



Woolston Lodge Surgery

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Useful Numbers

Woolston Lodge
Enquiries
023 8044 6733

Woolston Lodge
Appointments
023 8044 6735

NHS Direct
0845 4647

Bitterne Walk-In
Centre
023 8042 6356

Out of Hours
0844 811 3060

Lloyds Pharmacy
023 8043 8155

25 Years at Woolston Lodge

Woolston Lodge Surgery in 1982 was very different from the current modern, computerised, user friendly health centre. We were bursting at the seams (no change there), we had no computer, just a massive card index, the doctors worked 24 hr shifts (72 hrs at weekends), and most patients did not have a home phone, let alone mobiles. My elderly patients were born in the nineteenth century, and Audit was seen as a threat to doctors' independence. In those days the intricacies of Middle Rd, Spring Rd and Kathleen Rd had me driving round in circles on visits; I even found the right number flat in the wrong tower block on one visit, with amusing consequences. Dr Kent brought his dog to the Surgery - it ate my sandwiches on one awful day- and I slept at the Surgery when on call. My wife would bring the children up on Sundays, and 5 year old Jack let off the fire extinguisher when he was feeling bored. Now my daughter is a doctor and we can discuss patients, and Jack is a burly rugby player who still lets off fire extinguishers.

Some gory details will have to wait for my memoirs, but over the years I have been gratified to see how well members of our staff have developed, how loyal they have been, and how much personal satisfaction they have gained through doing very difficult jobs to the best of their abilities. At

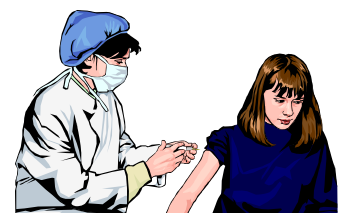
the heart of the Surgery are some very caring and dedicated people, trying hard to be helpful and to deal efficiently with ever more complex demands. We know how frustrating it is for patients to encounter delays and we do try to live up to your high expectations.

I have 25 years of memories of some very brave patients enduring illness and tragedy, of births and deaths, and people with lives so complicated that they outdo anything TV soap operas could dream up. I am the repository of many secrets, which will not appear in my memoirs, but I look forward to telling the true story of my 25 years at some point - I might call it 'If only they Couldn't Talk'.

Dr Peter Upton

Flu Clinic 2006

This years flu clinic will take place on Saturday 11th November and **NOT** Saturday 14th October as previously advertised. Please see page 2 to see if you are entitled to a free flu vaccine this year.



Out of Hours

Our Surgery is closed overnight from 6.30pm to 8.00am Monday to Friday and all weekend. If you require urgent medical care during these times please telephone **0844 811 3060**. At the Surgery you will hear a recorded message giving this number. Your details will be taken and you will be offered advice, a consultation or a home visit, depending upon your medical condition.

NHS Direct: NHS Direct operates a 24-hour nurse advice and health information service, providing confidential information on, what to do if you or your family are feeling ill, particular health conditions, and self help and support organisations. Telephone: 0845 4647

Local Walk-In Centres:

Bitterne Walk-in Centre	Shirley Walk-in Centre
Bitterne Health Centre	1a Howards' Grove
Commercial Street	Shirley
Bitterne	Southampton SO15 5PR
Southampton SO18 6BT	
Tel: 023 8042 6356	Tel: 023 8079 0000

Opening Hours:

Weekdays 7am - 10pm
Weekends & Bank Holidays 8am - 10pm

Keen to lose Weight and Improve Fitness?

New updated pedometers are available on loan for short periods.'

Active Options' referral can also be discussed and arranged by our Practice Nurses.

Are you Entitled to a Free Flu Jab?

Following a change to the Government 'at risk' groups you will now be entitled to a free flu vaccination if you are aged 65 or over or suffer from **CHD, Stroke, Diabetes COPD or Asthma**.

Our 'walk-in' flu vaccine clinic is on Saturday 11th November 8.45am—2.45pm, please make every effort to attend this day as flu appointments after this day will be limited.

If you do not meet the above criteria but wish to purchase a vaccine privately these will be available from the beginning of November. Please see the receptionist for more detail.

Coming Soon

Look out for our new Automated Arrivals system, which will be in the Practice from the beginning of November. The new arrivals system will enable you to automatically check in at the practice without having to tell the receptionist, therefore reducing queues at the reception desk and allowing the receptionist to deal with other more complicated enquiries. The system is quick and simple to use and lets the receptionist and doctor know you have arrived. The system has been purchased with the proceeds of the May Fayre 2006.

Healthy Eating

A healthy diet helps to prevent, or reduce the severity of, diseases such as heart disease, stroke and diabetes. A healthy diet may also help to reduce the risk of some cancers.

Eat plenty of starchy foods (complex carbohydrates) - Starchy foods such as bread, cereals, potatoes, rice, and pasta, together with fruit and vegetables, should provide the bulk of most meals. Some people wrongly think that starchy foods are 'fattening'. In fact, they contain about half the calories than the same weight of fat, (However, it is easy to add fat to some starchy foods. For example, butter added to jacket potatoes or bread, oil added to potatoes to make chips, etc.) Also, starchy foods often contain a lot of fibre (roughage). When you eat starchy foods, you get a feeling of fullness (satiety) which helps to control appetite.

Eat plenty of fruit and vegetables - At least **five portions** of a variety of fruit or vegetables are recommended each day. If you eat a lot of 'fruit and veg', then your chance of developing heart disease, a stroke, or bowel cancer are reduced. In addition, 'fruit and veg':

- contain lots of fibre which help to keep your bowels healthy. Problems such as constipation and diverticular disease are less likely to develop.
- contain plenty of vitamins and minerals, which are needed to keep you healthy.
- are naturally low in fat.
- are filling but are low in calories.

Eat plenty of fibre (roughage) - Fibre is the part of food which is not digested. It is filling, but has few calories. It helps the bowels to move regularly, which reduces constipation and other bowel problems. Fibre may also help to lower your cholesterol level. Starchy foods, and fruit and vegetables contain the most fibre. So the tips above on starchy foods and fruit and vegetables will also increase fibre. Have plenty to drink with a high fibre diet (at least 6-8 cups of fluid a day).

Eat protein foods in moderation - Meat, fish, nuts, pulses, chicken, and similar foods are high in protein. You need a certain amount of protein to keep healthy, but most people eat more protein than is necessary. Beware, some meats are also high in fat. Choose lean meat. Also, many meat based recipes include creamy or fatty sauces which are high in calories.

Fish. There is some evidence that eating oily fish (such as herring, sardines, mackerel, salmon, kippers, pilchards, etc) helps to protect against heart disease. It is probably the 'omega-3 fatty acids' in the fish oil that helps to reduce the build up of atheroma (furring of the arteries) which causes angina and heart attacks. Aim to eat at least two portions of fish per week, one of which should be oily.

Do not eat too much fat - A low-fat diet helps to reduce the chance of developing diseases such as heart disease and stroke. It will also help you to reduce weight. The total amount of fat should be low. Also, the type of fat is important. You should not have much saturated fats such as butter, lard, dripping, and unspecified margarine. Unsaturated fats, such as corn oil, sunflower oil, olive oil, and low fat spreads are better.

Do not have too many sugary foods and drinks - Sugary foods and drinks are high in calories, and too much may cause weight gain. It isn't just the amount of sugar that may be bad. Eating small amounts of sugary foods (sweets etc) too often is bad for teeth.

Do not eat too much salt - Too much salt increases the risk of developing high blood pressure. If you are used to a lot of salt, try to gradually reduce the amount that you have. Your taste for salt will eventually change.

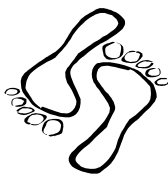
Keep alcohol within the recommended limits - There is good evidence that drinking 1-2 units of alcohol per day may help to protect against heart disease. But, drinking above the recommended limits can lead to serious problems. For example, drinking heavily can damage the liver, brain, stomach, pancreas, and heart. It can also cause high blood pressure. Also, alcohol contains a lot of calories, and too much can cause weight gain.

Complementary Therapy

All the doctors in the practice support the use of complementary therapy. Therapies available include Aromatherapy, Indian Head Massage, Reflexology and Neuro-Linguistic Programming (NLP). Unfortunately these therapies are not available on the NHS but are provided at a specially reduced rate.

Aromatherapy:

An uplifting and relaxing massage for your mind and body helping to improve, promote and maintain health and vitality. Your therapist combines aromatic plant oils that are absorbed through the skin to help with all aspects of health. The treatment will enhance your recovery from a range of complaints both physical and emotional. This deeply relaxing massage is extremely effective for stress and tension, or depression. It will leave you with a sense of calmness, peace and tranquillity.



Reflexology:

Reflexology is a treatment that activates the healing powers of the body. The feet resemble a map of the whole body. In the feet there are reflexes which relate to all major organs, glands and parts of the body. By massaging the reflex points the whole body is being treated, releasing tension, blockages and improving the circulation, thus bringing about the body's own natural balance.

Indian Head Massage:

Indian Head Massage is performed with the client seated. The areas your therapist works on are the upper back, neck, shoulders, scalp and face. This relaxing and rejuvenating massage can help clear the mind, improve alertness, concentration and enhances mental capacity. Great for stress, depression, migraines, and sinus problems.



NLP:

NLP Therapy is like counselling and is an excellent way to resolving personal problems and health issues. For example problems that arise from low self-confidence, depression, phobias and many other health issues. Like other complementary therapies it works very well alongside all traditional medicine.

Complementary Therapy Charges:

Aromatherapy	45 Minutes	£15.00
Aromatherapy	1 Hour	£18.00
Reflexology	50 Minutes	£17.00
Indian Head Massage	30 Minutes	£12.00
NLP	60 Minutes	£25.00

**Gift Vouchers
Available**

If you would like to make an appointment for any of these treatments please telephone the surgery on 023 8044 6735 or speak to one of our Receptionists.