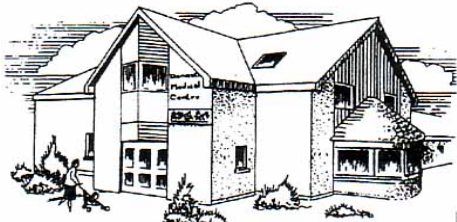


# Danestone Matters



## Winter 2013 Newsletter



Working together, caring for your health  
**Danestone Medical Practice**

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Aberdeen AB22 8ZP

Tel: 01224 822866 Fax: 01224 849699

Website: [www.nhsgrampian.org/danestone](http://www.nhsgrampian.org/danestone)

## Flu Season!

If you are eligible for a free flu jab this year you still have time to book in to one of our clinics. If you are aged **over 65** or if you suffer from: **heart liver or kidney problems; diabetes; chest problems including asthma which requires steroid inhalers; neurological disease (eg MS); or if you have had a stroke.** You are also recommended to have the free flu jab if you are **pregnant**, or the **main carer** for an elderly or disabled person.

Please ring the surgery to book an appointment as soon as possible

### PUBLIC HOLIDAYS - PRACTICE CLOSED

We will be closed on  
**WEDNESDAY 25<sup>th</sup> & THURSDAY 26<sup>th</sup> DECEMBER**  
and again on  
**WEDNESDAY 1<sup>st</sup> & THURSDAY 2<sup>nd</sup> JANUARY**  
otherwise normal opening  
**IF YOU NEED ADVICE WHEN WE ARE CLOSED**  
PLEASE CALL NHS24 ON 08454 24 24 24

## Thinking of stopping smoking as your New Year Resolution?

The **Smoking Advice Service (SAS)** is NHS Grampian's service for people who want to stop smoking. In the last year over **2,300** people have quit with SAS – why not join them today!



There is a website called Just Five Minutes focusing on getting through those cravings one at a time  
<http://nhsgrampian.justfiveminutes.com>

Whichever route or product works for you, with help you can be up to *four times* more likely to break free from smoking for good.

Ask your usual Doctor for more information on stopping smoking

**We know that it isn't easy to stop smoking and sometimes it can feel like you're on your own. Well, the good news is - you're not!**

## Winter Vomiting Bug



Norovirus, better known as the winter vomiting bug, is the most common stomach bug in the UK, affecting people of all ages.

The virus is highly contagious and causes vomiting and diarrhoea. As there is no specific cure, you have to let it run its course, but it should not last more than a couple of days and is generally not dangerous.

If you have norovirus, the following steps should help ease your symptoms:

### The winter vomiting bug

**If you catch it, stay at home for at least 48 hours after your symptoms stop.**

- Drink plenty of water to avoid dehydration.
- Take paracetamol for any fever or aches and pains.
- If you feel like eating, eat foods that are easy to digest.
- Stay at home and don't go to the doctor, because norovirus is contagious and there is nothing the doctor can do while you have it.
- However, contact your GP to seek advice if your symptoms last longer than a few days or if you already have a serious illness.

The virus is easily spread by contact with an infected person, especially through their hands. You can also catch it through contaminated food or drink or by touching contaminated surfaces or objects. Try to minimise the spread by:

- Washing your hands frequently
- Not sharing towels and flannels
- Disinfecting surfaces that an infected person has touched

To find out more about this call 0800 22 44 88 or visit [www.nhsinform.co.uk/norovirus](http://www.nhsinform.co.uk/norovirus)



We would like to send you all our best wishes for a Happy and Healthy Christmas and New Year!



### PLAN AHEAD FOR THE HOLIDAYS

- Restock your medicine cabinet
- Order and collect your repeat prescriptions **before the holidays**
- Remember a **pharmacist can advise** you on over the counter treatments for your symptoms or advise you if you need to see a doctor
- Remember **antibiotics don't work for viruses** which are the usual cause of these illnesses and can sometimes make symptoms worse
- If you have unusually severe or prolonged symptoms or you have other ongoing medical problems or a young baby who is unwell then you should seek medical advice at the surgery or by phoning NHS24

### STAFF CHANGES

We were sorry to have to say goodbye to CAROLINE PARLEY last month. Carol is returning to the retail sector, where we are sure her winning smile and cheery manner will be as appreciated as it was here. We will miss her.

We welcome AGNES STEELE, who takes up a post as part time health visitor with us. Agnes has many years experience in this field and is a welcome addition to the team. Agnes will be working Mondays and Tuesdays. Ada Robb, our other health visitor is working Wednesday, Thursday and Friday.

Another new face our younger patients will be seeing a lot of is BRODIE JOHNSTON. Brodie is our new Health Assistant responsible for weighing babies at most of our well baby clinics.

PAULINE WESTWOOD has been appointed as our new community practice pharmacist. Pauline is based in several practices in the city and is with us one morning a week.

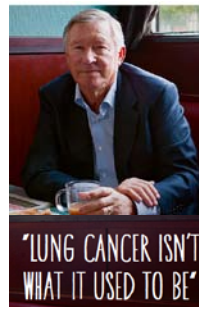
### THINKING AHEAD FOR WINTER

100 people met in the Danestone Congregational Church hosted by our Patient Participation Group. Talks from Police Scotland, Health Walks Aberdeen and our own Dr Peter covered:

- keeping your car safe on the roads
- keeping yourself fit and active (great way to save on electricity apparently!)
- thinking ahead about arrangements you may want to have in place if you became unwell - anticipatory care planning. This information, with consent, can be sent to out of hours services in case of emergency

The meeting was well chaired by Rev Andy Cowie (PPG Chair) and we enjoyed a lovely lunch prepared by the ladies of the PPG.

### Sir Alex Ferguson raises Lung Cancer awareness

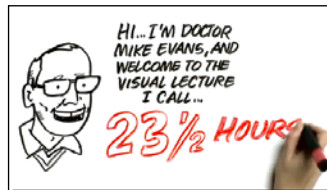


For some people, having a cough a lot of the time is normal. But an unusual cough, or a cough that changes, is one of the things you need to get checked out. It might be nothing serious but it's worth getting it looked at by your doctor as soon as possible.

#### Things to look out for

- A cough that doesn't go away or gets worse/changes
- Feeling breathless for no reason
- A chest infection that doesn't clear up
- Coughing blood
- Unexplained weight loss
- Chest or shoulder pains
- Unexplained tiredness or lack of energy
- A hoarse voice

Having one or more of these symptoms doesn't mean you've got lung cancer. But if you've had them for more than three weeks you shouldn't ignore them. Just make an appointment to see your GP, the earlier the better.



#### Another New Year Resolution option . .

This short video presentation is both entertaining and informative. Dr Mike Evans' presentation dramatically

shows the positive effects of even a small amount of exercise on a wide range of health problems and conditions. Well worth a look over your morning cuppa. Check out <http://www.paha.org.uk/Feature/23.5-hours> or <http://www.youtube.com/watch?v=aUalnS6HIGo>

## CONGRATULATIONS

To Tracey Thom, our Office Supervisor, who has been awarded a certificate of completion for a recent Supervisors course attended through NHS Grampian.

No bossing us around though Tracey!

Don't forget you can book a telephone consultation instead of coming in to the surgery. The doctor will aim to phone you within 30 minutes of the time you have booked. This is available for ON THE DAY or BOOK AHEAD appointments on the same basis as face to face appointments. We also have late surgery on Mondays, usually once a fortnight in the evenings for those who are unable to attend during usual surgery daytime hours.

