



Harbury Surgery Newsletter

Summer 2012



Opening Hours



for Bank Holidays on Monday 4 June, Tuesday 5 June and on Monday 27 August. Please order medications in good time and remember to pick up before the holidays.

Staff News

We are very pleased to welcome Dr Calthrop-Owen to the Practice as a permanent replacement for Dr Hancock. You may have met her before as she has worked here at the Surgery in the past, as a locum doctor. Her surgeries are on Monday morning at Harbury, Wednesday morning at Harbury, Wednesday afternoon at Bishops Itchington and all day Friday at Harbury. Dr Calthrop-Owen will also be attending baby clinic when required.

Access to medical records by a third party

Recently, we have had several incidences of Carers/Next of Kin requesting information from the medical records of their relative, such as test results, etc.

Unfortunately, we are unable to give out this information without a form or letter from our patient to give their consent for a named third party to be able to access their medical records. To help with this, we have made a form which can be completed to state these wishes.

If you would like someone to be able to act on your behalf and/or have access to test results, etc, please ask for a 3rd party consent form at Reception and return it to the Surgery. We can add your wishes to your medical records.



Coping with a Heatwave - Just in case!

Most of us enjoy sunny weather, but extreme heat can seriously damage your health. During a heatwave, when temperatures stay really high day after day, it can sometimes be fatal.

What are the risks?

In a severe heatwave you may get dehydrated and your body may overheat. If you already have a heart or respiratory problem, this may make your symptoms worse. Additionally, it can cause heat exhaustion or heatstroke. Keeping yourself cool will reduce the risk of illness. If you start to feel unwell, it is important to seek medical advice as soon as possible.

The symptoms of heat exhaustion include headaches, dizziness, nausea and vomiting, muscle weakness or cramps, pale skin, and a high temperature. You should move somewhere cool and drink plenty of water or fruit juice. If you can, take a lukewarm shower, or sponge yourself down with tepid water.

Heatstroke can develop if heat exhaustion is left untreated, but it can also occur suddenly and without warning.

Symptoms include headaches, nausea, an intense thirst, sleepiness, hot, red and dry skin, a sudden rise in temperature, confusion, aggression, convulsions and loss of consciousness. Heatstroke can result in irreversible damage to your body, including the brain, or death.

- **Keep out of the heat particularly between 11am and 3pm. Avoid strenuous exercise and if you must go out try to stay in the shade.**
- **Stay cool, wearing loose, cotton clothing, covering the back of your neck with a damp, cotton cloth, and stay in the coolest rooms of your house.**
- **Drink regularly, even if you don't feel thirsty. Water or fruit juice is best.**
- **Seek advice if you have any concerns. Remember, heatstroke can kill. It can develop very suddenly, and rapidly lead to unconsciousness. If you suspect someone has heatstroke, call 999 immediately.**

Carers News

We had a very successful Carers Afternoon on 25 April. Fourteen Carers came to the event to enjoy some refreshments and chat with the advisors from Guideposts Carers Support. Carers enjoyed a complimentary mini massage by our therapist and a health check with Bev.

Photograph shows Guideposts Advisors Ann and Mandy with their information display, along with Bev, our healthcare assistant and Patti the therapist - and cakes at the ready!



Carers Week is another very worthwhile event for carers running across the district from Monday 18th to Friday 21st June 2012. There are two events where advisors from Guideposts Carers Support Service will be on hand to answer any questions and provide information and advice, as follows:

Tuesday 19th June 10.00-3.00 Royal Priors Leamington. Information Stand .
Friday 21st June 10.00-2.00 Stratford Hospital . Information Stand



If you help care for a relative, friend or neighbour, please register with the Practice – forms are available in the waiting room, or phone us on 01926 612232 and we can post one out to you.

'Be Clear on Cancer' campaign to help save lives

The Arden Cancer Network is raising awareness about the symptoms of lung cancer and how early diagnosis can save lives.

Lung cancer is the second most common cancer in England. There are some 33,000 new cases every year. It kills more men and women than any other form of cancer. Lung cancer affects people of all ages but is most common in those who are over 50. Although it is more common in smokers, around one in eight people with lung cancer has never smoked. The risk of lung cancer increases as you get older, but finding it early improves the chances of successful treatment. So if you have had a cough for three weeks or more, it's worth visiting your doctor to be on the safe side.

The **'Be Clear on Cancer' campaign** www.nhs.uk/lungcancer is headed up by the Department of Health and will be rolled out across England during May to June. Adverts will appear on national TV, radio and newspapers. There will also be events in public areas like shopping centres, to raise awareness and prompt people with possible symptoms to see their GP.

If you have been coughing for the past three weeks or more, you need to see a doctor straight away.

Some of the other symptoms of lung cancer include:

- A cough that has got worse or changes
- Repeated chest infections
- Coughing up blood
- Breathlessness
- Feeling more tired than usual for some time
- Losing weight for no obvious reason
- An ache or pain in your chest or shoulder that has lasted some time

Dr Peter Handslip, Medical Director of the Arden Cancer Network, said: "The most common symptoms of lung cancer are mentioned above. However many patients present having had these symptoms for several months before seeing their doctor or being referred to the lung specialist team. Unfortunately, they then present too late when the cancer has spread."

"We are trying very hard nationally and locally to better inform people about the symptoms of lung cancer so that they will present at an earlier and curable stage. The Arden Cancer Network has developed a number of different means of communication to get this message across and we have seen improvement in knowledge of cancer symptoms. We hope to see a further improvement in survival over the next 5 years as a result."