



## Swine Flu (H1N1)

The vaccines are due any time now  
BUT HAVE NOT ARRIVED YET.

We will advertise the clinics to  
administer vaccines as soon as we  
have the medicine.

ADVERTS are in most local shops,  
on the surgery doors and on the  
surgery web site.

Please remember the following HPA  
advice

you have flu-like symptoms and are con-  
cerned that you may have swine flu:

If you have access to the internet you  
can check your symptoms using the  
NHS Direct symptom checker.

If you don't have access to the inter-  
net or are still concerned, call the Na-  
tional Pandemic Flu Service on 0800  
1513 513. For those with internet ac-  
cess you can log onto the website at  
<http://www.direct.gov.uk/pandemicflu>.

**You are advised to contact your doc-  
tor** if you have serious underlying  
health conditions, are pregnant, or care  
for a child under one or children whose  
condition suddenly gets worse and  
those whose condition is still getting  
worse after 7 days (5 days for a child).



I need to call the  
pandemic flu helpline!

### Health protection advice

General hygiene can help to reduce  
transmission of all viruses, including the  
swine flu virus. This includes:

- Covering your nose and mouth when coughing or sneezing, using a tissue when possible
- Disposing of dirty tissues promptly and carefully
- Maintaining good basic hygiene, for example washing hands frequently with soap and water to reduce the spread of the virus from your hands to your face or to other people
- Cleaning hard surfaces (such as door handles) frequently using a normal cleaning product.

**Please do not visit the surgery if  
you suspect you have Swine Flu.**

**Please ask the swine flu help line.**

**If you need to get advice about  
swine flu from us please ring to  
speak to a doctor first**

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### Special points of interest:

- **Dr Sam Dominey**, our assis-  
tant doctor is leaving us to  
go and work in Australia.  
We are very sad to see him  
go as he is but this is an  
opportunity of a lifetime  
and he is very excited
- **Julia McIntosh** is finding her  
feet as our new health  
visitor
- **Dr Michelle Tan**, our GP  
registrar is nearing the  
end of her training and we  
wish her luck with her final  
assessments.

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## Dr Sam Dominey's adventure!

Sam will be leaving us at the end of December 2009. he is looking forward to taking up an amazing opportunity to work as a GP in Brisbane, Australia.

He says he will really miss working here as it has been a pleasure to help care for such a wonderful group of people.

### Blood Glucose Testing for Diabetics

Sugar measurements in the routine management of diabetes has been a contemporary issue for some time.

The national bill for blood glucose testing strips in the UK in 2005 was approximately **141 million pounds!**

A recent study of 453 diabetic patients who self monitored but did NOT use insulin concluded three things.

1. Testing blood glucose was expensive
2. It did not improve control of blood glucose

3. Self monitoring had a damaging effect on the persons quality of life



We cannot generalise these conclusions for

all diabetics but it is a sobering thought.

We hope to tailor each persons diabetes management according to their needs in our sessions.

Unless testing blood glucose at home allows you to make changes to your treatment, we are unlikely to recommend regular testing.

Please speak to your doctor about testing your blood sugar at home and see if it is likely to help you.

### Wasted drugs

We regularly have to dispose of a large amount of unwanted medication.

Very often medication has been ordered but never used at all.

Just because something is on your reorder form , don't feel you have to request it every time.

We sometimes leave things on your list which are used regularly but infrequently.

Ultimately we all pay for wasted drugs though taxes and the national debt.

**Please think carefully when ordering your next prescription.**

If you would like something removed or added please make an appointment with the doctor to discuss it



Money Money Money Wasted Money!

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## Inside Story Headline

### You and your feet!

Unfortunately not everyone with foot problems is eligible for NHS Podiatry. The Doctors have to decide who will be assessed. There is specific guidance about eligibility for NHS podiatry.

Here we have agreed to interpret the criteria broadly leaving the podiatrist to make the final decision. This means many border-line patients at least have the chance of a proper foot-assessment. They will also be

NHS  
Podiatry



given appropriate advice as to what else might be available to cope with a foot problem.

In some respects it is a dubious privilege to have NHS podiatry, because it indicates a serious level of medical need - so you might celebrate for being discharged! Neither is it based on age. And those who have regular treatment will know that they will still be expected to do what they can - either filing nails or applying emollient.

## The Sixpenny Handley & Chalke Valley Practice

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This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.



## Christmas Arrangements 2009