**![C:\Users\40101hmacgillivray\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\FXSUWOE4\suncartoon[1].jpg]()Kessington Medical Centre Newsletter**

85 Milngavie Road Bearsden G61 2DN Telephone 0141 212 0700

 **Summer Issue June 2018**

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Appointments 0141 212 0700

Repeat Prescriptions 0141 406 6380

District Nurses 0141 232 4817

Health Visitors 0141 232 4815

Ante Natal 0141 232 4005

Out of Hours 111

**Closures**

We will be closed on Monday 16 July and Monday 24 September for public holidays. If you need urgent medical advice during these times please dial 111 for the Out of Hours Service.

**Staff News**

We are very pleased to announce that we have a new Practice Manager, Laura Hunter who starts with us in July.

As many of our patients now know, Dr Aileen Paterson is retiring and her last day with us is Friday 29 June. She will be very much missed but we wish her well in this new, exciting chapter.

Dr Sandeep Sharma, currently a GP partner in Forth Valley, will join us in September and we hope that he will be very happy here.

One of our receptionists, Carly Russell, is leaving to train to be a nurse and we wish her every success in her new career.

**General Data Protection Regulation (GDPR)**

You will have heard much about the new GDPR rules and as a Practice we take your privacy and data very seriously.

In order to continue to receive text messages from us (to confirm appointments and invite you for health reviews) we need your consent. Please let us know your preferences as soon as possible.

**Proposed Traffic Management and Parking Controls**

![C:\Users\Helen\AppData\Local\Microsoft\Windows\INetCache\IE\CDZ2X82E\ice-cream-1433102412KOO[1].jpg]()East Dunbartonshire Council propose to consider the introduction of a traffic regulation order introducing parking restrictions in the area surrounding the surgery. For further information and to find out how to respond please see

 <https://www.tellmescotland.gov.uk/notices/east-dunbartonshire>

**Bites and Stings**

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

**![C:\Users\Helen\AppData\Local\Microsoft\Windows\INetCache\IE\CWKI2YGE\Bumble-Bee[1].png]()Treatment:** If you have been stung by an insect and there is a sting left in your skin, remove it as soon as possible 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 poisonous sac so take care not to puncture it as you remove this sting.

• Wash the area with soap and water

• Put a cold flannel on the area

• Raise the area to prevent swelling

![C:\Users\Helen\AppData\Local\Microsoft\Windows\INetCache\IE\CWKI2YGE\Bumble-Bee[1].png]()• Use a spray or cream containing local anaesthetic or antihistamine to help prevent itching and swelling

• Take a painkiller such as paracetamol if the sting is painful

• Don’t scratch the area as it may become infected

**Seek emergency medical treatment** if you experience any of the following symptoms:

• Fast heart rate • Dizziness/feeling faint • Swollen face or mouth

• Wheezing • Headache • Difficulty swallowing

• Nausea • Swelling or itching anywhere else on the body

**Sunburn**

At this time of year we are hoping to enjoy some warmer weather however it makes sense to take some precautions to avoid sun burn, long term skin damage which can lead to skin cancer, heat stroke and dehydration. Children, elderly people and those with respiratory problems should take extra care.

* Limit your time in the midday sun or avoid if possible and use shade wisely
* Use a high factor sun cream and protective clothing for young children
* A hat with a wide brim offers good protection for eyes, face and back of neck
* ![C:\Users\Helen\AppData\Local\Microsoft\Windows\INetCache\IE\CWKI2YGE\numix___summer_holiday_wallpaper___as_a_print_by_me4oslav-d6ixibs[1].png]()Drink plenty of water to replenish fluids lost in the heat

 Prevention is always better but if you do get sunburn:

* Get out of the sun as soon as possible
* Cool your skin by having a cool bath or shower
* Drink plenty of water
* Take paracetamol or ibuprofen to relieve pain
* Use a lotion containing aloe vera to soothe and moisturise your skin

Seek Medical Advice if you feel unwell or are concerned. Signs of severe sunburn can include blistering or swelling of the skin, chills or a fever. Dizziness, headaches and feeling sick can be symptoms of heat exhaustion which can lead to heat stroke which needs to be treated as an emergency.