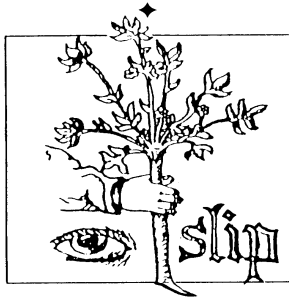


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ISLIP MEDICAL PRACTICE

Web Site: www.islipsurgery.co.uk



Summer Health—Dr. Lisa Ibbs

Hay fever

The time has come for some sunshine at last, but also for sneezing and itchy red eyes again for those of us with hay fever!

Here are some hints on how you can treat this yourself.

1. Try to avoid pollen—but not always possible! Ideas include staying indoors when high pollen count forecast, keep windows closed at home and in the car, avoid cutting the grass, wash face and hair after exposure, wear wrap around sunglasses.
2. Medication.—all of which is available over the counter! There are lots of brands, please ask your pharmacist for advice.
 - a) Things to try when you have symptoms—antihistamine nose sprays; antihistamine eye drops; antihistamine tablets which will help nose and eye symptoms (or liquid for children). The long acting non drowsy ones may give better 24 hour cover.
 - b) If you want to try to prevent symptoms, then you can try steroid nose sprays, or cromoglicate eye drops may be better, but you will need to use these every day for a few months and they may take 2 weeks to be fully effective.

Sun protection

Most skin cancer is caused by over exposure to uv radiation from sun or sun beds. Most skin cancer can be prevented by SLIP SLAP SLOP and SEEK SHADE.

SLIP on some clothes—closely woven fabric. Remember that wet clothes offer less protection

SLAP on a hat! Particularly if you have thin hair on top !

SLOP on sun cream. You will not get complete protection from cream alone though. Apply 30 minutes before going outside, apply generously, use water resistant cream with greater than SPF15 (UVB protection level) and a high star rated cream (UVA protection level). Replace cream after 2 years.

Also remember children are more vulnerable, sunburn can happen through thin cloud or shallow water or incomplete shade. The uv radiation reflects off snow, water and sand, so is stronger. For more information see Cancer Research UK website.



Immunisations for travelling

Our nurses can provide comprehensive advice on immunisations and malaria prevention.

Please complete a form when you have your travel itinerary and book an appointment at least 6 weeks before you leave. There is a charge for some of these immunisations and antimalarial tablets.



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Update HPV Immunisations for girls aged 12-18

This is a course of 3 immunisations to help reduce cancer of the cervix as outlined in the last newsletter. The story so far.....

Girls aged 12-13 have been offered this by schools.

We have started immunising girls born between 1.9.90 and 31.8.1991

We will shortly be starting to offer it to girls born between 1.9.1991-31.8.1995.. Watch this space.

Health Visiting service at Islip—Alison Butt

2 year health and development reviews.

For the past 3 years, Oxfordshire PCT has required that health visiting teams complete 2 year health and development reviews for children with existing health and development problems.

This policy has now changed and we are again required to complete these on **all** 2 year olds. I will be helped in this task by Jo Pinney (Nursery Nurse) and Lindsey Thomas (Community Staff Nurse) who are based at Ambrosden Surgery, but will be doing some work with me.

Therefore, if you have a child around 2 years, you will be contacted by a member of the health visiting team to arrange an appointment. You do not need to arrange this yourself.

I would also like to welcome Karen Bird as new administrator to the health visiting team, who will be arranging appointments for the team (amongst other things).

Enuresis Alarms (Bedwetting alarms)

Amnesty! Please would anyone who has an alarm that they have finished with, return them to the surgery. Please hand in to reception for the attention of Alison Butt. I only have one left and they cost £65 to replace! Many thanks.

District Nursing Team—Claire Quick & Dawne Jay

There will be a new community nurse Chris Craig, starting with us as soon as the necessary checks have been completed. Chris will join the district nursing team at Islip working 2 full days and Claire Quick will now be working 3 full days, so what has seemed like forever having reduced district nursing hours we are now back to our complete quota after the arrival of Molly Huish who joined us in December 2008. As always we still have Dawne Jay as district nursing team leader.

The team received a very kind donation to their charitable fund in April, from a patient in the area, this will be put to good use in the purchase of a piece of equipment to enhance patient care.

Practice Nurse News—Weight Clinic Sister Hilary Kilcoyne

To lose weight for your holiday

Debbie or Hilary can show you the way

First Tuesday of each month we meet

To talk about good things to eat.

We also share great recipes and tips

To help get you over the little blips,

That happen trying to lose that flab,

Which makes us feel dull and drab.

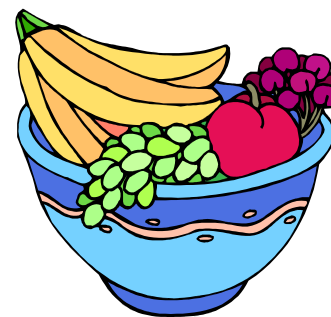
See Hilary first for a measure and a weight

So make a double appointment before the day

Bring your ideas to help us along

To give support to the not so strong!

Next clinic 2nd June 4.30p.m—5.30 p.m.





**Have you had any nasty insect bites??
Is the Blandford black fly to blame?? If so read on.....**

This fly was originally described as living near Blandford in Dorset, but is now common in the Cherwell valley area, particularly near to flowing water, usually rivers. Don't worry it isn't common around garden ponds. It is only 2mm long but its saliva can cause a lot of skin irritation when it bites us! The skin problems usually settle in a few days, but can be very uncomfortable and occasionally become infected. They do **not** cause any serious illness or transmit any diseases. Unlike mosquitoes, the Blandford fly usually bites during the middle of the day, less in the evening and can only fly to 50cm so the bites are usually found below the knee. They are only around in May and June.



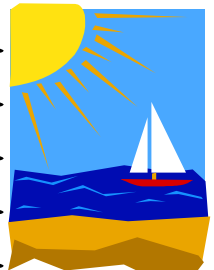
How to prevent bites. If you know your area is one where the Blandford fly may lurk, then wear long trousers with socks (you may even need to tuck trousers into socks, or wear wellies!) and insect repellent may help too. Take particular precautions when outside in the middle of the day in May and June.

How to treat bites. Keep the skin clean. Try antihistamine tablets and steroid creams, such as hydrocortisone, which you can buy from a pharmacy. Try to avoid scratching the bite- although it may be very itchy- because you may damage the skin and allow bacteria to get in

Dispensary News—Sally Oliver

Just a quick note from dispensary to ask all patients to get your repeat prescription requests in early before you go on holiday this year. Although we only ask for 24 hours, some items may be out of stock or take longer to get in. Travel tablets are another item that take that bit longer to get ready for you, so please be prepared this year and order early!

Our direct telephone number is 01865 840794, you can leave a message 24 hours a day and use our on line e-mail at www.islipsurgery.co.uk (please remember get your password from reception for on line prescriptions) and allow further time if ordering over the Bank Holiday weekend



If you have any questions regarding our new delivery system then please feel free to ask any of our dispensers, we can get patients set up on an automatic issue which means we order your prescriptions for you and then deliver them for free, so you should never run out of your regular medication. Please call us or come in and talk to us to find out about any of the above, we are always happy to help. Dispensary would like to wish you all a fantastic summer.

Prescription charges exemption update.

From 1st April 2009 the law was changed to add cancer to the list of conditions that give exemption from prescription charges. Patients undergoing treatment for cancer, including the effects of cancer or the effects of current or previous cancer treatment, are able to apply for a certificate of exemption. Please ask at dispensary for an application form

Patient Participation Group—All Welcome

We are looking for new members who are interested in joining our patient participation group. We meet every 4 months or so to discuss topical NHS information and news and are always happy to add any appropriate patient concerns or comments to the agenda for discussion. We like to know what you think of the practice and whether we can do anything to improve our services for you, please contact our practice manager Beverley Turner on 01865 371666 or e-mail her at beverley.turner@gp-k84003.nhs.uk if you would like to attend the meetings. We look forward to seeing you.





Surgery News



Are you an early bird?

You may be aware that there has been a lot of pressure from the government for GPs to extend their hours. Our surgery opening hours are already rather longer than many practices in the area, but nevertheless we have risen to the challenge and two of us will be starting work early every Monday. Appointments are available from 6.40 a.m if you want to see a doctor before you go to work. They **must** be booked in advance (there will not be a “walk in” service). Dispensary will not be open until 8.30a.m, although we will be able to arrange for the delivery of tablets if appropriate.

New Text Messaging Service arriving at Islip Surgery

We are finding missed appointments an increasing problem at the surgery and are pleased to announce an exciting new initiative of sending you a text message that will remind you of any pre booked appointments. The message will be sent free of charge 24-48 hours before your appointment as a reminder to cancel if you are unable to make it. This will enable us to offer any cancelled appointments to someone else, and hopefully reduce the number of wasted appointments.

From our recent survey on this matter a high percentage of patients expressed an interest and have already confirmed their correct contact numbers.

If you are interested please inform **Reception** of your nominated mobile phone number.

