



## CONTACTS

Barnet Hospital: 0845 111 4000  
 Barnet Children Svc: 0208 359 2000  
 Northwick Park Hosp 0208 864 3232  
 Non 999 Urgent calls 111  
 Age Concern Barnet: 0208 203 5040  
 BarnDoc/Out-of-hours 0845 389 0945  
 Practice Tel: 0844 375 6867  
 Practice Website:  
[www.laneendmedicalgroup.co.uk](http://www.laneendmedicalgroup.co.uk)

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### Counselling & Psychotherapy with Cindy Collick

Cindy is an accredited 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](http://www.counselling-for-you.co.uk)  
 07830 354 808 0208 952 2633  
[Counselling.for.you@gmail.com](mailto:Counselling.for.you@gmail.com)

bacp  
Member



The Lane End Patient Group is proud to have the **Alzheimer's Research** as our chosen charity for the coming year. Any funds raised will be donated to them.

**Alzheimer's Research UK**  
Defeating Dementia

# The Lane

## The newsletter of the Lane End Patient Group

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### Alzheimers' Diagnosis

It is important to get the right diagnosis so that appropriate treatments and help can be given. If you are worried about your health or someone else's, you should talk to your GP.

If your GP suspects dementia, you are likely to be referred to a memory clinic or specialist. You will be asked about symptoms and medical history and may have a physical check-up.

Other tests, including brain scans and blood tests could be arranged. Very occasionally, your doctor may arrange an EEG (brain wave test) or a lumbar puncture (spinal tap) if they suspect a rare form of dementia. Together all of these things will help a doctor find out about any problems in memory or thinking and the likely cause.



### MacMillan Coffee Morning

The practice held a MacMillan Coffee morning on Friday 27 September. Staff made an array of cakes and patients were very generous. We raised £180. A big thank you to all who participated in this event.

### Understanding Thyroid Function Tests

The thyroid gland is an important organ that helps to maintain bodily functions. The gland is positioned at the front of the neck over the wind pipe and is usually not visible. However, it may become enlarged with over activity or with conditions such as goitre.

When the gland is over active (thyrotoxicosis) the eyes may become more protruding, the heart rate may be increased giving palpitations, the hands may develop a fine tremor (shake). Weight loss may occur and there may be diarrhoea.

An under active thyroid (hypothyroidism) can cause tiredness, a coarsening of the hair, puffiness around the eyes, weight gain, slowing of the heart, constipation and depression.

The way to determine if the thyroid is over or under active is to carry out thyroid function tests which is a blood test. Usually, the T<sub>4</sub> (thyroxine) and TSH (thyroid stimulator hormone) are measured. A raised T<sub>4</sub> above 19.0 and a TSH below 0.35 is suggestive of an over active gland. If the T<sub>4</sub> is below 9.0 and the TSH above 10.0, then the gland is under active.

Hypothyroidism is treated with replacement levothyroxine medication and the thyroid function test is used to ensure there is adequate replacement. The TSH level is used as a marker of the correct replacement dose and should be between 0.35-4.94.

If the reading is above 4.94 the thyroxine may be under replaced and if it is less than 0.35 it may be over replaced.

You can use the following website for information: NHS Symptom Checker: <http://www.nhs.uk/NHSDirect/pages/symptoms.aspx>

An information Evening with Q&A on:  
Caring for the Elderly with regard to Law & Benefits.

To include matters such as:

Power of Attorney & Court of Protection; Living Wills,  
Benefits incl. Attendance Allowance; Community Care Assessment

On: Tuesday 19<sup>th</sup> November At: 18:30 to include refreshments

To book your place: Email: [surgeryppg@gmail.com](mailto:surgeryppg@gmail.com)

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

**Are you a carer?** Do you know someone who is? Do you look after a parent, partner or child?



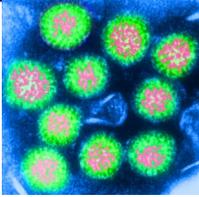
Do you get the support that you would like? The PPG are interested in setting up a Carers support group, and in order to do that we need your input. Tell us who you are—who you care for—and whether you have a support network around you. What can we help you with? Are you in need of practical help? Psychological help? A mixture of both? Do you want to meet others who are in a similar situation to your own?

**Contact us by email on [surgeryppg@gmail.com](mailto:surgeryppg@gmail.com) or leave this form at reception** with your comments, contact details and what you would like to see in a group that would be useful and helpful for you.

**My Name:**.....

**Phone:**.....

**Email:**.....



Have you had your Flu Jab yet?? If you received your reminder book it now!

**Practice Staff Profile – Barbara Fortune**

**What is your job title?** Practice Manager

**What is it you do in the practice?**

In a sentence, I manage the staff and doctors, look after the building and generally oversee the smooth running of the practice.

**What is the best thing about your job?**

Probably the huge variety of tasks that I have and never knowing what will be coming my way each day.

**What is the worst thing about your job?**

Having to clear snow and grit paths in the winter.

**What are you passionate about?**

Any sort of cruelty to animals and conservation of species.

**What is your favourite quote or motto?**

I am a Scot, of the Fraser Clan, whose motto is Je suis prest (I am ready) – that has always seemed a really good one to me.

**What is on your desk?**

A PC, phones, a mountain of paperwork and a cup of tea.

**What would be your perfect day away from work?**

Being pampered in a spa.

**What is your greatest personal achievement?**

Bringing up my children as a single parent.

**What was the worst piece of advice you have been given?**

Being told at the age of 15 that as I was a girl, there was no need to stay on at school or go to university.

**What is your favourite pastime/relaxation activity?**

I am an avid reader. I also love going to concerts and listening to music.

**What can't you live without?**

Lots of things, but probably my family, my car and make-up!

**If you weren't in your current role, what would you be doing?**

**Contact us:**

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

**Tel: 07711 330 294  
(messages & texts only)**

**Email:  
[patientsuggestions@gmail.com](mailto:patientsuggestions@gmail.com)**

**We are a Registered Charity.**

**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.

**Practice & PPG News ....**

**We welcome 2 new members of staff. Our new Reception manager is Shirley Hall, and our new receptionist is Tracy Lewis.**