

On Call

Issue 2 Summer 2013

The Bute House way to keep patients informed!
The newsletter written by our patients for our patients.

CONTACT DETAILS

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For out of hours help ring 111 for assistance. If your problem is life threatening dial 999

Stopping Smoking

Stopping smoking is one of the most important things you can do in life. Anyone who has tried to stop smoking will understand how severe the addiction can be. Although some people can go “cold turkey” it is much easier to stop completely and not go back if you have continued support. Smokers usually start at an early age. Smoking is perceived to be “the thing to do” it is seen as being “cool”. It is a frightening fact that thirteen percent of 12 year olds smoke on a regular basis. There is a large body of evidence that shows you become addicted more quickly when you are young and those of us who started smoking at a young age find it harder to stop than those who started later in life.

The first and probably the hardest step *is* the first step and that is to acknowledge that you have a serious addiction. You are so eager for the next cigarette simply because you need your next “fix”. A cigarette, cigar or pipe will deliver nicotine to your lungs and straight into your circulatory system. That nicotine hits your brain in six seconds and that is twice as fast as injecting heroin! When your brain doesn't get its nicotine supply the craving starts. You are probably convinced that smoking eases difficult and stressful situations but you may find that the internal stresses put upon you by your brain seeking its next “fix” is what is actually causing the stress and strain in the first place. The same can be said for concentration. As the brain screams for its fix concentration suffers. Give the brain its’ “craved for” dose and your concentration returns. Smoking

Why should you stop smoking?

For every cigarette you **don't** smoke you will gain about another eleven minutes of life. There are forty three potential cancer-causing agents and 550 toxic chemicals in tobacco smoke. When you stop you will immediately get rid of the toxic levels of carbon monoxide in your blood, reduce the risk of COPD, reduce the chances of your arteries furring up so a heart attack will be less likely, so will strokes, dementia, impotence and limb amputation. Smokers are 22 times more likely to get lung cancer than non-smokers.

Where is help available?

Bute House runs a stop smoking clinic. We can discuss your individual requirements and the medication available to help you, from patches to gum and from inhalators to tablets (Champix). We will then organise your prescription and follow-up support. So make an appointment today.

Later appointments

The Doctors have listened!

Your Doctors are constantly reviewing the appointments system. Recently there have been complaints about the poor availability of later appointments for those who want to see a GP after work. They have therefore introduced more routine appointments after 5pm to make it easier for you. These appointments are reserved for patients needing later appointments, so please let the Receptionists know if this is the case.

HOLIDAY TIME AGAIN!

If you have a long term illness the thought of travelling abroad for a holiday can be very daunting. Even holidaying in the UK can throw up problems if you are on long term medication. Wherever your destination make sure you have sufficient medication to see you through your holiday and carry extra to cover those unforeseen circumstances. Give yourself plenty of time to organise your medication before you go. It may be that you will need to discuss with your GP or practice nurse. For longer holiday periods a maximum of three months supply can be prescribed. If you have lung problems, such as COPD, then it is worthwhile talking to the Bute House team to see whether you would need an emergency antibiotic pack. It is important to remember that some medication may be restricted in the country you will be visiting. The Foreign and Commonwealth Office have all the up to the minute information and it is only a phone call away. 0845 850 2829 will put you in touch.

Keep a list of your medications and always keep them in their original packaging

If you wish to travel by train and have a disability that may make rail travel hard for you, ring National Rail Enquiries on 08457 48 49 50 or get them on www.nationalrail.co.uk explain your problem and they will help. Another useful feature is the Disabled Persons Railcard; have a look at www.disabledpersons-railcard.co.uk Taking a trip on Eurostar is fantastic! For help ring Eurostar on 08432 186 186 or find them on www.eurostar.com You will be offered every assistance.

Euro Tunnel can be contacted on 08705 353535, their website being www.eurotunnel.com Eurotunnel has a whole department devoted to easing passengers worries and concerns. They pay particular attention to visitors with long term illness or disabilities.

LETTER FROM A PATIENT– “Regarding the article about insurance in the first issue of the newsletter I have a tale to tell! My son, who is 56 years old went to Australia on holiday for a month. Two days before returning home he had bad chest pains and was unable to take more than a couple of steps. He was rushed to hospital and the doctor inserting the stent into his heart told him he was about to have a heart attack when he reached the hospital! My son was well insured, he travels abroad for work. Even with reciprocal treatment between the UK and Australia he still had to make an insurance claim for £4,000 to cover the extra 21 days he spent in Australia before being given the OK to fly home.” The moral is DO NOT TRAVEL ABROAD WITHOUT INSURANCE – EVER!”

Would you like to find out more about your Practice? Would you like to influence the way Bute House delivers your healthcare? Bute House needs you!

We are looking for more people to join our Patient Participation Group. We meet every 2 months for 1-2 hours one evening to discuss problems encountered and ways to improve services. We would really like to hear from you if you feel you could spare the time to improve the Surgery. Please talk to your Doctor, nurse or our receptionists for more information.

Services available at Bute House Medical Centre:

- Telephone consultations
- Blood Tests
- Health checks
- Vaccinations; travel and children.
- Online services include non-emergency appointment booking and repeat prescription requests
www.butehousemedicalcentre.co.uk
- Contraceptive coils and implants
- Smoking cessation clinic