



CONTACTS

Barnet Hospital: 0845 111 4000
 Barnet Children Svc: 0208 359 2000
 Northwick Park Hosp 0208 864 3232
 NHS Direct: 0845 46 47
 Age Concern Barnet: 0208 203 5040
 BarnDoc/Out-of-hours 0845 389 0945
 Practice Tel: 0844 375 6867
 Practice Website:
www.laneendmedicalgroup.co.uk

Inside this issue:

Asthma Medication	1
Sponsored run!!!!	1
Whooping Cough	2
Influenza	2

Counselling & Psychotherapy with Cindy Collick

Cindy is a qualified and experienced counsellor and experienced play therapist who is committed to providing counselling in a safe, confidential and non-judgemental environment.

www.counselling-for-you.co.uk
 07830 354 808 0208 952 2633

Counselling.for.you@gmail.com



This edition of our newsletter takes on a distinctly respiratory flavour. The decision to sell salbutamol (blue reliever) asthma inhalers over the counter in supermarket pharmacies raises important issues for asthma care and the potential to lose continuity of management. In recent months, there has been a significant rise in the number of people suffering from whooping cough which may cause a prolonged cough in adults and be a serious infection in babies resulting in hospitalisation. We may still be in 'summer' but plans are in progress for our influenza campaign. Our uptake rate is considered and how it could be improved.



The Lane

The newsletter of the Lane End Patient Group

Volume 1, Issue 6

August 2012

Buying asthma medication without a prescription—Good Idea?

You may have read in the newspapers recently that a large supermarket chain will be selling the asthma inhaler, salbutamol, over the counter without the need for a GP prescription. The idea is to make it more easy and convenient for asthmatics to get hold of inhalers without the stress of making appointments and seeing the GP or nurse. Being the doctor responsible for our patients with asthma, I have some concerns about this.

You are considered to have good control of your asthma if you are using your blue inhaler less than 3 times a week. Preventer medication (usually brown inhaler – steroid) is used in addition, if patients have poor control. If patients can buy salbutamol over the counter (OTC) this could encourage them to use it more than the preventer medication.

Secondly, when patients come to the doctor to get their inhalers, it gives us the opportunity to review how they are doing and whether an adjustment is needed to

their medication. We would find it hard to monitor correct usage if patients were also getting the same inhaler from a supermarket.

Finally, with excessive usage, patients may experience undesirable effects, which commonly include palpitations, increase in heart rate and a tremor (shake). Uncommonly, people may also experience a headache and allergic reactions.

There is no doubt that this could be a very convenient service to patients who can't get to the GP easily eg. working long hours. Also, the inhaler will be cheaper to purchase OTC. However, monitoring of asthma and the medication used must be done appropriately by the supermarket pharmacist. They should also ensure that there is good communication with the GP to ensure optimal patient care and safety.

Dr Amit Majevalia

July 2012

Raising funds for

MEDICAL EQUIPMENT FOR YOUR SURGERY –

Caring for you & your family

MIND in Barnet – Caring for your mental health.

A member of staff is running

The Standalone 10km run—Letchworth Garden City

7th October 2012

Please sponsor them by either dropping your donation into the surgery marked "10km run"

Cheques made payable to: Lane End Patient Group or go to our money giving page at www.laneendpatientgroup.co.uk

Raising funds for our physical and mental wellbeing!!!

Please be generous. We need your help & support!



WOULD YOU LIKE YOUR
BUSINESS
TO BE
ADVERTISED
IN
THIS SPACE??
CONTACT US FOR
INFORMATION

**NATALIE GOODMAN -
BEAUTICIAN**



Facials, Waxing,
Pedicures,
Manicures or
Nail Painting.
In the comfort
of your home.

Cellphone: 0779 168 5280
or nattsnails@gmail.com

Contact us:

Lane End Patient Group,
2 Peshurst Gardens,
Edgware, HA8 9GJ

Tel: 07711 330 294
(messages & texts only)

Email:

patientsuggestions@gmail.com

We are a Registered Charity.

Whooping Cough: It's On The Way Back

Whooping cough also known as pertussis usually occurs in 3-4 yearly cycles. The last cycle was in 2008 and in the first 6 months of that year 421 cases were reported. In the equivalent period in 2012, a worrying 2466 cases have been reported. Of particular concern, is that babies under 3 months are being affected with 186 cases reported in the first 6 months of this year.

Whooping cough is caused by a bacterial infection which is spread by sneezing and coughing. Infectivity occurs from a few days prior to the cough to 3 weeks after it has developed. Symptoms may start like an ordinary 'cold'. However, after one to two weeks a more severe cough develops. This occurs in spasms with an in drawing of air at the end of each episode to give a possible 'whoop' noise. However, the 'whoop' may not occur in older children and adults and so the illness should be suspected if there is anyone with a prolonged unexplained cough.

The diagnosis may be confirmed by a special swab taken from the back of the nose or by blood test. Treatment is with antibiotics. However, this will make no impact on the cough for the individual but will prevent spread to other vulnerable people.

The best way to prevent the infection spreading is by having a high 'herd immunity'. This means that all children should have their immunisations which commence at 2 months of age to prevent the illness. However, it should not be forgotten that the immunity from vaccination may fade with time and also even if you have had the illness itself. The Department of Health's Joint Committee of Vaccination and Immunization are considering their options for the future which may include offering whooping cough vaccine to pregnant women and teenagers.

Ref: Health Protection Agency-www.hpa.org.uk

Dr Mike Wyndham—July 2012

Influenza

Influenza is a really nasty illness. Many people will say that they have had the flu when they have probably only suffered a relatively minor upper respiratory illness. This includes 'man flu'!! However, anyone who has ever suffered the flu will be in doubt how unpleasant an illness it can be with a constellation of symptoms including headache, muscle pains, shivering, shaking and dry cough. For some the illness may be more risky eg. the elderly and those who are over 6 months of age suffering from chronic conditions: chronic respiratory disease including asthma, chronic heart disease, chronic renal disease, chronic liver disease, chronic neurological disease, diabetics requiring insulin or oral hypoglycaemic drugs, people who are immunosuppressed (patients on steroids and other immunosuppressive drugs, having chemotherapy or radiotherapy), pregnancy.

The result is that these people are more likely to be admitted to hospital or possibly die as a result of the infection and its complications. In the practice, we offer free influenza vaccinations to those people mentioned above and also to carers eg. people in receipt of a carer's allowance or who are the main carer for a disabled or elderly person.

Our vaccine take-up in the practice is around 70% in the above groups and while we compare reasonably to national standards, we are definitely not at Olympian standards when you consider the performances of Team GB. We should be doing much better than this but we can only succeed with your help. If you're at risk, please book in for your vaccination. Details of when the programme will start and when bookings can be made will be advertised in the practice and on our website in the coming weeks.

Dr Mike Wyndham - July 2012

Practice & PPG News

1. Have you seen the practice website? www.laneendmedicalgroup.co.uk.
2. Did you know you can order repeat prescriptions via the website? A fast and efficient way to get your regular medication! Why don't you try it next time instead of visiting the practice?
3. The practice, would like to set up a support group for women suffering with the Menopause. To register your interest please call 0844 375 6867 or 07830 354 808.
4. Appointments can be made by telephone on our automated system, by visiting the surgery and if you register for it you can also do this via the website. Of course you can still call in to the surgery in person if that is the easiest for you!
5. Do you know what services the practice has to offer you? See the website for details or pick up a copy of the practice leaflet from reception next time you visit the surgery.

IMPORTANT NOTICE

Any medical articles are provided by medically qualified practitioners. If you have questions about any medical advice in an article, please speak to a doctor at the practice. The Lane End Patient Group does NOT give medical advice.

DISCLAIMER:

We can not be held responsible for the services of any advertisers in this newsletter.