



DR GALLOWAY RETIRES

After 26 years working in Bruntsfield Medical Practice, the last 4 as Senior Partner, Dr Galloway has decided to retire from General Practice.

When her retirement was first announced a few months ago, staff and patients alike were saddened by the impending loss of such a well liked and respected doctor, colleague and friend from the practice, but full of well wishes for her retirement.

"I have been very touched by the kind messages, cards and gifts that have been arriving over the last couple of weeks, and I shall be acknowledging these personally."

During her time at Bruntsfield, Dr Galloway has been instrumental in developing and maintaining the high standard of care by which we are always striving for. From the reorganisations to NHS General Practice in 1992 and 2004, that made GPs more responsible for both preventive and chronic care, to the two major refurbishments to the practice premises in 1994 and 2001, not to mention the practice being twice awarded the Royal College of GPs' Quality Practice Award, her involvement throughout has been profoundly influential.

"It has been a great privilege to work at Bruntsfield Medical Practice for the last 26 years. I have been so lucky to have work that I have loved and such great colleagues ...and patients. I am confident that the Practice will continue to provide the same high standard of care in the hands of my remaining partners."



Taking over care of Dr Galloway's patients from April, is Dr Susie Carswell. Dr Carswell is already well known to Bruntsfield Medical Practice, having worked as a

locum during the recent maternity leave for both Dr Boyd and Dr Calvert.

Dr Carswell has experience working in Perth, Glas-



gow, Dundee and Inverness, as well as a year working in New Zealand before returning to Edinburgh to gain experience working as a locum throughout Lothian.

Dr Carswell enjoys the variety of general practice, in regards to both the problems faced, as well as the patients who come through the door. She is especially interested in Women's Health and Family Planning, as well as Acupuncture and Travel Medicine. In her spare time, Dr Carswell enjoys travelling, cycling and generally enjoying the great outdoors!

Everyone in the practice is excited to have Dr Carswell join on a permanent basis, as well as reassured that Dr Galloway is leaving her patients in such capable hands.

OTHER STAFFING NEWS

Congratulations are in order for Dr Caroline Calvert, who will be welcomed back from maternity leave in June as a Partner at Bruntsfield, taking the space left by Dr Galloway since her retirement.

With Dr Carswell joining the practice as a permanent member of staff, the remainder of Dr Calvert's maternity leave will be covered by Dr Catriona Davidson.

The District Nursing team have welcomed a couple of new members to the team in the forms of Staff Nurses Kat Fraser and Julie Robertson, following the transfer of Nurse Linda Beveridge to Colinton.

The Health Visiting team are losing a long-standing member of staff with the retirement of Ann Fraser in May. Her kind nature and professionalism will be missed by staff and patients alike.

Forthcoming dates for your calendar:

Fri 6th-Mon 9th April | Mon 7th May | Tue 5th June
Wed 25th April | Wed 23rd May | Wed 23rd June

Public Holidays - Practice closed all day
Staff Training - Practice closed 12.30pm onwards

OSTEOARTHRITIS

Osteoarthritis (OA) is the most common type of joint disease affecting over 8 million people in the UK. It has often been termed “wear and tear” arthritis but might be better thought of as a “wear and repair” process where the joint responds in an unhelpful way to the wearing process we often experience as we get older. OA is unusual below 45 years old.



It commonly causes pain (particularly when moving the joint) and stiffness (especially after rest) in the knees and hips but can affect other areas such as the joints in the hands.

It can usually be diagnosed on the basis of symptoms and an examination, but sometimes X rays are required.

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Self help measures are very important and can help prevent or delay the need for joint replacement. Weight management is valuable to reduce the strain on the joints. Strengthening exercises help to build up the muscles around the affected joint and may be supervised by a physiotherapist.

OA does not inevitably get worse and in many patients the symptoms improve; in knee OA only about a third of patient develop progressive disease and in hip OA only one quarter of patients will have had a hip replacement in the 4 years after first going to see their GP.

If you think you are having joint problems then please discuss them with your GP – don't just accept them as an inevitable part of growing old!

DETECT CANCER EARLY

The Scottish Government launched their Detect Cancer Early campaign in February this year, in an attempt to improve the cancer survival rates throughout Scotland.

One of their key messages is about raising the awareness of 8 signs and symptoms of cancer, and encouraging people to visit their GP:

1. Lumps which appear or get bigger, in the breasts, testicles or anywhere else.
2. Sores that don't heal up, in the mouth, throat or skin.
3. Moles that change shape, size or colour.
4. Any growth that appears on the skin and continues to grow.
5. Coughing up blood, or blood in the urine or mixed through the stools.
6. Persistent conditions that refuse to clear up, like a cough that never goes away or a pain somewhere that won't settle.
7. Changes in the pattern of going the toilet.
8. Unexpected weight loss.

If you recognise these symptoms in yourself, remember it doesn't mean you definitely have cancer - but it can mean something is wrong and that you should get advice from your usual GP.

TRAVEL HEALTH FOR FAMILIES

As increasing numbers of people are travelling to exotic destinations, the field of travel health is becoming ever more complex.

With regard to families, our practice nurses have found that it is very helpful if they can carry out a full travel risk assessment with a parent prior to planning vaccines for children.

To facilitate this, we would ask that, wherever possible, one parent attends on a separate day, or time, in advance of their children.

Our reception staff can guide parents with making suitable appointments, and we will always accommodate any families that are unable to attend separately.

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



Contributors

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