



Kessington Medical Centre newsletter

Summer Issue June 2015

85 Milngavie Road
Bearsden
G61 2DN
0141 532 8000

Inside this issue:

Telephone in- vitations	1
Closures	2
Staff News	3
Bites & Stings	4
Travel Advice	5

Useful Telephone Numbers

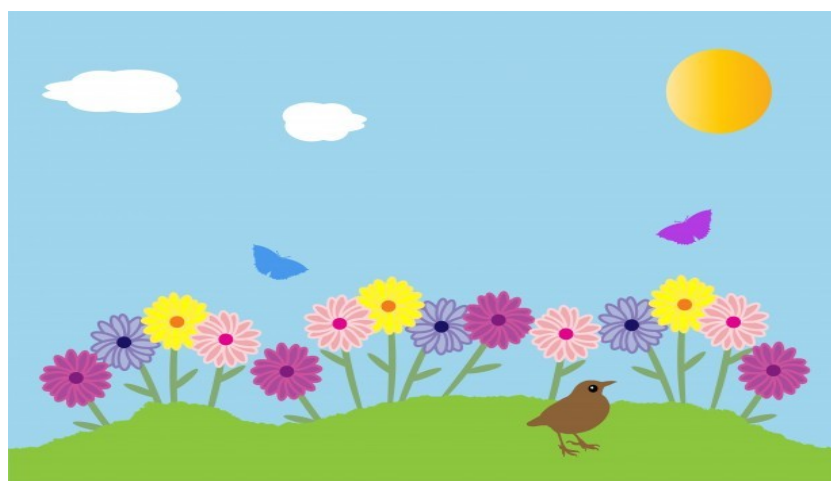
Repeat Prescriptions 532 8008
District Nurses 232 4815 based at
Milngavie Clinic
Health Visitors 232 4861
Western Infirmary 211 2000
Gartnavel General 211 3000
Royal Infirmary 211 4000
Yorkhill (children) 201 0000
Southern General 201 1100
NHS24 111
Scottish Ambulance Booking Line
0300 123 1236

1. Invitations for health reviews

We are moving forward with the use of technology and now try, where possible, to use **text messaging** to invite our patients for their health reviews. This saves previous NHS resources and we appreciate your support in this matter. Please provide us with your mobile number if you have not already done so. There is also the option to send the invitation to your landline. Please note that if you receive such a message it is important that you listen and follow the prompts carefully. Thank you.

2 Closures

The Medical Centre will be closed on **Monday 20 July** and **Monday 28 September** for public holidays.



3 Staff news

Dr Fiona O'Reilly has now moved on to Clydebank Health Centre and we wish her all the very best for the future.

We are very sad to hear about the recent death of Mrs Theresa Flood who was a receptionist with the practice for many years.

4. BITES AND STINGS

For most people, stings are painful but harmless. But some people can have an immediate allergic reaction to being stung, which can be very dangerous.

Treatment: If you have been stung by an insect and there is a sting left in your skin, remove it as soon as possible. Do this by scraping it off using a hard blunt surface, like the edge of a credit card. Don't try to pinch the sting out using your fingers or tweezers as this risks spreading venom. If a child has been stung, a responsible adult should remove the sting. Bee stings have a venomous (poisonous) sac, so take care not to puncture it as you remove the sting.

To treat insect stings:

- Wash the area with soap and water.
- Put a cold flannel on the area.
- Raise the part of the body that has been stung to prevent swelling.
- Use a spray or cream containing local anaesthetic or antihistamine on the affected area to help prevent itching and swelling.
- Take painkillers such as paracetamol (if the sting is very painful).
- Don't scratch the area, as it may become infected.



Seek emergency medical treatment if, immediately after being stung, you experience any of the following symptoms:

- swelling or itching anywhere else on your body
- fast heart rate
- dizziness /feeling faint
- swollen face or mouth
- Wheezing
- headache
- nausea
- difficulty swallowing

Preventing insect bites and stings

- Wear long-sleeved clothing and long trousers if out in the evening, especially near water. Tucking trousers into socks or boots, and shirts into trousers will also help.
- Avoid brightly coloured clothes, cosmetics, perfumes or hair sprays, which attract insects.
- Rub an insect repellent on to exposed areas of skin.
- keep foods covered up as much as possible - sweet food and drinks attract insects, especially wasps.
- Some people wear a complete head covering with a plastic viewer when out where midges are common. Many camping shops sell them.
- sleep under a suitable net if mosquitoes are a problem at night.

5. TRAVEL ADVICE

If you are planning to go abroad for a holiday and think you will need vaccinations, please book an appointment with the practice nurse **at least 4 weeks** before you intend to travel.

Give precise details i.e. which areas of the country are you going to.

ensure that if you take regular prescribed medication that you have enough to last the whole time you are away.

look at the information present at www.fitfortravel.scot.nhs.uk prior to attending your appointment.



Please note that some travel vaccinations are quite expensive and need to be paid for in advance. Travellers who are planning extended trips or have a complicated itinerary will be referred to a specialist travel clinic.