

RECTORY MEADOW SURGERY

Newsletter



ISSUE 2

OCT/NOV/DEC 2011

MISSED

APPOINTMENTS

Since July this year, 148 patients have failed to attend either a GP or a nursing appointment at the surgery. This equates to nearly ten full surgeries.

It is very important that you let us know if you are unable to attend your appointment so that we may offer it to someone else.

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Welcome



Welcome to the latest edition of the Rectory Meadow Surgery Newsletter. We have had some excellent feedback to our launch issue, including ideas for future copy. Please keep the suggestions coming as we are always grateful for input and articles from patients as well as staff.

We have included some useful information this quarter on the upcoming 'flu season and we would urge all patients in the "at risk" categories to make their appointment now to get the best possible protection over the winter season.

Secretarial Reorganisation

Following the well earned retirement of

Pam Joiner, Dr Ferguson's secretary, after 45 years of dedicated service to the Practice, the secretarial staff will be re-organised as follows:

Dr Sapsford – Jane/Sue (01494 787107)

Dr Carter – Jenny/Jane (01494 787108)

Dr Ferguson – Jane/Mo (01494 787110)

Dr Watteux – Jenny/Jane (01494 787108)

Dr Chan – Mo (01494 787107)

We wish Pam all the best for her retirement!

Dr Andy Sapsford—Senior Partner

I was born in New Zealand and went to Otago University medical school. I came to the UK as a ship's doctor in 1978 and my intention was to gain some medical experience in the UK for 1-2 years before returning to NZ. However, having met my future wife, I decided to stay! And here I am, 33 years later still working in, and serving the NHS in the UK.

I joined Drs Rolt, Phillips, Gibbs, Haydon & Neal at The Surgery, London Road at the foot of Gore Hill in 1982. The Practice moved to Rectory Meadow Surgery in 1989 and I

became senior partner in 2009.

I have been a GP Trainer involved in the teaching of junior doctors at the surgery for 21 years.

I have held a number of posts outside general practice over the years, including Hospital Practitioner in Gastroenterology at WGH for 27 years, and Chairman of both Buckinghamshire County and Berks, Bucks & Oxon Regional Local Medical Committees (a sort of Parliament for GPs). I was a member of the Round Table for several years,

and it's Chairman for a year.

I have lived in Amersham for 31 years and I have 5 children. I have no choice but to be an avid Chelsea supporter given that my wife's family have been so for generations. Personally, being a Kiwi, I also enjoy watching the rugby, especially at this time of the World Cup – I have persuaded my family to become enthusiasts as well!





Sorry WE'RE
CLOSED

Forms News

*'We are most
indebted to
these patients
who raise funds
for the practice.'*



Staff Training

The surgery will be closed from 1pm for staff training on the following dates: -

- 19 October 2011
- 17 November 2011
- 18 January 2012

Should you need a doctor urgently, and it cannot wait until the surgery is open again at 8.30am the following day, please call Bucks Urgent Care, our Out of Hours Provider, on 0300 130 3035.

Requests for repeat prescription, test results and other Non-urgent matters should wait until we are open again the following morning.

FORMS—Friends of Rectory Meadow

The Friends of Rectory Meadow (FORMS) is an independent organisation whose role is to provide much needed additional funding to support and extend facilities available to doctors and staff at the surgery. We are most indebted to these patients who raise funds for the practice. Any contributions received go towards the cost of adding to or replacing essential medical equipment for the sole benefit of our

patients. To join FORMS, please telephone Eveline Noyes, membership secretary, on 01494 784748.

Self Service Blood Pressure Monitor



A recent much-anticipated purchase by FORMS has been our patient-activated blood pressure monitor. Located in our confidential area in reception, it

allows you to check your blood pressure either as a result of an invitation from the practice, or simply out of curiosity! The machine is quick and simple to use with easy-to-follow instructions. Your blood pressure and pulse rate are then printed out, and we ask that you hand the printout to reception where it will be reviewed by your GP. We will contact you if further action is required.

Did you know? Repeat Prescriptions

If you are on regular medication, there are several ways to reorder the items that you require;

- In person at the surgery
- By fax
- By post
- Online, by going to www.rectorymeadowsurgery.co.uk and following the link.

Some chemists allow you to order your medication from them. They will then deliver the request to the surgery on your behalf.

**WE ARE NOT ABLE TO TAKE ORDERS FOR REPEAT PRESCRIPTIONS OVER THE PHONE.
Prescription Collection**

If brought in before 11am, your prescription will be ready for collection at the surgery after 3pm on the same day. Prescription requests delivered to us after 11am will be ready after 3pm the following day. We can arrange for your prescription to be sent to a local chemist. They will then prepare your medication for you to collect at your convenience. Please allow more time before visiting your pharmacist if you choose this option. The following local chemists collect prescriptions from the surgery; Lloyds, Boots, Tesco, Little Chalfont, Collins & Jervie.

PLEASE MARK CLEARLY ON YOUR PRESCRIPTION REQUEST WHICH CHEMIST YOU WOULD LIKE TO COLLECT YOUR MEDICATION FROM.



Flu Season 2011

We are now booking our flu vaccinations for the coming winter season. This article, based on Department of Health guidance, explains how you can protect yourself against flu this coming winter and why it's very important that people who are at risk have their free seasonal flu vaccination every year.

What is seasonal flu?

Seasonal flu occurs every year, usually in the winter. It's a highly infectious disease caused by a virus. The most likely viruses that will cause flu each year are identified in advance and vaccines are then produced that closely match them.

How do I know when I've got Flu?

People sometimes think a bad cold is flu, but having flu is often much worse than a cold – you may need to stay in bed for a few days if you have flu. Flu symptoms hit you suddenly and severely. They usually include fever, chills, headaches and aching muscles,



and you can often get a cough and sore throat at the same time. Because flu is caused by viruses and not bacteria, antibiotics won't treat it.

What harm can Seasonal Flu do?

Some people are more susceptible to the effects of seasonal flu. For them it can increase the risk of developing more serious illnesses such as bronchitis and pneumonia, or can make existing conditions worse. In the worst cases, seasonal flu can result in a stay in hospital, or even death.

Am I at greater risk from the effects of seasonal flu?

Even if you feel healthy, you should definitely consider having the free seasonal flu vaccination if you have:

- a heart problem
- a chest complaint or breathing difficulties, including bronchitis or emphysema
- a kidney disease
- lowered immunity due to disease or treatment (such as steroid medication or cancer treatment)
- a liver disease
- had a stroke or a transient ischaemic attack (TIA)
- diabetes
- a neurological condition, for example multiple sclerosis (MS) or cerebral palsy
- a problem with your spleen, for example sickle cell disease, or you have had your spleen removed.

Who else should consider having a seasonal flu vaccination?

You should have the seasonal flu vaccination if you:

- are aged 65 years or over;
- live in a residential or nursing home;
- are the main carer of an older or disabled person, or
- are pregnant (see the next section).

I am pregnant. Do I need a Flu Vaccination this Year?

Yes, all pregnant women at any stage of pregnancy should be offered the flu vaccine this year. Talk to your GP or midwife if you are unsure about having the vaccination.

Is there anyone who shouldn't have the vaccination?

Almost everybody can have the vaccine, but you should not be vaccinated if you have had a serious allergy to the vaccine in the past, or if you have a serious allergy to hens' eggs. If you have a

fever, the vaccination may be delayed.

Why is a seasonal flu vaccination my best protection against flu?

The vaccination will help your body to fight flu viruses. Your body starts making antibodies against the viruses about a week to ten days after the injection. These antibodies help to protect you for a whole year against similar seasonal flu viruses that you may come into contact with.

The seasonal flu vaccine will not protect you against the common cold or other winter viruses.

Will I get any side effects?

There are some fairly common but mild side effects. Some people get a slight temperature and aching muscles for a couple of days afterwards, and your arm may feel a bit sore where you were injected. Any other reactions are very rare.

Will the seasonal flu vaccine protect me completely?

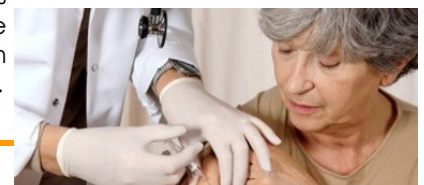
Most people who have the seasonal flu vaccination will not get seasonal flu. However, like any vaccine, it does not give 100% protection. Out of every 100 people who have the vaccine up to 80 may be protected. The rest may have some protection that will reduce the severity of their symptoms.

What if I am not entitled to a free vaccination?

We would be happy to give 'flu jabs on a private basis subject to sufficient supply. We supply private jabs on behalf of Chiltern Health. The charge is £15.00. Please ask at reception for further details.



The vaccination will help your body to fight flu viruses. It will not protect you against the common cold or other winter viruses



Chilterns Prostate Cancer Support Group

What is Prostate Cancer?

Prostate Cancer is the most common cancer affecting the UK male population. One man dies of prostate cancer every hour in the UK but awareness of it is low. Every year 35,000 men are diagnosed with prostate cancer of whom 10,000 die of it, which in a number of cases is because there was no early diagnosis. Men over 50, Afro-Caribbean men and men with a family history of prostate cancer are at increased risk.

In its early stages there are few, if any, symptoms. If and when symptoms do occur they may include a frequent or urgent need to urinate, a poor or painful flow, dribbling or feeling the bladder is not quite empty. Early testing, diagnosis and treatment greatly improve survival rates.

The Prostate Specific Antigen (PSA) test measures the level of a protein produced only by the prostate. A raised PSA level may indicate that prostate cancer is present. Further tests can then be carried out to ascertain if prostate cancer is the cause. If you are concerned ask your GP for a PSA test.

Who are The Chilterns Prostate Cancer Support Group (CPCSG)?

CPCSG was formed in 2005 and is a member of the Prostate Cancer Support Federation. It is a patient-led group whose two main aims are :

To offer confidential non-medical information and support based on members own experiences, to men, their partners and families affected by prostate cancer.

To raise awareness of the consequences of prostate cancer in this area and to encourage men to seek early diagnosis.

The group includes Health Care Professionals and has links to other support groups, charities and the wider medical profession to help with improvement of the support quality it offers. The Group activities include talking to individuals and their family members who would like to know more about what it is like to live with prostate cancer.

It holds a number of meetings per year to which specialists are invited to talk about a

range of prostate cancer issues. It gives talks to a wide range of local groups about member's personal experiences of prostate cancer and about the work of the group. The Group puts on displays in shopping centres and at local events to promote awareness of prostate cancer.

Don't face prostate cancer on your own

The group covers the towns and villages in South Buckinghamshire. These include Amersham, Beaconsfield, Bourne End, The Chalfonts, Chinnor, Flackwell Heath, Gerrards Cross, Great Missenden, Haddenham, High Wycombe, Marlow, Penn, Prestwood, Princes Risborough, Stokenchurch and Thame.

For further information visit the website:

www.chilternsprostatecancersupportgroup.co.uk

This article was kindly written by George Allison, a patient of the Practice



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