

Introduction



In This Issue

- **Last chance Flu clinics.**
- **Free Weight Management.**
- **Smoking Cessation.**
- **Self help Information.**
- **Healthy life style recipe.**

Welcome to Issue 9 of the Waterloo Medical Group's (WGM) Newsletter.

As this is the first issue of 2016 I am conscious that many people make New Year's resolutions at this time of the year and two of the top resolutions are to either give up smoking or to lose weight and become healthier. Waterloo Medical Group are keen to provide help and support towards this and as such within this issue of the newsletter are details of the smoking cessation service run at the practice and a weight management pilot scheme.

Whilst the weather in December and January has been wet rather than cold, the whole of the NHS had noticed an increase in patient suffering from flu over the last 2 months and I would therefore **urge all patients with a long term condition such as Diabetes, Cardiovascular disease, Asthma etc to contact the surgery to arrange for a flu vaccine in order to provide immunisation as they are at a high risk of Complications should they contract the flu.**

In this issue we have dedicated 2 pages of the Newsletter to details of self-help & preventative measures that you can take to cope with common medical conditions which I hope that you find useful.

Finally with over 28 years' service at the practice, Dr Murphy took the decision to retire from the end of December and I know that you will all wish him well in his retirement. Dr Laura Corrigan will replace Dr Murphy and she is due to join the Practice in mid-March.

DO YOU STILL NEED YOUR FLU JAB?



HURRY LAST CHANCE !

If you still need your flu jab and want this done please call the surgery or call in to reception to book your appointment now.

Peter Yeoman
Senior partner

Free Weight Management

Pilot Scheme

Over weight and want to do something about it?

Your GP Surgery and local leisure centre are taking part in a FREE weight management pilot scheme.

If your BMI is between 25 & 34.9 you may be able to take part.

For more information please contact:

Nicola Rowley Email: nrowley@activenorthumberland.org.uk
tel: 01670621230 mob: 07749110670

Ross Davison Email: rdavison@activenorthumberland.org.uk
tel: 01670 621230 mob: 07749110670

SMOKING CESSATION



This service is available to anyone who wishes to stop smoking.

An appointment can be made with one of our Practice Nurses. They will give you the most up to date information and advice on how to quit, we will provide professional and friendly support while trying to stop smoking.

We also offer late appointments for those who work with the latest bookable appointment being 6.00pm.

Waterloo Medical Group self help information

SELF HELP FOR COMMON HEALTH PROBLEMS IN ADULTS

This leaflet has been designed to help with the most common health problems which we face daily from our patients. We hope that this will help in your recovery.

SORE THROATS

Although sore throats may feel quite unpleasant they will more than likely go away after a few days and **do not need treatment from a GP.**

WHAT IS THE DOCTOR'S ADVICE?

Try taking simple painkillers such as paracetamol/ibuprofen and throat soothing lozenges

**DID YOU KNOW?
MOST SORE THROATS ARE VIRAL
AND
ANTIBIOTICS WILL NOT WORK!**



WHEN DO I SEE MY GP?

- ◆ If you are unable to swallow liquids or medication then please come to see us.
- ◆ If you have a high fever and sore throat for more than 3 days.



SPRAINS & STRAINS

You can book an appointment with a physiotherapist without seeing a GP! Call for an appointment on 0191 644 0144.

They can help you with:

- ◆ Strains and sprains
- ◆ Sports injuries
- ◆ Whiplash
- ◆ Joint and back pain

COUGHS

A cough is a reflex action to clear your airways of mucus or irritants. Most coughs will clear within 3 weeks and don't require treatment as they are due to a virus.

WHAT IS THE DOCTOR'S ADVICE?

Try a homemade remedy of mixing honey and lemon with warm water. This is just as effective as and safer than any cough medicines that you can buy. This, along with plenty of rest and regular paracetamol should do the trick



WHEN DO I SEE MY GP?

- ◆ Cough for more than 3 weeks (especially if you smoke)
- ◆ If you cough up blood or become short of breath
- ◆ If you develop chest pain
- ◆ If the cough becomes very severe

**DID YOU KNOW?
Green sputum does not always mean a
bacterial infection.**



EARACHE

Again, this is common and often clears in a few days without any treatment. Antibiotics do not significantly reduce pain or the time it takes to get better, even if it is a bacterial infection that you have.

WHAT IS THE DOCTOR'S ADVICE?

Take simple over the counter pain killers.

WHEN DO I SEE MY GP?

- ◆ If you develop a high fever
- ◆ Vomiting
- ◆ Discharge from the ear
- ◆ Swelling around the ear

Waterloo Medical Group self help information



BACK PAIN

Most adults will experience back pain at some point as it is so common, you can treat it!

WHAT IS THE DOCTOR'S ADVICE?

Simple painkillers such as paracetamol/ibuprofen & Keep active and avoid heavy lifting most cases will improve within 6 weeks.

WHEN DO I SEE MY GP?

- ◆ If you have had back pain for more than 6 weeks
- ◆ If you experience any problems with incontinence of bladder or bowels
- ◆ Numbness around your bottom
- ◆ Difficulty lifting your foot due to weakness
- ◆ If you have unexpected weight loss

RASHES

For advice about rashes you can speak to your local pharmacist who will be able to help and prescribe treatment for most simple rashes. They can also advise you if you need to see your GP/Nurse.

Most rashes that are not painful and not making you feel unwell can wait for a routine appointment



SIGNS OF A SERIOUS RASH like meningitis a purple/red rash that appears quickly and does not fade when the side of a clear glass is pressed against the skin



DENTAL PROBLEMS

Your Dentist is the person to see for toothache/mouth/gum problems. GP's have been advised to no longer prescribe antibiotics for these conditions. If you cannot get an appointment then ring 111 who will then put you in touch with an emergency Dentist.

CYSTITIS/URINE TRACT INFECTIONS

Another very common problem but they usually pass within 3 or 4 days without any treatment.

WHAT IS THE DOCTOR'S ADVICE?

Drink plenty of fluids and use pain killers that can be bought over the counter if need.

WHEN DO I SEE MY GP?

- ◆ If your symptoms don't get better or are very severe
- ◆ You develop a high temperature
- ◆ You find blood in your urine
- ◆ If you are pregnant or for children

If you have any of these symptoms, just call in to reception and hand in a urine sample which will be tested that day.



Did



STRESS AND ANXIETY

you know? You can refer yourself directly to speak to a counsellor via 'Talking Matters Northumberland' by calling 0300 303 0900 . They can help with a wide range of psychological problems.

If

you feel your problem is more severe then please book in with a GP.

FOR URGENT MATTERS (such as feeling suicidal) then there is a crisis number you can call to speak to somebody 0800 389 1406

Healthy Lifestyle

Asian Pulled Chicken Salad With Crushed Peanuts



Serves: 5

Prep time: 20 mins

Cook time: no cook time



Ingredients

- 1 small roasted chicken, about 1kg
- Half red cabbage, cored and finely sliced
- 3 carrots , coarsely grated or finely shredded
- 5 spring onions, finely sliced on the diagonal
- 2 red chillies, halved and thinly sliced
- Small bunch coriander roughly chopped, including stalks
- 2 heaped tbsp roasted salted peanuts roughly crushed

FOR THE DRESSING

- Three and a half tbsp hoisin sauce
- One and a half tbsp toasted sesame oil

Method

1. Combine the dressing ingredients in a small bowl and set aside.
2. Remove all the meat from the chicken, shred into large chunks and pop in a large bowl. Add the cabbage, carrots, spring onions, chillies and half coriander. Toss together with the dressing and pile onto a serving plate, then scatter over the remaining coriander and peanuts.

