

CROSS DEEP SURGERY



Issue 9

Bulletin

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THE BUGS ARE FIGHTING BACK

Use antibiotics wisely and don't let the bugs win!

We take antibiotics for granted—a few pills to kill the bugs and make us feel better. But, the bugs are fighting back. Bacteria are becoming increasingly resistant to antibiotics and, as a result, antibiotics are potentially less effective at fighting bacterial infections.

There are many reasons why antibiotics are losing their effectiveness but two contributory factors are (i) we take antibiotics unnecessarily and (ii) we don't take them exactly as prescribed.

Antibiotics only treat bacterial infections. They have no effect on infections caused by viruses (eg colds, flu, measles) or on fungal infections such as ringworm or thrush. Also, in a normally healthy person, the body's immune system can often protect against bacterial infection without the need for antibiotics.

Antibiotics are therefore inappropriate in many cases of infection and it is worth bearing in mind that the more we use antibiotics unnecessarily the more likely it becomes that bacteria will develop resistance.

There are of course conditions and circumstances where antibiotics are necessary and your doctor will prescribe them for you where this is indicated. They will be prescribed specifically for you and the condition you are suffering from. Take them at regular intervals in accordance with



the instructions and finish the course. Never save them for later use or share them with other people.

Older members of the community will remember a time when people often died from infections. Simple medical procedures and operations were hazardous due to the chance of infection. The advent of antibiotics changed that.

The situation is changing again and, unless we are very careful, more and more bacteria will become resistant to available antibiotics and many simple medical procedures and operations will again become potentially hazardous. To make things worse, resistant bacteria can spread to other people putting everyone at risk of untreatable infections.

So, please don't be surprised if your doctor does not prescribe the antibiotics you think you need.

If you are prescribed antibiotics take them regularly, do not miss a dose and make sure that you finish the course even if you start to feel better. If you don't, the infection may come back and next time the antibiotics may not work.

Antibiotic resistant bacteria could have a disastrous impact on our future health and well-being. Start fighting back now and don't let the bugs win!

A diagnosis of cancer can be devastating. It affects not only the person diagnosed but their family and their friends. It changes lives, sometimes irrevocably, as people struggle to come to terms with the implications. What with the practical considerations and the emotional upheaval of diagnosis, either for ourselves or somebody we love or care about, it is little wonder that even the strongest of us might not find it easy to cope. Cope we must but there's no need to cope alone.

The Mulberry Centre is an independent charity that provides practical and emotional support for cancer patients, their family and friends, carers and those bereaved by cancer. The Centre offers a relaxed and peaceful environment and a range of support services which are carried out by qualified professional volunteers. Services include counselling, support groups for patients, carers and the bereaved, complementary therapies including massage and aromatherapy, relaxation therapies and a social drop in group. All services are free of charge and you do not need to be referred. Simply go along at any time during opening hours.

"I have been coming to The Mulberry Centre for two years since my initial diagnosis. A beautiful place and wonderful people..."

"...wonderful relaxing massages to help me cope along the path of my bereavement..."

"...marvellous people who have time for you. I will never forget the day I thought my world was over, only to learn from them that it was just beginning"

The Mulberry Centre is situated in the grounds of West Middlesex Hospital, Twickenham Road, Isleworth TW7 6AF

Tel: 020 8321 6300

Twitter: @MulberryCentre

E-mail: info@themulberrycentre.co.uk

Facebook: TheMulberryCentre

Web: www.themulberrycentre.co.uk

OPENING HOURS (Excluding Bank Holidays and Christmas closure)

Monday—Friday 10.00am to 4.00 pm and until 8.00pm on Thursday

CROSS DEEP PATIENTS PARTICIPATION GROUP

If you are -

- ◆ a Carer or somebody who depends on a Carer
- ◆ a new Mum
- ◆ a parent with school-aged children
- ◆ somebody with a long-term medical condition (eg diabetes)
- ◆ somebody who has problems with mobility
- ◆ somebody who is interested in helping the doctors and staff to provide the best possible health care for Patients

please consider joining the Cross Deep Patients Participation Group. Even if the above does not apply to you, consider joining anyway.

The Group meets every few months to represent patients at informal meetings with the doctors and staff. This is your chance to have your say and to draw attention to aspects of healthcare that are of particular interest to you.

For further information please ask at Reception

ARE YOUR CONTACT DETAILS UP TO DATE?

If we have an up-to-date mobile telephone number and email address for you we can remind you of appointments by text and send you information via email.

Please check with Reception that your contact details are correct and help us to help you.

And finally -

Please don't be like the woman who called an ambulance because her asthma inhaler was in the room where her son was sleeping and she didn't want to wake him by going in to fetch it!

Do not call for an ambulance or go to Accident and Emergency unless it is a serious medical emergency