



Medicines for Africa

The charity concerned is called 'intercare' and they collect medicines, inhalers, creams, dressing etc.

Patients can drop these off at reception and I arrange for them to be sent off to the charity. All items must be in their original packaging with relevant packing literature and strips of tablets must be complete and with a shelf life of at least 15 months. All other items must be unused.

The medicines are sent to countries which include Uganda, Tanzania, Malawi, Zambia, Ghana, Cameroon and Sierra Leone.

For further information please see Tina Gray, Receptionist at The Lyons Practice

Specimens & samples

Specimens left at reception should be labelled clearly with the minimum of your name and date of birth.

If you have been given a form to go with a specimen container please make sure that the container is placed inside the form or securely attached to it.

If you want a urine specimen tested please make sure that you have attached a brief explanatory note and a contact number at which we can reach you during normal working hours.

This will enable us to deal with your requirements more efficiently. Thank you for your cooperation

I've made a list.....

How to get the most out of your visit to your doctor.

Every doctor is nervous of the patient who comes armed with *the list*. That is not to say they are not helpful but if you wish to bring one there are certain guidelines to be followed to get the most out of it. Most GPs have 10 minute appointment slots although in reality most problems need more time. One of a GP's greatest skills is in time management and we all have different ways of doing this. One problem can usually be accommodated but a long list is asking a bit much of the doctor and also of the other patients still waiting for their appointments. In these situations it is best to run through the list and decide with the doctor which you both consider the more important problem/problems to deal with as time allows. He/She may also find that certain seemingly sepa-

rate issues might be related. He/She may then ask you to make a further appointment to deal with any others. Alternatively if you feel you don't see the doctor very often and find it difficult to get time off work for instance, then it is always possible to explain to the receptionist that you would like a double appointment.

List do's and don'ts:-

The most important thing is to tell the doctor you have a list and allow him to quickly scan it. It is amazing how many patients mention seemingly the most straightforward problem first and let the doctor spend the whole appointment on it before mentioning the main and possibly more serious problem.

It can be useful to make a list of your symptoms if you find



it difficult to explain how you are feeling.

A timeline of your symptoms can also be a useful list to make but not too detailed or going back too far unless you think it relevant (also use a timescale that your doctor will find helpful e.g. number of days/weeks/months, rather than using terms such as 'recently,' for some time' or 'for a long time').

Try not to store problems up if you can help it - think how much easier and relaxing shopping is if you are concentrating on getting only one item rather than furnishing the whole house in one go.

We hope the above is of some help in making sure you get the most out of your appoint-

Travel vaccinations—Yellow Fever By George Kidd Practice Nurse

What is yellow fever? Yellow fever is a serious illness caused by the yellow fever virus.

It is passed onto humans via the bite from an infected mosquito.

you cannot catch the illness from another person only through a mosquito bite.

Symptoms can vary from a mild flu like illness or can be more serious and cause organ failure and death.

There is no specific treatment for yellow fever and 50% of people who catch it will die.

The World Health Organization estimates that 200 000 people each year contract yellow fever.

Where could I contract yellow fever? It occurs in tropical parts of South America and Africa.

It is more common in the countryside but can occur in cities.

How can I prevent myself from contracting yellow fever? Prevent/reduce your risk of being bitten by mosquito's when traveling /staying in a risk area. Yellow fever carrying mosquitos tend to bite during the daylight hours, particularly in the hours after dawn and before dusk. You can speak to your practice nurse for further advice about this.

Pre-travel vaccination

How do I arrange a vaccination? Vaccination can only be carried out at a designated Yellow fever vaccination centre.

The Lyons Practice is one of these centres.

Our nurses are specially trained to carry out risk assessments prior to travel to yellow fever areas, and can advise you whether vaccination is recommended for your particular trip.

The vaccine must be given 10 days before your trip.

You will receive a certificate which you must carry with you during your travel.

There is a charge for the vaccine; it is not available free on the NHS.

If you are travelling abroad please make an appointment to see one of our nurses (ideally 8 weeks prior to travel), who can discuss your trip and advise you on possible vaccines, or anti-malarial medications you may need.

The Weird World Medical Phobias

Many people have a phobia about needles, enetophobia, probably quite common. But do you know what these are phobias of?

- 1)epistaxiophobia
- 2) geniophobia
- 3)mysophobia
- 4)iatrophobia
- 5)genuphobia
- 6)radiophobia

Answers at bottom of page



What's in a name?

Phlebotomist – This is a word that not everyone is familiar with and it's simplest description applies to someone who takes blood either for testing or transfusion. The word Phlebotomist comes from: Phelps= vein and Tomia-cutting. Valerie Russell is the Phlebotomist for the Lyons Practice

Registrar – All doctors undertaking vocational training in the general practice setting are known as GP Registrars. These registrars are fully qualified doctors but may have only worked in hospitals or other specialist units and therefore need to spend some time in a general practice. A Registrar's time at a practice is usually 1 year and we currently have 2 with us here at the Lyons Practice. Dr James Taylor has nearly finished his time with us and Dr Helen Waterworth is with us for 4 months. A Registrar sees patients and does house visits and other work that our other doctors do but they also have fewer surgeries so they can have special training sessions with their sponsor doctor.

Southlands — what's the future of our local hospital?

As you may or may not be aware Southlands hospital is undergoing a consultation period to review whether or not the in-patient services will be retained.

Majorie Sams who is a member of the Lyons Practice Participation Group (LPPG) has been following this story for us and has reported the following from the last public meeting

The meeting was held at Southwick community centre on 22nd March. There were approx 80 people attending the meeting, on a show of hands approx 80% of

people were in favour of keeping the in-patient services, No one voted to close the inpatient services.

On the 9th April I spoke to our local MP Tim Loughton regarding the possible loss of some Southlands facilities. He advised the best course of action was for residents and those interested in keeping Southlands to write to the Communications office at the West Sussex Hospital Trust

A petition has been set up which anyone interested in saving Southlands is encouraged to sign.

So far we have over 900 signatures collected in just over a week

The end of the consultation period for the changes to Southlands was midday on the 29th April 2011. However the petition is still on going, we will not let these services close without a fight.

There is a new Web-site under construction for the Lyons Practice. Please let us know what you think?

www.shorehamhealth.com

The Lyons Practice is getting smaller!

This January saw the wide-spread launch of the new 'ProPoints' Weightwatchers system. It replaces the previous very successful system used over the last 12 years. Why is a new system needed? Is it just a marketing revamp? In fact a considerable increase in knowledge and understanding of nutrition and how the body processes food has taken place over the last decade and the new system reflects this and makes it even easier to follow the plan and lose weight healthily and consistently.

Dr Howard Bentley last followed the Weightwatchers plan 6 years ago and lost 2 stone 10 lbs over 7 months. He decided to return for a further helping at the end of November, fortuitously just as the new system was launched.

'I must admit I had simply got lazy over the last year or so and felt a little focus and discipline was necessary to get on track again. There are some noticeable changes which make it all more straightforward: you don't have to count fruit and most vegetables, so you can have a 'free' banana or apple any time you feel peckish; also, as well as your daily points allowance you have a 49 point weekly allowance - slush fund I call it, which means you can head off at least

once a week to The Bridge Inn or La Galleria for a guilt-free evening and STILL lose weight. In fact I've just hit my target weight of 12st 12 lbs, having lost 25.5 lbs over the last five months, and have become a Gold Member. I've even got a certificate to prove it'

Inspired may be too strong a word, but **Dr Nigel Lyons** has followed his partners lead and just started at Weightwatchers as well. 'Like everyone else I found Christmas had taken its toll and I'd piled on some pounds particularly around the waist. After only 8 weeks I have lost 1 stone and it is amazing how much fitter I feel for it, and it wasn't even difficult or too restrictive. Whether I'll be able to keep the weight off is yet to be seen but recognising the benefits of weight loss on ones health is a strong incentive as is keeping as trim as ones colleagues!'

Dr Isla Cox took the plunge several weeks ago. 'The group leader is exceptionally funny, seemingly having modelled herself on the character from Little Britain, she definitely makes it worth attending the meetings. I've lost half a stone without really trying, purely as the idea of being weighed every week is enough to motivate me not to eat an extra snack or two'

Not wanting to miss out on a good thing, **Mrs Alison Wilkinson**, deputy practice manager, not only started the 'ProPoints' diet and found the recipes easy to follow using things she already had in her cupboards and fridge, but also realised that dieting wasn't enough and so has increased her exercise too. "From a latent couch potato I now attend a very enjoyable dance class, play netball, the first time in 43 years, and run with a very understanding, patient, friend, who is cajoling me towards running one of the 5k events for Cancer Research in the summer. The biggest change for me has been understanding that I am the only one who can do anything about my health and weight and that it is never too late to change.'

To change any habit, especially eating habits, requires encouragement and support from others as well as a positive attitude, know-how and motivation from yourself. If you are thinking of making a healthy lifestyle change and would like to lose weight, then turning up at any one of the many weight loss classes is a first step. We all chose weightwatchers because of the success by one person, which is sometimes all it takes to inspire you.

www.weightwatchers.co.uk or visit Shoreham Health Centre on a Thursday at 10.00am