



HAWTHORN MEDICAL PRACTICE

PATIENT NEWSLETTER

SPRING 2018

END OF AN ERA

After 30 years, Dr Vincent Rogers is hanging up his stethoscope and retiring from Hawthorn Medical Practice.

Dr Rogers has had a long and distinguished career where he has not only provided medical services to our patients but in the latter years he has been our Senior Partner , Registered Manager and guide throughout all the changes brought about by the Care Quality Commission.

Dr Rogers will be missed by the entire Hawthorn community and we all wish him a long and very happy retirement.

A new Senior Partner and Registered Manager is in the process of being appointed and he will, of course, be supported by the rest of our Partners who have been joined by Dr Ayesha Imran.

A new chapter begins for us all.

Ladies – how much do you value your life?

In one morning at the Breast Screening Unit **SIX** ladies had not turned up for their appointment. Breast Screening and Smear tests save women's lives every day. Yes, you might find them embarrassing, inconvenient, undignified but which is worse to suffer a few minutes of embarrassment or suffer an incurable cancer and leave your families suffering for the rest of their lives simply because you didn't want it doing or you felt embarrassed. **Book your smear test, take up the breast screening offered – you might be one whose life is saved!**



"Those who think they have **no time for healthy eating**, will sooner or later have to find **time for illness.**"

~ Edward Stanley

Just a quick reminder that mammogramming your boobs is more important than instagramming them.





Contact Details



Please keep your contact details up to date. If you change your mobile number, landline, email address and/or address then please contact us and we can update your record.

E-CIGARETTES (VAPING)

E-cigarettes do seem to be a bit like Marmite, courting controversy among the public and media alike. Not surprisingly, there are lots of inaccuracies and misconceptions about e-cigarettes and vaping.

The latest comprehensive independent e-cigarette review, authored by leading academics in the tobacco control field, looks at the up-to-date international data and peer-reviewed research.

Despite the sometimes confused, and confusing, media reporting around the safety of e-cigarettes, there is growing consensus around the evidence. While not without some risk, when compared to smoking e-cigarettes are far less harmful.

This view is supported by a number of key bodies, including Cancer Research UK, Action on Smoking and Health, the Royal College of Physicians, the British Medical Association and recently, a major US science body, the National Academies of Sciences, Engineering, and Medicine. ***(For more information visit the Public Health England's website)***

(Please note: The Practice does not promote smoking of any kind and would advise anyone to refrain entirely. If you wish to be referred for stop-smoking support to Quit 51- self referral is possible, please ask at Reception for further details)

Did you know...?

...that you can carry resistant bacteria for up to one year after taking an antibiotic

That means the bacteria will not be killed off if you are given the same antibiotics again. This is why it's best to use antibiotics only when you really need them, in case you get something really serious and need life-saving antibiotics to work for you.

..... antibiotics should not be used to treat coughs and colds?

All colds and most coughs and sore throats are caused by viruses. Antibiotics do not work against such infections, such as colds, caused by viruses. Viral infections are much more common than bacterial infections.



INFECTION CONTROL STATEMENT

A full audit of all aspects of infection control was carried out in November 2017 and full compliance was noted, with the exception of some chairs and floorings needing to be replaced.

All staff have completed annual infection control and hand wash training and received 100% compliance. Good hand hygiene is essential for infection control.

The CQC noted in their report that there are good standards of hygiene and cleanliness, and appropriate measures in place for maintaining these standards.

Oh, and another thing Doctor

We know that getting an appointment with the Doctor is sometimes difficult despite our best efforts. We know that patients do 'save' their problems and present them to the Doctor at the same time, with or without a list. We know that the Doctor may also run late.

All of this increases the tendency for patients to present multiple problems to the Doctor at one consultation. We kindly ask that all patients try and stick to 'One Problem Per Consultation'. The main reason for this request is for clinical safety.

Research has shown that presenting the Doctor with multiple problems distracts them and increases the risk that mistakes will be made and things to be missed.

The Doctor may be inclined to rush, particularly if other patients are waiting.

Ten minutes really is not a lot of time, even for just one problem, e.g., 1 minute to get to Doctor's room and sit down, 3 minutes to tell a history, 3-4 minutes to perform targeted examination, 2 minutes to explain, advise and treat. There is often little or no time left of the ten minutes to write up notes, fill out forms, dictate referrals or speak to other team members for advice.

One of Primary Care's main purposes is to detect serious disease early. Presenting multiple problems to the Doctor, not all of which may be serious, increases the difficulty of this task – it is like finding the 'needle in a haystack'.

Doctors cannot see huge numbers of patients with multiple problems and continue to practise safely and effectively. A stressed Doctor is not a good Doctor.

Therefore please do not be offended if the doctor asks you to rebook for your other problems. We are working in your best interests in order to keep you safe. Help the Doctor to help you.

Worried about your memory?

It happens to all of us from time to time. You can't put a name to a face. You forget where you put your keys. You can't remember where you parked the car. Most of the time such slips are a nuisance, rather than a sign of something more serious, but if you are worried that your memory is getting noticeably worse, or if memory loss is beginning to affect your everyday life,



it is worth seeking advice. You might also be concerned about someone close to you. It's important to seek advice because, in some cases, memory problems are an early sign of a medical condition such as dementia. If you have any concerns, please speak to your GP. Further information on dementia can be found on the NHS Choices website – www.nhs.uk

Remember to look up at the stars and not down at your feet. Try to make sense of what you see and wonder about what makes the universe exist. Be curious. And however difficult life may seem, there is always something you can do and succeed at. It matters that you don't just give up.” *Stephen Hawking – 8.01.1942 – 14.03.2018*

KEEP YOUR CHILD'S TEETH HEALTHY

1) Start Proper Oral Hygiene Habits ASAP

Gently clean your infant's gums and newly erupting first teeth after each feeding with a water-soaked gauze pad or damp wash cloth.

2) Brush With Care

When your baby's teeth come in, brush them gently with a small, soft-bristled toothbrush using no more than a thin smear of fluoridated toothpaste.

3) Teach Your Children

When your child turns 3, you can begin to teach your child proper brushing techniques with no more than a pea-sized amount of fluoridated toothpaste. You should follow up their efforts by gently brushing the teeth again.

4) Check Your Water

Determine if the water supply that serves your home is fluoridated. If it is not, discuss supplement options with your dentist. Keep in mind that toothpastes and various foods may also contain fluoride.

5) Fight Baby Bottle Tooth Decay

Don't let your child go to sleep with a dummy or bottle filled with anything but water. When teeth are frequently exposed to sugar-containing fluids (including breast milk and formula) for long periods, the potential for decay increases dramatically.

6) Avoid Sugar

Understand that if your child ingests sugars, it will take the saliva a minimum of 30 minutes to neutralize the acidity that is created by decay-producing bacteria. A sugary snack every hour can mean your child's mouth is always acid, increasing the chances for tooth decay.

7) Make a Dental Appointment

Your child should see a dentist around the time of his/her first birthday and then regularly thereafter. Your dentist will teach you how to prevent dental disease, check for cavities in the primary teeth and watch for developmental problems, and set a positive precedent for future visits.

8) Prevent Cavities

Ask your dentist about dental sealants and fluoride applications to protect your child's teeth. Sealants can prevent food from getting stuck in the tiny grooves on the chewing surfaces and topical fluoride will strengthen the enamel against decay.

9) Keep Your Cool

If you feel anxious about a visit to a dentist, try not to convey these feelings to your child. This is very important for emotional well-being. Make it a fun experience!

10) Childproof Your Home

Research has shown that children under age 7 sustain over half of the dental injuries to their primary (baby) teeth playing in close proximity to home furniture.