



HEALTH MATTERS

North Street
Calne
Wiltshire
SN11 0HH
Tel: 01249 812141
Fax: 01249 815343
www.northlands-surgery.co.uk

Pharmacy Update



We are thrilled that the new Pharmacy is now underway. The shell of the Pharmacy went up in just one weekend which has allowed the creation of our lovely new waiting room and reception - still work in progress with decorating and new fixtures and fittings to come.

We are keeping disruption to a minimum with the builders doing as much as they can out of normal surgery hours. Thank you for your understanding.

We look forward to the Pharmacy being up and running early April.

Alison Ingham
Practice Manager

Opening Times:

Visit the Surgery Monday to Friday:
8.30am - 6.00pm
Or telephone between:
8.30am - 5.30pm

Surgery Times (by appointment):

Monday and Tuesday
8.30am - 12.25pm
2.30pm - 5.40pm
6.30pm - 8.00pm

Wednesday, Thursday and Friday
8.30am - 11.30am
2.30pm - 5.40pm

Out of Hours Service: 01249 812141

Our Doctors:

Dr A Thornton MA MB BS MRCP DCH
Dr R Leach MA BM BCh MRCP DRCOG
Dr E Tully MB BCh BAO MRCP
Dr N Ware MB BS BSc DRCOG MRCP
Dr A Brownhill MB BS MRCP
Dr E Simons MB ChB MRCP DFFP
Dr J Dalton BM DCH
Dr W Laird MB ChB

NATIONAL HEART MONTH - February

24th February
National Wear Red Day



A healthy lifestyle will make your heart healthier. Here are 10 things you can do to improve yours...

- ♥ **Get moving** - Do 150 minutes of moderate-intensity aerobic activity every week. One way to achieve this target is by doing 30 minutes of activity on five days a week. Fit them in where you can, such as cycling to work.
- ♥ **Give up smoking** - Smoking is one of the main causes of coronary heart disease. A year after giving up, your risk of a heart attack falls to about half that of a smoker.
- ♥ **Manage your weight** - Being overweight can increase your risk of heart disease. Stick to a well-balanced diet low in fat and high in fruit and vegetables, combined with plenty of physical activity.
- ♥ **Drop the salt** - To maintain a healthy blood pressure, stop using salt at the table and try adding less to your cooking, or cut it out completely. You'll soon get used to it. Also, watch out for high salt levels in processed foods. Check the food labels: a food is high in salt if it has more than 1.5g salt (or 0.6g sodium) per 100g.
- ♥ **Get your five a day** - Eat five portions of fruit and vegetables a day. Add dried fruit to breakfast cereal, and add vegetables to your pasta sauces, curries, etc.
- ♥ **Eat oily fish** - Eat oily fish twice a week. Fish such as mackerel, sardines, fresh tuna and salmon are an excellent source of omega-3 fats, which can help to protect against heart disease.
- ♥ **Walk off stress** - If you're feeling under pressure, clear your mind with a walk. It will help put your ideas in order and reduce tension. If it's a brisk walk, it will also count towards your daily activity.
- ♥ **Cut saturated fat** - Small changes to your diet can have positive health benefits. Choose semi-skimmed over full-fat milk, leaner cuts of meat and steam or grill foods rather than frying.
- ♥ **Drink less** - Alcohol can be fattening. If you added three or four gin and tonics to your usual daily diet, you could put on nearly 2kg over four weeks.
- ♥ **Read the food label** - When shopping, look at the label on food packets to see what the product contains. Understanding what is in food will help you make healthier choices.

Source: The British Heart Foundation.

6th-12th February



The word 'tinnitus' comes from the Latin word for 'ringing' and is the perception of sound in the absence of any corresponding external sound. This noise may be heard in one ear, in both ears or in the middle of the head or it may be difficult to pinpoint its exact location. The noise may be low, medium or high-pitched. There may be a single noise or two or more components. The noise may be continuous or it may come and go.

What causes tinnitus?

Tinnitus is not a disease or an illness, it is a symptom generated within a person's own auditory pathways. Although it is often assumed that tinnitus occurs as a result of disease of the ears, this is often not the case. The precise cause of tinnitus is still not fully understood.

Who gets tinnitus?

Experiences of tinnitus are very common in all age groups, especially following exposure to loud noise; however, it is unusual for it to be a major problem. There is a widely held misconception that tinnitus is confined to the elderly, but various studies have shown that it can occur at any age, even in quite young children. Mild tinnitus is common - about 10 per cent of the population have it all the time and, in up to one per cent of adults, this may affect the quality of their life.

What to do if you think you have tinnitus?

Tinnitus is rarely an indication of a serious disorder, but it is wise to see your doctor if you think you might have it. Should something treatable be causing it, you may be referred to a specialist.






Text from: www.tinnitus.org.uk



Missed Appointments

During January 2012 there were:

-  177 appointments not attended by
-  166 patients equating to
-  37 hours and 13 minutes of appointment time

Please let us know if you need to cancel or change your appointment as soon as possible.

Northlands Surgery Website

www.northlands-surgery.co.uk

Please remember to visit our website to keep up -to-date with the latest Surgery news.

Once registered for internet access patients can use the website to make or cancel appointments and order repeat prescriptions. Please visit the website for further details or ask at Reception.

Patient Survey 2011

Thank you again to all our Patients who completed the 2011 Patient Survey. The survey questions were set in consultation with the Northlands Patient Participation Group. This virtual community (i.e. patients who want to be involved via e-mail) have now had an opportunity to review the 455 completed surveys. A meeting was held at the Surgery on the 1st February to discuss an action plan following feedback from the virtual community. The Surgery will now take the action plan and either work to implement changes or respond if suggested changes are not feasible e.g. from a health and safety or PCT (Primary Care Trust) perspective.

Over the coming months we will keep Patients informed of changes that are taking place based on the survey responses in a "you said, we did". The first responses are below:

<i>You Said!</i>	<i>We Did!</i>
Remove the telephone from Reception	Telephone is answered in the back office
Reconfigure Reception area to provide privacy	New Reception desk installed with booths
Promote the Northlands Surgery website	Article featured in the Newsletter (see above)

The final report on the Patient Survey 2011 will be available in March via our website and in the Surgery.

