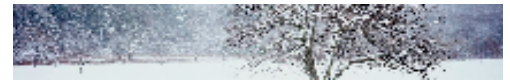




Welcome to Issue 1 of the Bruntsfield Medical Practice Newsletter. This is something that we have wished to produce for some time as a means of improving our communication with our patients.

We hope that it will enhance the information that is already available in the health centre, our practice leaflet and on our web site. (To get an early plug in for the latter, you will find much more information about the Practice and its services than can be incorporated into a newsletter at www.bruntsfieldmedicalpractice.co.uk).

We hope that you enjoy the first addition and would welcome any feedback and suggestions for future issues.



DID YOU KNOW?

All our doctors appointments are for 10 minutes.

We are happy for patients to bring in lists of problems (some preparation for an appointment is a helpful thing), but please realise that it may not be possible to deal with all the problems at one appointment. Our focus is on dealing with each problem adequately.

It makes sense, therefore to try to prioritise a list. It may not be appropriate to spend 9 minutes talking about athletes foot before mentioning your chest pain and breathlessness!

If you have a long list (more than 2 or 3) of problems, or if you are the sort of person who values in depth discussion around issues, please consider booking a double appointment.

Please do not be offended if we ask you to return to deal with issues that have not been covered in the time available – we want to do each concern justice.

PRACTICE NEWS



Bruntsfield Medical Practice is delighted to welcome Dr. Caroline Calvert, who is taking over Dr. Jude Boyd's role as a salaried doctor as Dr. Boyd becomes a partner in April. Dr. Calvert will take responsibility for Dr. McCall-Smith's patient list as she retires after 28 years of dedicated service to the Practice and her patients.

Dr. Calvert is joining us from Whinpark Medical Centre in Sighthill, and before that from London's Shepherds Bush. She studied medicine at *Edinburgh University*, and has a special interest in women's and children's health issues.

When asked what made her choose Bruntsfield as the next step in her career, she said "*Bruntsfield Medical Practice is a well organised, large but friendly training practice, with lots of opportunities, in a lovely, central Edinburgh area.*"

In her spare time, and in a shocking break from stereotype, she is learning to play golf. She also enjoys tennis, squash, and playing piano. And depending on the climate she loves to ski or scuba dive when on holiday.

The Health Visiting Team are delighted that Anne Gaskell, who has worked here part time for many years, will now be working full time.

And... Dr. Emma Hall, and Practice Nurse Shona Swain both welcomed new additions to their family in September 2007. Mothers and daughters are doing well, and both Dr. Hall and Nurse Swain will be returning to work later in 2008.

HEALTH FACTS!

In a 2007 study by the Royal College of General Practitioners, women who had use the contraceptive pill were 46% less likely to be diagnosed with ovarian cancer and 28% less likely to be diagnosed with cancer of the colon or rectum .

THE RIB TICKLER

A man went to see his doctor because he was suffering from a miserable cold. His doctor prescribed some pills, but they didn't help.

On his next visit the doctor gave him an injection, but that didn't do any good.

On his third visit the doctor told the man, "Go home and take a hot bath. As soon as you finish bathing throw open all the windows and stand in the draught."

"But doc," protested the patient, "if I do that, I'll get pneumonia."

"I know", said the doctor. "I can cure pneumonia!"

TIPS FOR THE COMMON COLD

The winter months see an increase in viral infections causing the symptoms of the common cold. These lead to an increased demand for appointments which at times can be hard to meet. You can help us and keep appointments free for others by initial self management seeking advice if the symptoms fail to settle (Remember, you can phone for advice if you are unsure whether an appointment is required. Speak to a doctor between 10.40 and 11.00 Mon-Friday)

Take simple painkillers such as paracetamol. If you have a temperature this will help to bring it down.

Make sure you drink enough fluid to keep yourself hydrated – water is best. This is particularly important if you have a temperature. Also, warm drinks can be soothing.

A cough medicine may help to soothe a ticklish or dry cough. Cough medicines are available over-the-counter from your local pharmacist. Try to rest and avoid strenuous activity.

Keep the room at a comfortable temperature, but make sure that fresh air is circulating.

Smoking or breathing in other people's smoke can make a cold worse. If you are a smoker, try to cut down or quit.

Your pharmacist is great source of advice especially if you have a medical condition, or you're taking prescription medicines.



QUIT SMOKING NOW!

There are some real incentives to quit.

Stopping smoking at any age increases life expectancy, even for those who quit late in life.

Risks of developing cancer or heart disease are significantly reduced. Within a year of stopping, the risk of having a heart attack falls to about half that of a continuing smoker, and within 10 years, the risk of lung cancer falls to half that of a smoker.

Tips to help you quit smoking

1. Before you stop, keep a diary over a couple of days
2. Set a quit date
3. Change your routine
4. Start afresh
5. Remember that the physical cravings will pass
6. Find a substitute
7. Think positive
8. Do something else
9. Watch the money add up
10. Reward yourself

Useful contacts

The Practice Nursing Team,
Bruntsfield Medical Practice
(access to local smoking cessation clinics and general advice and support.)

Smokeline
Telephone: 0800 848484

NHS Lothian Resource
<http://www.nhslothian.scot.nhs.uk/yourhealth/healthylifestyle/smoking.asp>

Please remember to inform us if you can't keep your appointment (by phone or online)

We hope this first issue of the Bruntsfield Newsletter has been interesting to read. Let us know your views and comments.