

CROSS DEEP SURGERY



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Bulletin

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GOOGLE YOUR SYMPTOMS

Is it a good or a bad idea...?



We all do it don't we—we Google our symptoms and, in the space of a few minutes and in the absence of any tests or investigation, we arrive at a diagnosis and off we go to the doctor for the treatment we've decided we need. Occasionally we might get it right but, more frequently, we probably get it wrong.

That is not to say that using the Internet to look up our symptoms is necessarily a bad idea. Our health and well-being is important - it must be a good thing for us to take an interest and try to assess what is wrong and whether we need to see a doctor. The Internet provides valuable background which should help us to make an informed judgment.

However, it is worth bearing in mind that the quality of the information on the Internet varies and cannot be guaranteed especially in the field of medicine. It should be remembered that the majority of apparently relevant sites are likely to be American and that the American approach to health is not always the same as in the UK. Health is big business in the States and many of the sites that Google will suggest are sponsored by drug companies or clinics who have a commercial interest in the information they provide. It therefore makes sense not to rely too heavily on the information contained in these sites. Google your symptoms by all means but a safer option is to visit sites that will provide unbiased information such as -

NHS Choices

www.nhs.uk

Patient UK

www.patient.co.uk

Healthhelp Now

www.richmond.healthhelpnow.nhs.uk

"When should I worry"

(in relation to children's health)

www.whenshouldiworry.com

In addition there are charity websites such as -

Arthritis Research UK

www.arthritisresearchuk.org

British Heart Foundation

www.bhf.org.uk

British Lung Foundation

www.blf.org.uk

Cancer Research UK

www.cancerresearchuk.org

Diabetes UK

www.diabetes.org.uk

CHANGES TO PRESCRIPTIONS

A decision relating to prescribing was taken at Richmond Clinical Commissioning Group's (CCG) governing body meeting which was held in public on 18 July - as a result the CCG no longer supports the routine NHS prescribing of the following products -

- ◆ gluten free food
- ◆ vitamin D maintenance
- ◆ medicines which are available over the counter

These decisions were taken following an engagement exercise ([Choosing Wisely for Richmond](#)) which took place between 22 December 2016 and 3 February 2017. You can see a detailed report of the findings of the engagement exercise on the CCG's website www.richmondccg.nhs.uk

If you think you may be affected by this decision please speak to your doctor.

KEEP COOL

AND STAY SAFE IN THE SUN



- Wear light-coloured, loose-fitting garments made of breathable fabrics such as cotton or linen. Avoid tight-fitting garments in synthetic materials such as nylon and lycra—these make it more difficult for your body to regulate your temperature and could encourage the skin condition known as prickly heat.
- Wear a hat (especially if you're going a bit thin on top) and sunglasses with high UV protection (sun damage to your eyes increases the risk of cataract and age-related macular degeneration in later life).
- Wear sunscreen on all exposed areas and reapply regularly.
- If possible stay out of the sun from between 11.00 am and 3.00 pm
- Dehydration can make you feel very poorly so drink plenty of fluids and don't wait until you're thirsty to have a drink — carry a bottle of water with you and take frequent sips. Water is ideal but juice, milk, tea, coffee and soft drinks all contribute to your daily fluid intake. Avoid alcohol which is a diuretic and will make you pass more water and increase the risk of dehydration.
- Keep your house cool by drawing the curtains and shutting the windows.
- It's probably an impossible task but try to keep babies and toddlers out of the sun, especially between 11.00 am and 3.00 pm. Their skin is far more delicate than that of adults so ensure that they are adequately covered and that high-factor sun cream is applied liberally and at regular intervals. A sunhat is essential, preferably one with a wide brim or a flap over the back of the neck. A paddling pool or even a bowl of water will help to keep them cool.



FLU JABS



Believe it or not the vaccination season is approaching! Flu, shingles and pneumonia jabs will be available for those who are eligible. Keep an eye out for notices in the surgery and for the Special Edition of the Bulletin which will set out the details.

STAFF NEWS

Dr Elphinstone has started her maternity leave—**Dr Emily Challenor** will be caring for Dr Elphinstone's patients while she is away.

Dr Thompson has ended her trainee year with the practice and we wish her luck for the future.

Welcome to **Dr Fabienne Rughooputh** and **Dr Suraj Dabhi**. Dr Rughooputh is joining the practice as Dr Hurlé's trainee and Dr Suraj Dabhi is joining as Dr O'Donnell's new trainee in addition to **Dr Afsheen Panjwally**.