities return to normal.

Long term use of oral contraceptives increases the risk of developing cervical cancer but the benefits of taking the pill far outweigh the risks for the majority of women.

Despite the risk factors, cervical screening can prevent around 75% of cancer cases in women who attend regularly.



Contraceptive Implant

We have introduced a new contraceptive service at the Practice. Dr Edwards and Katrina Dawkes (Practice Nurse) are now able to fit the contraceptive implant - Implanon.

Implanon is an excellent method of contraception. It consists of a small tube (about the size of a hairgrip) which is inserted just under the skin on the inner surface of the upper arm. It contains the hormone progesterone which is gradually released over a period of 3 years. The progesterone works mainly by stopping ovulation, it also thickens the 'mucus plug' in the cervix, and thins the lining of the womb. It is over 99.9% effective. There are many advantages to using the implant which include:

You do not have to remember to take a pill everyday

It does not interfere with sex

It can be used whilst breastfeeding

There is a rapid return to pre-existing fertility after removal

Lighter periods

The release of progesterone will usually cause changes to the pattern of periods. During the first year it is common to have irregular bleeding and sometimes periods are heavier/longer than before. Periods usually settle back to a regular pattern after a year, but may remain irregular. 20% of women with the implant will have no bleeding at all.

The implant is effective for 3 years after which it can be replaced. It can be removed at anytime during the 3 years if necessary .

If you are interested in finding out more about the implant, please make an appointment with either Dr Edwards or Katrina Dawkes.



Local Travel Information

THE NATIONAL BUS PASS

Free off-peak travel on local buses anywhere in England for those over 60 and eligible disabled people. For more information please see www.whitehorsedc.gov.uk or contact 0845 300 6129.

THE HOSPITAL APPOINTMENTS ALLOWANCE

Transport cost reimbursements for eligible people visiting local hospitals who are unable, or find it difficult to use public transport. For more information see www.whitehorsedc.gov.uk or contact 0845 300 6129.

OCTABUS DIAL-A-RIDE

A door-to-door service for older or disabled people who are unable or find it difficult to use public transport. For more information please see www.whitehorsedc.gov.uk or contact 01865 876176.

