



## STAFFING NEWS

We have a few new faces who have joined the Practice clinical staff in the last couple of months, to replace those who have recently moved on.



First of all we have Dr Kim Rollinson, who has taken over from Dr Loudon as the practice GP Retainer, working Monday mornings, and all day on Friday. While she did her training in Edinburgh, Dr Rollinson is joining us from London, where she worked as a GP for several years. She has a particular interest, in Obstetrics and Paediatrics, which she gets plenty of practice in at home looking after her young son.

Our new batch of keen young GP trainees have also started recently, with Dr Clare MacRae here until September 2014 for her third and final year of training. Dr MacRae studied medicine in Glasgow, and also gained a BSc in International Health at University College London. She worked in Paediatrics in Glasgow before transferring to Edinburgh to do her GP training. Being another new mum, Dr MacRae spends most of her spare time with her family.



We also welcome Dr Jamie Swanson, who is in his second year of GP training, and will be with the Practice initially until February 2014, but will return for his final year of training in August 2015. Dr Swanson has experience working in several hospitals and departments around Edinburgh and West Lothian, but has a particular interest in Ophthalmology, no doubt gained during his time working at the Princess Alexandra Eye Pavilion, but he is looking forward to the variety and scope of work in General Practice.

## BOWEL SCREENING

**Bowel cancer is the third most common cancer in Scotland** after lung and breast cancer. Every year, almost 4,000 people are diagnosed with the disease. For men the risk of getting colorectal cancer over the age of 50 is 1 in 18 (5.5%) and for women the equivalent risk is 1 in 22 (4.5%). Bowel cancer is easier to treat the earlier it is diagnosed. **The survival rate is more than 90% over five years when diagnosed at the earliest stage**, compared to under 10% over five years at the most advanced stage.

The Scottish Bowel Screening Programme has been introduced to increase the number of patients being diagnosed at the earliest stages. The Programme invites all men and women in Scotland between the ages of 50 to 74 to participate every two years.

A letter, along with a testing kit and instructions, is sent to your address soon after your 50th birthday, and then every 2 years until you are 75. The test is a Faecal Occult Blood Test (FOBT). This detects blood within your stool which you are not able to see. You will receive your results within two weeks, directly to your address.

Most test results are negative, however, if the results of the test are positive you will be referred to hospital for further assessment, and if appropriate, may be offered a colonoscopy. This is the most effective test for detecting bowel cancer by looking at the bowel directly, using a flexible tube with a camera, in an outpatient setting.

If you have lost your screening kit, or did not receive one, and you are eligible for the Screening Programme, another kit can be requested by ringing the Scottish Bowel Screening Helpline: **0800 0121 833**. This is also the number for further information.

### Forthcoming dates for your calendar:



Thu 24th October

Wed 27th November

Staff Training - Practice closed 12.30 - 1.30pm

Staff Training - Practice closed 12.30pm onwards

## FLU VACCINATION PROGRAMME 2013-14

This year the Practice is starting our Seasonal Flu Vaccination Programme the week beginning **Monday 30th September 2013**.

Flu clinic appointments are available to book NOW, and if you're eligible to receive the vaccine at the practice you don't need to wait for an invite - please call us on **228 6081** or come in to the practice as soon as possible to secure your appointment.

### Eligibility:

- Everyone aged 65 or over by 31st March 2014
- All children aged 2 or 3 years old on 1st September 2013
- Anyone aged 6 months and over with the following conditions:
  - ◇ Asthma (you must require regular use of a steroid inhaler or tablets for control, or have had an emergency admission to hospital because of your asthma in the last year)
  - ◇ Chronic respiratory disease (such as COPD, emphysema, chronic bronchitis and cystic fibrosis)
  - ◇ Chronic Heart disease
  - ◇ Severe kidney or liver disease
  - ◇ Neurological disease (e.g. Stroke/TIA, MS)
  - ◇ Diabetes
  - ◇ Lowered immunity due to disease or treatment
- Women in any stage of pregnancy
- Or if you are an unpaid carer, or a young carer, for someone who could not manage without your help if you became ill

Our flu clinic appointments are only five minutes long, and are for administering the vaccinations only. Please make a separate appointment if you need to address any other health matters.

For further information on the practice flu vaccination programme for this year, please check our practice website at: [wp.me/p13qLV-HR](http://wp.me/p13qLV-HR) or for more information on the programme in general visit: [www.immunisationscotland.org.uk/flu](http://www.immunisationscotland.org.uk/flu).

## SHINGLES VACCINATION

The shingles vaccine has been added to the national immunisation programme this year for 70 year olds, with a "catch up programme" for 79 year olds (age as at 1st September 2013).

Shingles (Herpes Zoster) is caused by a reactivation of the chicken pox infection (varicella zoster virus VZV), sometimes decades after the first infection. Following this primary infection, the virus enters the nervous system and remains there in a "latent" state. Reactivation is usually associated with times of immunosuppression, including old age. The risk and severity of shingles increases with old age. Although shingles can occur at any age, it has an estimated lifetime risk of one in four.

The shingles vaccine is a live attenuated vaccine, given as a one off, under your skin in your upper arm, rather than in to a muscle. It can be given at the same time as your flu or pneumococcal vaccine.

If you are eligible for the vaccine, don't hesitate to book an appointment with the nurse for the flu clinic, which is starting on 30th September.

For more information check the practice website on [wp.me/p13qLV-Hp](http://wp.me/p13qLV-Hp).

## AN EASIER WAY TO PAY FOR PARKING

Do you drive to the practice to attend your appointments? Have you ever needed to feed the meter half way through your appointment?

If the answer to these questions is yes, then did you know that Edinburgh uses a service called RingGo that allows you to pay for, and extend your parking, using your phone?

For more information on how RingGo works, and to register with the service, you can visit: [www.myringgo.co.uk/howitworks](http://www.myringgo.co.uk/howitworks), or if you want to see the RingGo locations in Edinburgh, visit: [www.myringgo.co.uk/whereitworks?id=133](http://www.myringgo.co.uk/whereitworks?id=133)

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



### Contributors

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