

NEW SOUTHGATE SURGERY PATIENT PARTICIPATION GROUP



SUMMER NEWSLETTER 2015

OPEN DAY

New Southgate Surgery PPG Open Day – **Monday 16th November 2015**

We are pleased to announce the first PPG Open Day to be held at New Southgate Surgery on Monday 16 November 2015. There will be three organisations present throughout the day to share information, give advice, offer guidance on how to manage your own health and answer any queries you may have about the work that they do. The day has been designed to meet your interests and needs. Members of the PPG will also be on hand throughout the day to assist.

At the time of going to press we are expecting these organizations to be present:

Diabetes UK
Stroke Association
Dementia Champions

Further details will be announced nearer the time (on the website, via the newsletter and on the noticeboard). For now just put the date in your diary and we look forward to seeing you at our first Open Day in November.

Now that summer has finally arrived Dr Brain gives some advice on common problems.

SUNSTROKE

Although the classical British summer is so often rainy and overcast, we are sometimes fortunate enough to have a few days of warmer and even hot weather. Heat stroke often occurs in children who have been outside on a really hot day at home without adequate protective clothing or when on holiday abroad, and the elderly may also be at risk.

To prevent sunstroke:

- Wear a hat, have plenty of cool fluids, take regular breaks in the shade;
- Be aware of the following symptoms:
headache, nausea, chest pain, anxiety, fatigue and tiredness;
- Simple measures to help can be:
tepid sponging or bathing, cooling using a fan, DO NOT use ice baths, ice packs or cold air. Paracetamol according to the recommended dosage.

SEEK IMMEDIATE MEDICAL ATTENTION IF THE PERSON IS:

Vomiting, Collapsed, Convulsing OR Unconscious

BEE AND WASP STINGS

Most stings from bees, wasps and hornets cause pain and slight swelling. An insect sting typically causes an intense, burning pain. This is quickly followed by a patch of redness and a small area of swelling (up to 1cm) around the sting. This usually eases and goes within a few hours, with little other effect.

BUT, some people are allergic to stings and can develop reactions that can be life-threatening. **Call an ambulance immediately if you suspect an allergic reaction soon after being stung.**

WHAT ARE MY CHANCES OF HAVING A SERIOUS ALLERGIC REACTION?

Most people do not have an allergic reaction to insect bites or stings. About a quarter of people who are stung by a wasp or bee have some kind of allergic reaction. Only in a small proportion of these is the reaction severe. In the UK most allergic reactions are caused by wasp stings; you do not get an allergic reaction after a first sting by a particular type of insect. You need one or more stings to 'sensitise' your immune system. If you are stung by a bee and the stinger remains in the skin, then scrape out the stinger as quickly as possible. Do not pluck it out as this may squeeze more venom into the skin.

INSECT BITES

Insect bites (not stings) rarely cause serious allergic reactions but can cause small itchy lumps to appear on the skin. The itch can often be relieved by simple over the counter products, e.g. a soothing ointment, antihistamine tablets, or steroid cream, which your local pharmacist can recommend – with no need to see your GP.

SKIN INFECTION:

Occasionally, a skin infection develops following a bite, particularly if you scratch a lot, which can damage the skin and allow bacteria (germs) to get in. Infection causes redness and tenderness around the bite. In this situation it is sensible to see your GP.

MISSED APPOINTMENTS

In June there were **240** missed appointments!

That is equivalent to more than five full 110 buses!

Please don't waste appointments, if you cannot attend ring and cancel or use the new SystmOnline service.

