

Danestone Matters



Working together, caring for your health
Danestone Medical Practice

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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

Get Active in Your Area!

There is lots of evidence that increasing your physical activity has a long lasting benefit on your overall health, not to mention your waistline!

A wide selection of activities is available in many local sport and community centres. Here is a selection of what is available near the Practice:

Body combat, Badminton, Dance, Table Tennis, Carpet Bowls, Tae-Kwondo, Soccer, Buggy Walks, 5-a-side football, Fitness studio, Basketball, Gymnastics, Netball, Kinder Gym, Roller, Hockey, Zumba, Spin, Otago Strength & Balance, Aqua Aerobics, Swimming, Swimming Lessons

Sports and Community Centres near the Practice:

Danestone Community Centre, Fairview Street
01224 828333

Alex Collie Sports and Community Centre
Westfield Park (Off Scotstown Road) 01224 826769:

Bridge of Don Swimming Pool, Braehead Way,
Bridge of Don 01224 701136

Health walks: Short, social walks of between 1 to 2 miles in distance, 30 to 60 minutes in length and local to the area. Two Health Walk groups are currently available in Bridge of Don area; Alex Collie Centre, 10:30am on Mondays and Jesmond Sport Centre, 10:30am on Thursdays. The walks are lead by local volunteer walk leaders.

Winter Vomiting Bug

Norovirus (or 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 easily digested foods.
- 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

PUBLIC HOLIDAYS - PRACTICE CLOSED

We will be closed on
THURSDAY 25th & FRIDAY 26th DECEMBER
and again on

THURSDAY 1st & FRIDAY 2nd JANUARY
otherwise normal opening
IF YOU NEED ADVICE WHEN WE ARE
CLOSED
PLEASE CALL NHS24 ON 111



THE ANTI-BIOTIC QUIZ...see how many you know!

1. Antibiotics are not effective against coughs, colds and sore throats.

A. TRUE: most coughs, colds & sore throats are caused by viruses, which antibiotics can't treat

B. PARTLY TRUE: antibiotics sometimes work against viruses

C. FALSE: antibiotics work against everything

2. When I have a cough, cold or sore throat, I should contact my GP for an appointment.

A. TRUE: man flu is the worst

B. PARTLY TRUE: if I have difficulty breathing I should seek immediate medical attention, but if it's mild I should first check with a pharmacist first about how to treat my symptoms

C. FALSE: I should first check with my pharmacist about how to treat my symptoms

3. There are a lot of colds going around at the moment but I've been told taking antibiotics 'just in case' can drive up antibiotic resistance.

A. TRUE: taking antibiotics when you don't need to allows bacteria to develop resistance to the antibiotic

B. PARTLY TRUE: antibiotic resistance is only something elderly people get

C. FALSE: taking antibiotics will help build up your defences and stop you getting a cold

4. My GP has only given me a short prescription of antibiotics but I think I need them for longer. Should I...

A. use some of my friends antibiotics as they didn't use all the ones they were given last year

B. take less a day than prescribed, so they last longer

C. take the antibiotics as prescribed – or they may not clear the infection

5. Antibiotic resistance is serious because...

A. antibiotics may not work against resistant bacteria

B. without effective antibiotics many routine treatments will become increasingly dangerous

C. overuse of antibiotics means that antibiotic resistance will spread faster and faster

D. antibiotic resistance affects both humans and animals

E. all of the above

ANSWERS: 1A; 2B; 3A; 4C; 5E

For further information see www.treatyourselfbetter.co.uk

Drink Drive Legislation

Scotland's drink drive limit is being lowered and will come into effect on Friday 5th December 2014.

The new limit is 50 milligrams of alcohol per 100 millilitres of blood. www.donriskit.info for further information.

Alongside not driving if you have had a drink, the recommended limits for sensible alcohol consumption are:

- up to 3-4 units per day for men
- up to 2-3 units per day for women
- at least 2 alcohol free days per week
- 6 or more units on a single occasion for women and 8 or more units on a single occasion for men is considered binge drinking

1 unit = ½ pint of beer OR
 1 small glass of wine OR
 1 single spirit measure

If you feel that you are drinking too much on a regular basis or you are concerned about your drinking habits please make an appointment with your usual doctor for a chat.



We recently heard about the Pet Fostering Service Scotland. They will foster pets for elderly patients who are in an emergency situation and have no family or friends who can care for their pet. This includes hospital admission. All

foster carers are volunteers who have been vetted and had a home check. Cats are kept indoors during the fostering period and dogs are kept on leads at all times. They also foster small furries: rabbits, hamsters, gerbils etc, if required.

In the event of an emergency or planned hospital admission, a carer* or relative or the owner should contact the local PFSS Area Organiser, via a national low cost phone number:

Ring 0844 811 9909 and listen to the message. Select the option for your local area of Scotland. (open between the hours of 9am and 7pm daily)

**the carer could be a social worker, a nurse, a home help etc.*

PFSS do not offer a boarding service for pets whose owners are going on holiday. www.pfss.org.uk



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