



What's New at Chrisp Street?

Farewell to Dr Rebecca Rawesh



Sadly Dr Rawesh leaves us at the end of 2014 when her maternity leave ends. Dr Rawesh who is currently enjoying being a new mum says "My short time at Chrisp Street has been an absolute pleasure. I am so pleased that I had the opportunity to work here. Although my stay was relatively short, it's had a very positive influence on my outlook and values as a GP which I hope to carry with me for a long time". We wish you well Rebecca.

Arrangements for Dr Rawesh's patients

Dr Rawesh's patients will be transferred to Dr Cole who has been covering the post for the past year and is staying on at Chrisp Street.

Please note we are unable to accept requests for changes to a female GP. We have a process for changing your named doctor, but this is usually for when you feel your relationship with your GP has broken down. If agreed your next GP is allocated to the next doctor on the list, which could be male or female. We do this to be fair for all the GPs working here who need to see a mix of male and female patients in order to practice medicine. However if you wish to see a female GP for a personal problem or intimate examination, ask reception to book your appointment with a female doctor.

Breast Cancer Awareness



Wear It Pink Day Volunteers from the Women's Health and Family Services with Judith Shankleman from Public Health

During October we held a very successful Wear It Pink Day, combining fund raising for cancer research along with raising Breast Cancer Awareness amongst our patients through quizzes. The event was well attended by local volunteer groups including Dymphna Dale from Bosom Buddies who was thrilled with the event. "Breast screening is a free NHS service for women age 50+" explains Dymphna. "An x-ray of the breast (mammography) allows doctors to see any changes in the breast tissue, so they can be investigated early. If cancer is found early, the treatment required will often be less intense and the chance of making a full recovery is higher."

Ask your GP or nurse if you want to know more or visit www.celbreastscreening.org.uk for helpful information and videos. Contact the practice if you notice any unexpected changes in your breast. And remember if breast cancer is diagnosed early at screening, 97% of women will be alive five years later.

Influenza vaccine

There's still time to get your flu vaccine this year. Simply contact reception. If you are over 65, immunocompromised, have a long term condition or are pregnant or a carer, we can give you the vaccine.

E-bola alert

Ebola is a serious viral illness that originated in Africa, where there is currently an outbreak. But for people living in countries outside Africa, it continues to be a very low threat.

The current outbreak of the Ebola virus mainly affects three countries in West Africa: Guinea, Liberia and Sierra Leone.

A person infected with Ebola virus will typically develop a fever, headache, joint and muscle pain, a sore throat, and intense muscle weakness. These symptoms start suddenly, between two and 21 days after becoming infected.

If you feel unwell with the above symptoms within 21 days of coming back from Guinea, Liberia or Sierra Leone, you should **stay at home and immediately telephone 111 or 999** and explain that you have recently visited West Africa. It's really important that medical services are expecting your arrival and calling 111 or 999 will ensure this happens.

Obviously we need to ensure that patients calling the Practice get assessed in the safest way possible. If you call us with any of the above symptoms the receptionist will ask you about recent travel and arrange for the Duty Doctor to call you back. In the interests of safety, you should **not** come into the surgery.

Patient Group

Our next patient group meeting is on Tuesday 13 January 2015 from 6-7pm. Dr Kambiz Boomla will be speaking about Data Sharing in the NHS, including the different types of data, where it is stored and how you can formally consent or object to your data being used. We know it's a topic of interest to many of you, so if you'd like to join us please let Practice Manager Simon know.

Coughs & Colds: How long do they last?

Coughs and colds are common at this time of year. A runny or blocked nose, sore throat, cough and earache are all symptoms of an upper airway infection. A question often asked is... *how long will it last?* Dr Faz advises: "It is normal for these infections to take a while to clear up, but the following is a good guide":

Earache	-	4 days
Sore throat	-	up to one week
Common cold	-	7 to 10 days
Flu	-	up to 2 weeks
Runny nose/nasal Congestion	-	1-2½ weeks
Sinusitis	-	2-2½ weeks
Dry/tickly cough	-	Up to 3 weeks

Remember a local pharmacy can treat many symptoms. If you already get free prescriptions you can sign up with the **Pharmacy First Scheme** which allows you to get many over-the-counter medicines free of charge from a pharmacy of your choice. **But don't wait to get ill, pop into Reception and fill out a form now to get set up.**

Lastly Dr Faz recommends self-care during illness "Drinking plenty of fluids, getting more rest and visiting the pharmacy helps. But if you become very concerned give the Practice a call"



And don't forget... Over Christmas we are closed on the following additional days:

Thurs 25 December – closed

Friday 26 December – closed

Thursday 1st January - closed

Please call 020 7377 7151 during any closure

Please order any medicines you need before the break so you are not left short over Christmas. In the meantime, Season's Greetings to all our patients. Thank you for your continuing support. We wish you all a Happy & Healthy 2015