



DOCTORS' NEWS

Dr Claire Shorter to become a partner at Chiddingfold Surgery

Dr Shorter is well known to many of our patients. She has worked at the practice as a salaried doctor since 2014 and from the 2nd October she will become a Part Time Partner working on: Monday mornings, all day Tuesdays and Thursdays and Friday mornings. Over the coming months Dr Shorter will be expanding her role within the practice and will be leading on Respiratory and Cancer care.

In order to ensure patient's have equitable access to their named GP we will be balancing each partner's patient list. This will mean a small number of Dr Willett's, Dr Watt's and Dr Cameron-Blackie's patients will be transferred to Dr Shorter's list.

BOWEL CANCER SCREENING A patient's tale "Stubborn men awake"

I am a 73-year-old married man, father of 3 and grandfather of 7. I enjoy life.

I have always taken part in the regular, free NHS screening programme for Bowel Cancer. In December, I sent samples off as usual. Two weeks later an oncologist informed me that I had bowel cancer which had spread to my liver. Without treatment, I was told that life expectancy would be short.

I never felt ill. I have never smoked. I gave up alcohol over 20 years ago. I am active and eat a healthy diet. Because of the National Bowel cancer screening which led to early detection, followed by early treatment, I have been given the hope of a cure.

Don't take risks and do the test. No need to feel embarrassed!

To find out more about bowel cancer screening go to:

<http://www.nhs.uk/Conditions/bowel-cancer-screening/Pages/Introduction.aspx>

and

<https://www.bowelcanceruk.org.uk/about-bowel-cancer/screening/>

FLU VACCINATION CLINICS BOOKING NOW

The following patients
are all eligible to have
their flu vaccination
at the Surgery:

- all patients aged 65 years and over
- Children aged 2 - 3 years
(DOB 1/9/2013 - 31/8/2015)
- All pregnant ladies - the vaccine can be given at any stage in pregnancy
- Patients with long-term medical problems:
 - chest complaints or breathing difficulties e.g. asthma, COPD
 - diabetes
 - heart disease, stroke or TIA
 - kidney disease, liver disease
 - neurological diseases e.g. MS, cerebral palsy
- all seriously overweight patients (BMI 40+)
- patients with lowered immunity due to disease or treatment e.g. steroid treatment or chemotherapy

Your GP can also check and give you all other recommended vaccines at the same time, e.g.

- pneumococcal
- meningitis
- ACWY
- whooping cough
- shingles

It is best to have the flu vaccination in the autumn, before any outbreaks of flu.

ANTIBIOTICS RESISTANCE IS ONE OF THE BIGGEST THREATS FACING US TODAY

At Chiddingfold Surgery we are trying to reduce the unnecessary use of antibiotics

Winter is a time for lots of patients to suffer from coughs and colds.

These are primarily caused by viruses not bacteria. Most patients will be able to fight off the infections in the chart below on their own:

Visit the health pages on NHS choices:

www.nhs.uk for further information and advice on common ailments

For more information about Antibiotics resistance visit:

www.gov.uk/government/uploads/system/uploads/attachment_data/file/465963/Antibiotic-Guardian_3-fold-leaflet_FINAL.pdf

Infection	Usually lasts	How to treat yourself
Ear infection	4 days	Have plenty of rest.
Sore throat	7 days	Drink enough fluids to avoid feeling thirsty.
Common cold	10 days	Ask your local pharmacist to recommend medicines to help your symptoms and/or pain.
Sinusitis	18 days	Fever is a sign the body is fighting the infection and usually gets better by itself. You can use paracetamol if you or your child are uncomfortable.
Coughs	21 days	

The Patient Participation Group

is a small group of patients who meet regularly with the Surgery to discuss the needs, views, concerns, and comments of the patients and to enable constructive changes to be made to improve the services.

If you would like to join the group please leave your name and contact details with the surgery receptionist or in the 'comments' box in the surgery waiting room (addressed 'for the attention of the PPG').