

The New and Exciting

Swanlow Times

Welcome to the Swanlow Times, a monthly newsletter to help share information between patients and staff at Swanlow surgery. We are interested in ideas for inclusion in future journals, if you have any suggestions or ideas please write them down and hand them into Reception.

Dates for your diary - July

Dementia Awareness week 3rd – 9th

Samaritians Awareness Day 24th

National Transplant Week 4th -10th

July is our STI awareness month

A Practice Nurse

by Bob Bellis

A practice nurse – what can you say

A caring angel with little pay

Long hours and a very busy day

Being a friend, a carer and computer expert too

And having a smile all the time for you

So when you call in to see one and you are in pain

Just smile, say hello and tell us your name

Then we will treat and mend you and ease the pain

(A poem by Bob Bellis)

Alcohol - What's your limit ?

Men should not drink more than 3-4 units of alcohol a day.

Women should not drink more than 2-3 units a day

If you drink double these recommendations in one session, this is classed as binge drinking and doing this regularly can have a serious impact on your health and safety.

Everyone should aim to have at least two 'alcohol' free days every week

If you do have 'too' much; give your body at least 48 hours to recover.

Don't forget one drink is not always one unit

1 pint of beer / lager 5% = 3 units

1 bottle of Wine (75cl)13% = 10 units

1 glass (175ml) Wine 13% = 2.3 units

1 bottle (275ml) of Alcopop 5% = 1.4 units

1 single measure of spirits (35ml)40% =1.4 units

Things you would like to see in future issues...

Early warning of closures dates ie training days.

Some information on little known diseases eg

Sleep apnoea and early stages of dementia etc

Safer Sex on Holiday

A sexually transmitted infection (STI) or unintended pregnancy can be the worst kind of souvenir to bring home, so don't get carried away and end up having unprotected holiday sex.

Safer sex

Of course, sex isn't compulsory when you're on holiday but it's good to be prepared, so buy a pack of condoms before you go. Remember, always buy condoms with the CE mark on the packet. Condoms can be damaged by oil-based products such as moisturiser, sunscreen lotion, baby oil and lipstick. Heat can also be a problem, so store them in a cool, dry place.

Infections such as HIV and syphilis can be much more common abroad than in the UK. Most cases of HIV in heterosexuals diagnosed in the UK were acquired overseas.

Oral sex is riskier than most people realise. A herpes lesion (cold sore) on the mouth can transfer to the genitals, and gonorrhoea can live in the throat and transfer as well. A vaccination against hepatitis B (a liver disease transmitted by unsafe sex and sharing needles) is available and can be added to jabs before travelling.

Vomiting and diarrhoea

Bear in mind that vomiting or diarrhoea can make the contraceptive pill less effective, and so can some medicines, including some antibiotics and some anti-malaria drugs. Don't let this lead to an unintended pregnancy – use a condom to help protect against pregnancy and STIs. Make sure you use a condom while taking medicines or antibiotics that might affect your contraception, and for 28 days afterwards.

Remember, you should always wear a condom to help protect against STIs.

What to do if you are worried

If you're worried that you may be pregnant or have caught an STI, get checked out at your local genitourinary medicine (GUM) or community contraceptive clinic as soon as possible after you get home. If you find you are pregnant and don't want to be, abortion is an option. Find out about doing a pregnancy test.

And if you test positive for anything, try to contact past partners. Your sexual health clinic can help with this.

Use the NHS Choices service search, FPA's clinic finder or call FPA on 0845 122 8690 to find your nearest GUM clinic. Tell the GUM clinic staff your travel and sexual history, as that will help them give you the most appropriate tests

When it gets hot this summer.....



.....Play safe



Sun Safety

It's important to protect you and your children's skin in the sun to avoid sunburn and heat exhaustion. Keep an eye out for changes to your skin and report these to your doctor without delay. Skin cancer is much easier to treat if it is found early.

Sunburn

Use sunscreen with a sun protection factor (SPF) of at least 15. The higher the number, the greater the protection. In the UK, UVA protection is measured with a star rating. Sunscreen has from 0 to 5 stars. The higher the number of stars, the greater the protection.

Young skin is delicate and very easily damaged by the sun. Choose sunscreens that are formulated for children and babies' skin, as these are less likely to irritate their skin. Apply it to areas not protected by clothing, such as the face, ears, feet and backs of hands.

Water washes off sunscreen and the cooling effect of the water can make you think you're not getting burned. Water also reflects UV rays, increasing your exposure. Even "waterproof" sunscreens should be reapplied after going in the water.

Don't spend any longer in the sun than you would without sunscreen. Sunscreen should not be used as an excuse to stay out in the sun. Instead, it offers protection when exposure is unavoidable. The summer sun is most damaging to your skin in the middle of the day. Spend time in the shade between 11am and 3pm, under umbrellas, trees, canopies or indoors.

If you get burnt painkillers, such as paracetamol or ibuprofen, will ease the pain by helping to reduce inflammation. Sponge sore skin with cool water, then apply soothing after sun or calamine lotion. If you feel unwell or the skin swells badly or blisters, seek medical help. Stay out of the sun until all signs of redness have gone.

Heat

Heat exhaustion occurs when the body cannot lose heat fast enough. If it's not treated quickly, it can lead to heat stroke, which is a much more dangerous condition.

Signs of heat exhaustion include faintness, dizziness, palpitations, nausea, headaches, low blood pressure, tiredness, confusion, loss of appetite and hallucinations.

If someone is suffering from heat exhaustion get them to rest in a cool place, ideally a room with air conditioning. Give them plenty of water. Avoid alcohol or caffeine as this can increase levels of dehydration. Cool their skin with cold water. Use a shower or cold bath to cool them down or, if this is not possible, wet flannels and face cloths in water and apply to their skin. Loosen any unnecessary clothing and make sure that the person gets plenty of ventilation. Monitor their condition closely.



More information can be found at www.nhs.uk/livewell/travelhealth



Spotlight on Staff

Karen (Secretary)

Favourite food: *Mustard & Farley's rusks but not together*

Favourite film: *Bridget Jones*

Last book I read: *Serial Killers*

I secretly love: *John Thaw*

Snow or beach: *Beach*

Favourite song: *Anything from Take That*

Time spent at Swanlow: *I have worked here for four years and I am happy to be part of this wonderful team*



Clare Oxley (GP)

Favourite food: *Greek Meze - preferably eaten while sitting in a Greek Taverna*

Favourite film: *Good Will Hunting*

Last book I read: *The Time traveller's Wife - Audrey Niffenegger*

I secretly love: *Cadbury's Giant Milk Chocolate Buttons*

Snow or beach: *Beach*

Favourite song: *Dream a little Dream - Ella Fitzgerald*

Time spent at Swanlow: *I love being part of a friendly team who are dedicated to providing an excellent service to our patients and local community*

