



# Harbury Surgery Newsletter

## Spring 2013



### Opening Hours

We will be closed for the Easter Bank holidays on Good Friday 29 March 2013 and Easter Monday 1 April 2013. We are also closed for May Day on Monday 6 May and Spring Bank holiday on Monday 27 May. Please order medications in good time and remember to pick up before the holidays.

### Staff News

Di Halford has retired from the Dispensary after nearly 20 years of service. She will be spending more time with family, which is their gain and our loss.

Nurse Practitioner Paulene Snowdon has also left us for a change of career as a research nurse. We know she will miss the patients she knew here, especially those with diabetes and asthma who saw her on a regular basis.

Paulene has been replaced by another Nurse Practitioner, Helen. She will be working five days a week. In the mornings she will be running a triage service for emergency, on the day, appointments and after that her own pre-booked appointments for patients with diabetes, asthma and COPD. She is an experienced nurse, coming to us from one of the Kenilworth Surgeries. She has already fitted in to the team and will be getting to know many of you in the future.

Debbie has taken the position in the Dispensary and comes to us with almost 30 years experience. She has worked in Community Pharmacies for 19 years and in a Dispensing GP Practice for the last 10 years. She will be working four and a half days a week.



### Alcohol

Drinking small amounts of alcohol is a pleasant social activity for many people. However, as the amount you drink and the number of times you drink increases, so do the risks.

The risks associated with excessive alcohol drinking include raised blood pressure, stomach disorders, depression and emotional disorders, malnutrition and liver disorders.

Regularly drinking too much means that you are more likely to die early from liver disease or be admitted to hospital for health problems linked to drinking alcohol.

### **Sensible drinking guidelines**

- Women should not regularly drink more than 2-3 units a day and a maximum of 14 units a week
- Men should not regularly drink more than 3-4 units a day and a maximum of 21 units a week
- Drink alcohol on no more than five days a week
- Have a day off between drinking days and don't drink for 48 hours after a binge
- Pregnant women, women trying to conceive and people with certain medical conditions should not drink alcohol at all
- If you regularly drink more than 15-34 units for women and 22-49 units for men per week you should see your GP for advice

## Track your drinking

You can visit <http://www.alcoholanditseffects.co.uk/> for a drinking self-assessment, a unit calculator and a drinks diary.



## Some Timely Reminders

**Hayfever medication** is available without consulting a GP if you have had it before on your repeat prescriptions. Please telephone dispensary to order for this season, but bear in mind if you pay the normal prescription charge, some hayfever medication may be cheaper to buy over the counter.

If you are **going abroad**, please consult with a Practice Nurse in plenty of time to find out if you need any inoculations or malaria medication. Some inoculations need to be administered up to three months before you travel, depending on the destination. You should pick up a travel risk assessment form and return it completed to us before you make an appointment and only one member of the family need attend the initial consultation.

## COPD

COPD is the name given to a collection of lung diseases including; chronic bronchitis, emphysema and chronic obstructive airways disease. The main symptom of COPD is an inability to breathe in and out properly. This is caused by long-term damage to the lungs, often as a result of smoking.

**The symptoms...** If shortness of breath is a regular thing when you're walking the dog or climbing the stairs, or if you have a persistent cough – you could be showing early signs of COPD. COPD is a condition that obstructs the airflow in the lungs. The main symptom is shortness of breath, but there are others such as cough and production of phlegm.

**Help is at hand...** If you do think you may be at risk – don't panic, you're not alone. It's estimated that 1 in 7 people in the UK are affected by a lung condition and the NHS has qualified professionals on hand to offer you advice and support. Getting tested for COPD is simple and quick. Just speak to your GP about taking a spirometry test.

### **What is a spirometry test?**

A spirometer is a device with a mouthpiece attached.

Patients simply blow into the mouthpiece for several seconds allowing a doctor or nurse to assess your airflow.

### **Breathe easy...**

There is also a support network in place for sufferers, their friends and families. More information can be obtained from Breath Easy Warwick and District (tel: 0116 2495780 or website [midlands@blf-uk.org](mailto:midlands@blf-uk.org)) who meet at St Marys Church Centre in Leamington on the first Monday of the month 7-9pm and also from The British Lung Foundation [www.lunguk.org](http://www.lunguk.org).