



Kessington Medical Centre newsletter

Winter Issue

December 2017

85 Milngavie
Road
Bearsden
G61 2DN



Useful Telephone Numbers

Repeat Prescriptions

406 6380

District Nurses 232 4815

based at Milngavie Clinic

Health Visitors 232 4861

Ante Natal 232 4005

NHS24 111



Social Work 355 2200

1.Christmas and New Year

We will be closed on Monday 25 December and Tuesday 26 December and on Monday 1 January and Tuesday 2 January. Please call NHS 24 for urgent medical advice. Please note that there will be no pre-bookable appointments during the week commencing 25 December and 1 January.

2. Winter Viruses

Winter viruses are very common at this time of year. Here is a rundown of the three viruses that are most likely to be doing the rounds.

Virus 1 Common Cold

Sneezing, runny nose, sore throat, cough and headache -these symptoms can be unpleasant but they usually clear up within a week or two. You don't have to stay at home but if you do you will stop the infection spreading. Ask your pharmacist about over-the-counter cold remedies such as paracetamol, ibuprofen and decongestants. You can also try gargling with salt water or using a pain-relieving throat spray. You shouldn't need to see your GP when you have a cold but seek medical help if your symptoms suddenly get worse, last more than 3 weeks or if you develop breathing difficulties.

Virus 2 Flu

Flu often has similar symptoms to the common cold, but it tends to come on more quickly and includes muscular aches and pain and a sudden high temperature. Flu can also make you lose your appetite and cause nausea, diarrhoea and stomach pain.

If you have flu you may also feel completely wiped out and unable to get out of bed. Try to rest and sleep as much as you can, keep warm and drink plenty of fluids. Again, your pharmacist can recommend over-the-counter remedies and it is not usually necessary to see your GP. However you should seek medical advice if you are pregnant, if you are aged 65 or over, if you have a long term medical condition or a weakened immune system. If your child has flu and you are worried, also see a GP.

Virus 3 Norovirus

The winter vomiting bug is very infectious and can make you feel quite ill, causing nausea, vomiting and diarrhoea for about 2 or 3 days. Other symptoms can include headache, a high temperature, stomach cramps and aches and pains. Please **STAY AT HOME** if you develop norovirus. There is no medical treatment that your GP can give you and you risk spreading infection to other people. Don't go out until at least 48 hours after the symptoms have passed.

You can try oral rehydration sachets available from pharmacies and supermarkets if you have someone who can go out and get these for you. Paracetamol can help with a high temperature and aches and pains. Drink plenty of water and rest as much as possible. If your symptoms last longer than a few days, if you already have a medical condition or you are worried about the severity of your symptoms phone your GP surgery or NHS 111 for advice. You should also seek medical advice if you become badly dehydrated – look out for dry, wrinkled skin, weak pulse, cold hands and feet or inability to urinate.



3. Flu Vaccination

If you are eligible for the flu vaccination but have not yet been vaccinated please contact us as soon as possible. It would also be helpful if you could let us know if you do not wish to be vaccinated.

4. Staff News

We dressed down on 17 November to raise funds for Children in Need. As you can see Dr Powell did this in her own inimitable style! We sent off £57 to this worthwhile cause.

Dr Alison Young will be leaving us in February but will be back in August 2019. We have two trainee doctors joining us in February, Dr Amy Orme and Dr Aoibhin Gormley.



5. New procedure for female patients with UTI's

As of 4 December the NHS is bringing in new guidelines for treating female patients with uncomplicated urinary tract infections. If you are female aged 16-65 you should now contact your nearest pharmacy where you will be assessed and provided with antibiotics or advice as necessary.

6. Keeping warm and well this winter

More people get ill during the winter months, especially older people and those in at risk groups.

Exposure to the cold produces changes in the body that make the blood more likely to clot, this in turn can increase the risk of heart attack or stroke. There are a number of ways you can help prevent this:

- Wear warm clothing—several layers retain more heat than one thick layer
- Try to keep the rooms you are using around 21C.
- Consider draught excluders and heavier curtains
- Try to eat at least one hot meal a day and lots of hot drinks throughout the day
- Having a well stocked cupboard and medicine cabinet is a good idea in case you have difficulty getting to the shops
- Taking some physical activity will increase your appetite and generate heat; sitting still for long periods of time is not good for your circulation
- If you have elderly neighbours look out for them in the winter months
- **Order repeat medication in good time before the holiday period**

Merry Christmas and Happy New Year

