



The Allan Practice Newsletter

Spring 2018

In This Issue

- Spring Has Sprung!
- Hay Fever Advice
- Test Results
- Bowel Cancer Awareness Month

Join our Patient Participation Group!

We are looking for patients who would like to become an intrinsic part of the surgery. As a communication channel between patients and the practice, the aim of the PPG is to improve the quality of service provided by the surgery, keeping the best interests of the patients at its heart. If you are interested in joining, please speak to the receptionist or email: calcot.ppg@nhs.net

Missed Appointments

In January 2018, 98 patients failed to arrive for their appointments. That is roughly 22 hours of clinical time lost. If you do not think you will be able to make your appointment, please contact your doctor's secretary to cancel or rearrange.

Spring Has Sprung!

As winter draws to a close and the days become longer and lighter for a lot of us our attention turns to our summer holidays! Travel immunisations are recommended for many foreign countries to help protect you and your family whilst you're away. If you're going somewhere exotic this summer, don't forget to check your family are as protect as possible. There is plenty of travel health information on our website, or if you know you need some vaccinations, book in with one of our Practice Nurses at least six weeks before your date of travel.

As well as holidays, warmer weather and sunshine, the start of spring brings something a little more dreaded to mind – hay fever. Affecting 10-30% of UK adults (Allergy UK), hay fever can put a real dampener on spring. We've put together some hay fever advice to see you and your family through pollen season as best as possible.

Don't forget, we will be closing for the Bank Holidays over the Easter Weekend. We will publish our full opening times closer to the holiday but if your medication will run out around this time; make sure you order early to avoid any delays.

Thank you for all of the support that we have received for the newsletter so far. If there is anything that you'd like to see featured in a future newsletter please let us know and we will do our best to cover it!

Hay Fever Help This Spring

According to Allergy UK hay fever affects 10-30% of adults in the UK. Usually worse between late March and September, warm, humid and windy weather can cause hay fever symptoms to flare-up, especially when the pollen count is at its highest.



Symptoms of hay fever can include: sneezing, coughing, runny/blocked nose, itchy/red/watery eyes or nose, itchy ears, loss of smell, pain in temples and forehead, headache, earache and feeling tired. Unlike a cold, hay fever will likely last for weeks or months.

How to treat yourself:

There is currently no cure for hay fever and you cannot prevent it, but there are a number of things you can do at home to help ease your symptoms.

Cont. overleaf

Staff Training

One afternoon a month the practice closes for protected staff training. On these dates we close from 13:00 and open as usual the following morning. **This quarter's PLT dates are: 13th March, 19th April and 15th May.**

Training in Practice

We are pleased to announce that two new Registrar GPs have joined us. Dr Riz Shaffiq will be with us until August 2020 and Dr Jay Angrish will be with us for six months. Our first registrar Dr Amit Bhardwaj has moved on to his penultimate placement and we know all our patients will join us in wishing him all the best for his future career.

Cervical Screening

All women aged 25-64 are invited for a Cervical Screening Test at their practice every 3-5 years depending on age. A Cervical Screening helps to detect abnormal cells and is very important to attend. If you've received your invite, don't ignore it! Book in with one of our Practice Nurses! It's quick, easy and painless, and helps to make sure all your cells are healthy!

Contact Us

Our website has an abundance of information on it to help point you in the right direction for your care. Please visit: calcotmedicalcentre.co.uk

Put Vaseline around your nostrils to trap pollen, wear wraparound sunglasses, shower and change your clothes after you've been outside and stay indoors whenever possible, keeping windows and doors shut as much as you can. Pollen filters may be useful for car air vents.

A Pharmacist is the place to go with hay fever symptoms.

Speak to your pharmacist if you have hay fever. They can give advice and suggest the best treatments for your symptoms. This could include antihistamines, steroid nasal sprays or anti-allergy eye drops. These can all be used together.

Antihistamines for hay fever are considered low priority prescribing by our governing body, Buckinghamshire CCG. For quick access to antihistamines and other medications, visit your pharmacy. In many instances hay fever relief medications are available for less than the cost of an NHS prescription.

For further information visit: www.nhs.uk/conditions/hayfever.

Written with Dr Gurjit Dhesi

Ringling for Test Results



If you are waiting for results of any recent tests, please telephone the surgery between 10:00-12:00 & 14:30-16:30. Please bear in mind that secretaries are not medically qualified and are not allowed to give out specific information regarding test results.

Secretaries are only able to inform you of what the doctor has reported them as, for example 'Normal' or 'Result Improved'.

The doctor may wish to see you to discuss your results further, in which case we will be able to book you in for an appointment with your GP.

For confidentiality reasons staff are not allowed to give results to anyone other than the patient.

Bowel Cancer Awareness Month

April is Bowel Cancer Awareness Month. The fourth most common cancer in the UK, every 15 minutes someone is diagnosed with Bowel Cancer (Bowel Cancer UK). Whilst common, bowel cancer is treatable and curable, especially when diagnosed in the earliest stages. Whilst bowel cancer usually affects those over 50, Bowel Cancer Awareness Month is about making sure you know what signs to look out for.

The symptoms of bowel cancer can include: bleeding from your bottom and/or blood in your stool, a change in bowel habit lasting three weeks or more, unexplained weight loss, extreme tiredness for no obvious reason, a pain or lump in your tummy. Most people with these symptoms don't have bowel cancer, but if you have one or more of these symptoms book in to see your GP. If you have received a bowel cancer screening kit, please do not ignore it.

