



ELM HAYES SURGERY

Winter Newsletter

January 2011

HAPPY NEW YEAR

A Happy New Year to everyone from us at Elm Hayes. 2010 ended with bad weather and the start of a flu epidemic. Dr Tonge has left for a 6 month sabbatical in New Zealand, let's see what 2011 has to offer.

- ☆ **Dr Mantri**—Dr Shanil Mantri has replaced Dr Jeremy Tonge until his return in the summer. He lives in Bath and has worked locally since qualifying in London. He has settled well into the Elm Hayes team.
- ☆ **Unused Medication**—If you have any unused medication, please return to Lloyds Pharmacy or to our Dispensary—if you are a dispensing patient.
- ☆ **Triage**—All requests for emergency appointments are now being triaged by our nurses by telephone. We hope this triage system will give advice and help point you in the right direction for your problem. Please telephone if you require an emergency appointment as we are not able to deal with patients who turn up at the surgery in person requesting an emergency appointment.
- ☆ **Appointments**—Our Doctors all offer routine appointments, emergency on the day appointments (if the triage nurse feels it is necessary) and telephone appointments as a lot of problems can be dealt with or followed up by telephone.
- ☆ **Walk In Centres**—Bath Walk in Centre remains open until 8pm but has re-located to the Royal United Hospital site, next door to A&E.
- ☆ **Carers**—The care support agency has a lot of events coming up, eg a drop in at Riverside Health Centre on Tuesday mornings. See our carer's board for details.
- ☆ **Waiting Times**—Are you kept waiting too long? In order to help our Doctors keep to time please assist by only bringing one problem to the consultation. If you do need to discuss more than one issue, please ask for a double appointment.

Surgery & Dispensary Opening Hours

MON	8am-6:30pm
TUES	8am-6:30pm
WED	8am-6:30pm
THURS	8am-6:30pm
FRI	8am-6:30pm
SAT	By appointment



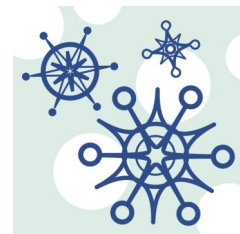
Medical News—Aspirin

The role of aspirin has been debated for years. New research has shown that a small daily dose of aspirin can reduce death from cancers, namely cancer of the bowel, lung, prostate and oesophagus. The study was done at Oxford University and found that a 75mg dose of aspirin daily can cut overall cancer deaths by 1/5th. The study looked at 25,000 patients who were followed up for 4-8 years. Half of the group took 75mg of

aspirin daily, the other half took nothing. Little change was noted after 4-8 years but a lot of patients in the study (approximately half) were followed up for 20 years and they showed a 20% reduction in cancer deaths over 20 years. Even in low dose aspirin is not without its problems and carries a risk of bleeding, mainly in the elderly. People aged 45-50 may consider taking low dose aspirin for up to 25 years.



Coughs, Colds and Flu



Currently there are a lot of viral illnesses around in the community. This will help distinguish between a common cold and influenza. Both are viral illnesses and settle with home treatment or over-the-counter remedies.

	Influenza	Cold
Duration	1-2 weeks	4-7 days
Fever	Always above 38 degrees celsius	Normal or slightly raised
Headache	Strong	Rare
Sneezing	Rare	Frequent
Nasal Secretions	No	Yes
Sore Throat	Rare	Yes
Muscle Aches	Strong	Slight
Watery Eyes	No	Frequent

**PLEASE TURN OFF YOUR MOBILE PHONES
WHILST YOU ARE IN THE SURGERY—
THANK YOU**



"JOKE"

"If you are ill, your better of staying away from Hospital "

These were genuinely typed into patients notes by NHS Secretaries in Glasgow.....

- ☆ The patient has no previous history of suicide
- ☆ Patient has left her white blood cells at another hospital
- ☆ On the 2nd day the knee was better and on the 3rd day it disappeared!!!
 - ☆ Skin—somewhat pale but present
 - ☆ When she fainted her eyes rolled around the room
- ☆ The patient has to have a bowel resection, however he took a job as a stock broker instead.