



The Desborough & Hazlemere Surgery NEWSLETTER

www.desborough.gpsurgery.net



@desandhazgp

Your Doctors

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Reception Opening Times

8.30 to 6pm
Monday to Friday

Out Of Hours

Call 999 in an emergency.
Chest pains and / or
shortness of breath
constitute an emergency.

NHS 111 service if you
urgently need medical
help or advice but it's not
a life-threatening
situation.

Appointment Situation

Demand for appointments has
escalated to an
unprecedented high level
recently. We are seeing huge
numbers of adults and children
in the earliest stages of self-
limiting minor illness, such as
sore throats, coughs and
colds, temperature and
diarrhoea. Most of these cases
will resolve without treatment
from the doctor. We would
encourage all patients to self-
care where appropriate to
ease pressures on the already
strained health services.

If you're really going to get and stay in shape, it's important to get your facts straight about fat and muscle, so let's take a look at some of the myths and turn them into facts

Myth 1: Muscle weighs more than fat

If your diet plateaus after a few weeks, you may believe it's because you're gaining muscle because "muscle weighs more than fat". Sadly this just isn't true. If you put a pound of fat on the scales, it will weigh the same as a pound of muscle. It's true that muscle is more dense than fat, so a bodybuilder may be relatively heavy with virtually no body fat, but building muscle takes time and it's unlikely you've built several pounds-worth of muscle already. It's more likely your diet has lost its mojo. Give your regime a boost - try a different class or machine, and tweak your diet.

Myth 2: You can turn fat into muscle by exercising

Again, unfortunately this just isn't true. A fat cell can't be turned into a muscle cell, no matter how much exercise you do. You build muscle by working your existing muscles. If you want to speed this process up, try a bit of strength training. If you're worried that'll turn you into a she-man, read on!

Myth 3: Doing weights makes you bulky

Most women are after a lean, toned look rather than becoming muscle-bound, so they focus on cardio instead of weights. But they're missing out. Building muscle - by which I mean a toned stomach and limbs, not bulging biceps - makes you burn more calories by raising your resting metabolic rate.

Unless you have guy-levels of testosterone, you won't grow enormous muscles by strength training. Female bodybuilders only look like they do by training like crazy and eating an incredibly controlled diet. It honestly won't happen to you by accident - you'll just gain that fabulous toned look you were after.

Myth 4: You can damage your bones by doing weights

This is simply not true. Weight training does not damage your bones - quite the reverse. You won't snap a thigh bone by doing a leg press - in fact you'll be less likely to break a bone. Research shows that strength training can increase bone mineral density by 13% in six months, which reduces your risk of osteoporosis.

Myth 5: Fat makes you fat

We were sold a lie in the 80s when they told us to go low-fat. Fat does not make you fat. In fact, low-fat diets have been shown to be pretty ineffective when it comes to weight loss. By all means avoid Trans fats - the hydrogenated fats you find in a lot of processed foods - but don't be afraid to eat healthy fats such as olive oil, avocados, nuts, seeds and oily fish. They help control your insulin levels, keep you feeling fuller for longer and don't slow down your weight loss.

Pregnancy and New-born health advice

An innovative mobile phone app offering 24/7 support is now available to mothers-to-be and new mothers across Buckinghamshire. Baby Buddy has been created with mums, midwives and doctors so you can be sure the information – both local and national – is reliable, accurate, and is available 24 hours a day. The app sets out to be your personal baby expert who will help guide you through your pregnancy and the first six months of your baby's life. It has been designed to help you give your baby the best start in life and support your health and wellbeing. Baby Buddy can be downloaded from the App Store or Google Play. For those who don't have access to a smartphone there is also a web version of the app.



Hearty Vegetable Soup

Packed with tomatoes, celery, carrots and beans, this soup offers a great way to include more vegetables in your diet and hit your 5 A DAY. It's ideal for vegetarians too.

Serves: 6

Time: 45 minutes

Ingredients

½ tbsp vegetable oil, 1 medium onion, sliced, 2 small carrots sliced, 3 celery sticks, sliced 1 tin chopped tomatoes, 80g green beans, 1½ tbsp tomato purée, 1 leek, sliced, 80g frozen peas, 50g dried whole-wheat pasta, 1 litre boiling water, pepper to taste, 1½ tsp dried herbs

Method

1. Heat the oil in a large pan, add the onions, carrots, leeks and celery, and fry until sizzling. Lower the heat, cover and cook gently for five minutes, stirring if needed.
2. Add the tin of tomatoes, water, tomato purée, green beans and frozen peas. Raise the heat to maximum. Bring to the boil and add the pasta, herbs and pepper.
3. Lower the heat and simmer for 15 minutes or until the pasta is cooked, stirring frequently to make sure the pasta doesn't stick.

Nutrition information

Nutrient Per 100g, Per 309g serving, Energy 105kJ/25kcal 328kJ/78kcal, Protein 1.2g 3.6g Carbohydrate 4.2g, 12.9g, (of which sugars) 1.6g, 4.9g Fat 0.6g 1.9g (of which saturates) 0.1g 0.3g Fibre 0.9g, 2.9g Sodium 0.02g, 0.05g Salt Trace 0.1g Allergy advice; this recipe contains celery and wheat (gluten). The pasta may contain egg.



Save money with a prescription prepayment certificate

If you know you'll have to pay for a lot of NHS prescriptions it may be cheaper to buy a prescription prepayment certificate (PPC) – effectively a prescription 'season ticket'. A PPC covers you for all of your own NHS prescriptions, including NHS dental prescriptions, no matter how many items you need.

There are two PPC options to choose from:

1. A three month PPC costs £29.10 and could save you money if you need more than three prescribed items in three months
2. A 12 month PPC costs £104.00 and could save you money if you need more than 12 prescribed items in a year

How much can I save?

- If you need two items each month you can save over £95 with a 12 month PPC
- If you need three items each month you can save over £195 with a 12 month PPC
- If you need four items each month you can save over £295 with a 12 month PPC

Join our PPG

Would you like to have a say about the services provided at Desborough and Hazlemere Surgeries? By volunteering we can add you to a contact list that will mean you can be involved in shaping the surgeries future and help us thrive. Wow! One of the benefits of the group is to assist the practice with identifying areas for improvement. Suggestions from patients and visitors to the surgery are collated and presented for discussion between the group and the practice, with the intention of implementing changes wherever possible. Feedback and suggestions are gathered predominantly from responses to our Friends & Family questionnaire and to the GP National Patient Survey. **Ask at reception for more details.**

Dangerous Dogs Behind "Beware Of Dog" Signs



The great branded drugs rip-off revealed

Companies developing drugs only have unique sale rights for a set time. Afterwards, any company can make the drug, providing it meets regulations. So check the pack's reverse for the 'active' ingredient – the actual medicinal element (if unsure, ask your pharmacist).

Branded vs generic medicine				
BRANDED PRODUCT	CHEAPEST BRANDED	GENERIC EQUIVALENT	CHEAPEST GENERIC	SAVING AS A %
Nurofen (16)	£1.98 Asda	Ibuprofen (16)	25p Asda	87%
Clarityn (30)	£6 Sainsbury's	Loratadine (30)	£1 Savers	83%
Anadin Paracetamol (16)	£1 Savers	Paracetamol (16)	19p Asda	81%
Nurofen Joint and Back Pain Gel 35g	£4 Asda	Ibuprofen gel 35g	99p Home Bargains	75%
Piriteze (30)	£6 Sainsbury's	Cetirizine Hydrochloride (30)	£1.49 Poundstretcher	75%
Sudafed Blocked Nose (12)	£2.39 Lloyds	Max Strength Congestion Relief	60p Sainsbury's	75%
Anadin Extra (16)	£1.99 Lloyds	Aspirin Extra	54p Asda	73%
Imodium Original (6)	£2.19 Savers	Loperamide (6)	59p Home Bargains	73%
Nurofen Kids 100ml	£3.15 Sainsbury's	Ibuprofen 3+mths	95p Savers	70%
Vicks Sinex Micromist 15ml	£3 Asda	Nasal Decongestant Spray 15ml	£1 Asda/Tesco	67%
Calpol Infant 2+ mths 100ml	£2.98 Asda	Infant Paracetamol Suspension 100ml	£1.09 Home Bargains	63%
Corsodyl 300ml	£4.49 Superdrug	Chlorhexidine 300ml	£2 Sainsbury's	55%
Nurofen Migraine (12)	£2.65 Sainsbury's	Migraine Relief (12)	£1.35	49%
Lemsip Max (10)	£2.69 Savers	Max Strength Cold and Flu	£1.76 Asda	35%
Piriton (30)	£3 Sainsbury's	Chlorphenamine Maleate (30)	£2.75 Tesco	8%

Prices collected between 21 and 27 June 2016.

FREE health improvement service

Live Well Stay Well is a **FREE** health improvement service available to anyone over the age of 18. We are experts in working with members of the public and supporting them to make changes to their lifestyles that lead to a healthier life.

If you are interested in, or have been advised to eat a bit more healthily, be a bit more physically active, reduce the amount of alcohol you drink, lose some weight or stop smoking, we're here to help you make those changes and stick to them. If you would like support with the emotional challenges of managing a long term health condition, our Live Well Practitioners can offer a range of different types of support to help you cope and prevent your long term health condition stopping you from doing the things you want to in life.

We support you through 1:1 interactions with a dedicated Stay Well Coach who will listen to what you would like to achieve and then help you design your personal pathway to a healthier life.

We're not interested in the latest fad diet, cutting out your favourite food or drink or wearing you out in the gym. Our goal is to support you to make small, proven changes that will help you to make real improvements to your health, achieve your goals and make healthy habits a long term part of your life.

Don't worry, we're not going to ask you to sign up to a contract or take up hours of your time. All we ask is that you commit to an initial assessment over the telephone and do your best to make the changes you want to make. That's it - and it's **FREE!**

Request a self-referral form from us or discuss it with one of our medical team.

Everyday habits and behaviours, such as eating too much unhealthy food, drinking more than is recommended, continuing to smoke and not being active enough, are responsible for around 40% of all deaths in England, and cost the NHS more than £11 billion a year.

'**One You**' aims to encourage adults, particular those in middle age, to take control of their health to enjoy significant benefits now, and in later life.

Latest figures show that life expectancy at older ages is at record levels, yet many are spending their retirement living in ill health. Currently 15 million Britons are living with a long-term health condition, yet studies show living healthily in middle age can double your chances of being healthy when you are 70.

The new campaign from Public Health England will help adults to move more, eat well, drink less and be smoke free. One You will also provide information on how people can reduce their stress levels and sleep better.



www.livewellstaywellbucks.co.uk

Self Help

Common health complaints, such as coughs, colds and headaches, account for one out of every five GP appointments in England. Many of these can be treated quicker and just as effectively at home using self-care, advice from your pharmacist and over-the-counter medicines bought from pharmacies or supermarkets. Below are the top 10 conditions, listed in decreasing order, that account for 75% of GP consultations for minor ailments. Remember that you can get advice from your local community pharmacist on a whole range of health issues, including when to visit your GP. And there's no appointment needed!

Back Pain

One in five people visit their GP in any given year because of back pain. Most cases of back pain can be treated with over-the-counter medicines and self-care aids and techniques.

Self-care tips:

Use paracetamol or ibuprofen for pain relief. If taking ibuprofen, make sure you take it with food. Read the Patient Information Leaflet before taking any medicine.

- Hot or cold compression packs, available from larger pharmacies, can also help with the pain.
- You can make your own cold compression pack by wrapping a bag of frozen food in a towel.
- Place a small firm cushion beneath your knees when you're sleeping on your side. Or use several firm pillows to prop up your knees when lying on your back.
- It's important to remain mobile by, within reason, carrying on with your day-to-day activities, including work.
- Stay positive. Studies show that if you keep positive, you're likely to make a quicker recovery.
- Take care when lifting objects

If your back pain is no better after at least two weeks of self-care, or if you develop other symptoms, your back pain gets worse or you need further advice, speak to your pharmacist or call 111. They can tell you if you need to contact your GP.

Dermatitis

Dermatitis, which includes conditions such as mild eczema, happens when your body comes into contact with a substance that irritates your skin or causes an allergic reaction.

Self-care tips:

- Avoid scratching. Scratching may damage your skin and allow bacteria to get in, leading to infection. It may help to keep your nails short.
- Try to identify the irritant or allergen so you can avoid coming into contact with it.
- Moisturising creams called emollients can help to calm a mild flare-up of dermatitis. They're available from pharmacies and supermarkets. Unperfumed ones are better for dermatitis.

If the rash doesn't clear up after using these self-care techniques, consult your pharmacist or see your GP.

Heartburn and indigestion

Digestive complaints like heartburn, indigestion and bloating are very common. They're usually treatable with simple changes to your lifestyle and over-the-counter remedies.

Self-care tips:

- For short-term relief, a pharmacist may recommend antacid medicines (to neutralise stomach acid) or alginates (to protect your oesophagus from acid).
- Diet, excess weight, smoking, alcohol and going to bed on a full stomach can all contribute to indigestion.
- Make a note of any food or drink that seems to make your indigestion worse, and try to avoid them. This may mean eating less rich, spicy and fatty foods, and cutting down on drinks that contain caffeine, such as tea, coffee and cola.

Mild abdominal pain usually lasts two to four days. If the pain or bloating persists, see your GP.

Nasal congestion

In most cases, a blocked nose will clear within a few days without treatment once the body fights off the underlying infection. If you've got a virus, such as a cold or flu, your GP can't offer you anything more than a pharmacist can provide. Antibiotics won't help.

Self-care tips:

- Over-the-counter decongestant medicines can help to relieve a blocked nose by reducing swollen blood vessels in your nose. Don't use decongestants for more than five to seven days at a time. Using them for any longer can make your symptoms worse.
- Inhaling steam from a bowl of hot (but not boiling) water may soften and loosen the build-up of mucus in your nose. Adding menthol crystals or eucalyptus oil to the water may ease your blocked nose and catarrh.

If symptoms persist, consult your pharmacist or see your GP.

Self Help continued

Constipation

If you are having difficulty passing stools (going for a poo), changing your diet may be all that's needed to ease your constipation without taking medicines.

Self-care tips:

- If your constipation is causing pain, take a painkiller, such as paracetamol.
- Add more fibre to your diet, such as fruit, vegetables, whole-wheat pasta, wholemeal bread, seeds, nuts and oats. This may take a few days to have an effect.
- Make sure you're drinking enough water. Cut down on caffeine, alcohol and fizzy drinks.
- Regular exercise will greatly reduce your risk of getting constipation.
- If diet and lifestyle changes don't help, try an over-the-counter laxative. Ask your pharmacist's advice and follow the instructions on the packet or leaflet carefully

If over-the-counter laxatives don't ease your symptoms, see your GP.

Migraines

A migraine is a reoccurring headache that's strong enough to stop you from carrying on with daily life.

Self-care tips:

- Ask your pharmacist for advice. They may recommend over-the-counter painkillers. These are usually more effective if taken at the first signs of a migraine attack.
- Combination medicines, which contain painkillers and anti-sickness medicines for migraine, can be bought without prescription. Always get your pharmacist's advice first

If your migraines are severe, you may need stronger migraine-specific medicines that are only available only on prescription from your GP.

Coughs

Coughs are usually caused by viruses such as the common cold or flu. They usually clear up without treatment once your immune system has beaten the virus. Antibiotics won't help with coughs caused by viruses.

Self-care tips:

- Drink plenty of fluids – water is best. Make sure you drink something non-alcoholic at least every hour.
- Make your own homemade cough mixture by mixing honey and lemon in hot water.
- Some over-the-counter medicines can help to relieve cold or flu symptoms, such as a blocked nose, fever and headache.
- If you smoke, try to stop smoking (see some tips on stopping smoking). Get advice from your pharmacy team about over-the-counter products that can help you stop smoking, or visit an NHS stop-smoking service

See your GP if you've had a cough for more than three weeks after a viral infection, or your cough is progressively getting worse.

Acne

Acne consists of spots and painful bumps on the skin. It's most noticeable on the face, but can also appear on the back, shoulders and buttocks.

Self-care tips:

- Avoid picking or squeezing spots as this can cause inflammation and lead to scarring.
- Use a mild face wash, which can be bought from a pharmacy. Bear in mind that over-washing can aggravate acne.
- There's no evidence that wearing make-up or that certain foods, such as fried foods or chocolate, can cause or aggravate acne.
- Acne is caused by bacteria building up on your skin. The less you touch your skin, the less bacteria will spread on your skin.
- There's no evidence that sunlight helps acne.
- Mild acne can be treated using gels or creams, such as benzoyl peroxide. Ask your pharmacist for advice.

If over-the-counter treatments don't help, treatments are available on prescription from your GP.

Self Help continued

Sprains and strains

Most mild to moderate sprains and strains can be treated at home using the PRICE technique.

Self-care tips:

- PRICE stands for Protection, Rest, Ice, Compression and Elevation.
- For the first 72 hours after a sprain or muscle strain you should avoid heat – such as hot baths – alcohol, running and massage.
- Try to keep your sprained joint mobile, unless the sprain is severe. The injury will heal quicker if you move the joint as soon as you're able to.
- If you feel pain from a strain or sprain, use paracetamol in the first instance. If paracetamol doesn't help, ask your pharmacist for advice.

Your recovery time from a sprain or a strain will depend how serious the injury is. Get medical help straight away if your joint looks different than usual, is difficult or impossible to move, or you feel numbness or tingling.

Headaches

Most headaches aren't serious, and are usually relieved by medicines, relaxation techniques and lifestyle changes.

Self-care tips:

- For pain relief, paracetamol usually works well to relieve a tension-type headache. It's best to take a full dose as soon as a headache starts. A second dose of paracetamol can be taken after four hours if necessary. No more than eight paracetamol tablets should be taken in one day.
- Anti-inflammatory painkillers, such as ibuprofen, can also help with headaches.
- Be aware that taking painkillers more than two or three times a week can actually cause headaches. Read more about painkiller headaches.
- Regular exercise and relaxation may help to prevent tension headaches.

Most headaches will clear within a few hours. Contact your GP or call NHS 111 if your headache gets worse or you develop other symptoms, such as a stiff neck or sensitivity to light.

ARRIVING ON TIME FOR YOUR APPOINTMENT

Please arrive on time for your appointment. If you arrive too late you may not be able to be seen by either the GP or Nurse as appointments are usually booked every 10 minutes and there are rarely any free slots. You may be asked to re-book your appointment so as not to cause delay to the clinics and inconvenience to other patients. When this happens, it means an appointment has been wasted. We appreciate that the clinics often "run late" (due to patient needs), also medicine is unpredictable, and we never know if a problem will take 2 or 20 minutes to sort out, but it is essential that you arrive on time. You can help by trying to arrive a few minutes early. If you are driving please allow a little extra time for parking locally.

Types of Appointment

Routine 10 minute GP appointment

These are the normal pre-bookable appointments with all our GPs. They can be booked over the telephone after 8:30 a.m. each morning or on line if you have registered for access. They can be booked some weeks in advance.

Emergency 5 minute appointments

These appointments are offered at the discretion of the doctor. They are for genuine emergencies or urgent conditions that need treatment/diagnosis/advice that day when all routine appointments are gone. The doctor may want to speak to you before offering an emergency appointment. Please be aware that these appointments are short so are unsuitable for lists of ongoing problems. The GP will address the immediate problem but will ask you to book a normal routine appointment to discuss other non-critical ongoing conditions

Triage appointments

These are telephone appointments where the doctor will ring you, discuss your symptoms and agree with how they should be managed. This may involve coming into surgery, making a routine appointment, the issue of a prescription or, perhaps, use of Over the Counter medication.

One Appointment—One problem

Appointments should be for one problem and one person only.

Street Photographer Tracks Down People He Captured 30+ Years Ago To Recreate Their Photos

