

Surgery Contact Information

Reception Telephone Number: 01929 471268

Reception Fax Number: 01929 472098

Reception email:

bereregis.reception@dorset.nhs.uk

Dispensary email:

bereregis.dispensary@dorset.nhs.uk

Website: www.bereregissurgery.co.uk

Address: Manor Farm Road, Bere Regis,
Wareham, Dorset, BH20 7HB

In an emergency, dial 999

Health Visitor

Based at Wareham Health Centre - 01929
550586

District Nurse

If you need to speak to a district nurse please
contact reception.

Midwife

If you need to speak to a midwife please contact
reception.

For out of hours advice please call the Haven
birthing suite on 01202 448509.

Other Services Available

Self bookable through reception:

Citizens Advice Bureau - available Monday mornings

Social Worker - available every other Friday morning

Carer's Lead and bereavement support - Mechelle

Maidment

Smoke Stop advice and support - Debbie Goodworth

By GP or Nurse Referral:

Counselling Service

Chiropody and Foot Care

Surgery Opening Hours

Monday to Friday
8:30 am to 6:30pm
except Wednesday
8:30am to 4:00pm
(Morning blood test
appointments
available from 8:10am
by appointment only)
Late Surgery Monday
& Friday 6:30pm to
7:00pm

Dispensary Opening Hours

Monday to Friday
8:30am to 1:00pm -
3:00pm to 6:30pm
except Wednesday
8:30am to 4:00pm

OUT-OF-HOURS

In an urgent
situation, phone
01929 471268 for
recorded information
on access to the
doctor-on-call

NHS Direct advice
line 0845 4647 or
www.nhsdirect.nhs.uk

BERE REGIS SURGERY

NEWS

Spring 2012

Issue 1

Compiled by the Patients'
Participation Group
(PPG)

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In this issue:

- ◆ Introduction
- ◆ Easter opening hours
- ◆ What is Dementia?
- ◆ Old Wives Tales
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This is the first issue of the surgery newsletter produced by the Patients' Participation Group (PPG) at the request of the Bere Regis Surgery.

PPG involvement is a direct result of the survey conducted by the PPG in 2011 which confirmed the need for practical support to encourage better communication between patients, the practice and local hospitals, as well as by way of the National Association for Patient Participation (NAPP) with the NHS nationally.

Please help by feeding back to the PPG your views, comments, experiences (good and bad) with hospitals, the practice and any associated services, using the comments box in the waiting room or email.

To support the practice, the PPG needs to hear of any unsatisfactory aspects of patient involvement and communication with local hospitals so they can be independently drawn to the attention of the appropriate management.

The PPG would like to recruit members from all age ranges to become more cross representative of our patients. Remember the PPG is independent and the feedback it

provides will contribute substantially to the development of our practice. The commitment is to work with the practice and meet about 4 times a year. If you are interested in joining please put your contact details in the comments box or send them by email or letter to the PPG care of the Practice Manager.



WHAT IS DEMENTIA?

Dementia is a progressive and largely irreversible condition that is characterised by global [complete] deterioration in intellectual function, behaviour and personality whilst there is normal consciousness and perception.

As the disease progresses the following are characteristic of the condition:

- ◆ Memory loss, language impairment, disorientation, changes in personality, difficulty carrying out daily activities, and self-neglect
- ◆ Psychiatric symptoms – such as depression, apathy and loss of contact with reality [psychosis]
- ◆ Unusual behaviour – aggression, sleep disturbance, disinhibited sexual behaviour

There are broadly 2 groups:

- ◆ Young onset - refers to patients with dementia before the age of 65 years



◆ Carrots can help you see in the dark

Carrots will help protect against the degeneration of the eyes as you get older.

This old wives' tale definitely has its roots in truth because a lack of vitamin A (found in abundance in carrots) can lead to night blindness – an inability to see in dim light.

Researchers at the National Eye Institute in America also found that people with higher intakes of antioxidants – particularly betacarotene, lutein, and zeaxanthin which are all found in carrots – have a lower risk of age related macular degeneration (ARMD). This is a condition that affects the macular part of the retina, which helps us see fine detail.

This all means that carrots will help protect against the degeneration of the eyes as you get older and so help you to retain your vision well into old age.

◆ Garlic keeps your blood healthy

A study suggests garlic may treat hypertension. It seems a daily dose of garlic can keep your blood healthy and could help prolong your life.

A study from University of Adelaide found people with high blood pressure who took garlic supplements daily for up to five months saw their blood pressure levels drop significantly.

Recent studies in the American Journal of Clinical Nutrition also suggest that garlic may lower total cholesterol (including LDL 'bad' cholesterol) and help keep blood thin, reducing the risk of blood clots and strokes.

Fiction

- ◆ Feed a cold, starve a fever

The experts say this is nonsense because anyone with either condition should eat nutritious food and drink plenty of water to avoid dehydration and help control body temperature.

Fiction

- ◆ Cracking your knuckles will cause arthritis

There's no proof that you're one step closer to arthritis with every crack of your knuckle.

the message here is that increasing help is available locally and both the local health, social and local community services are hand to offer help and support, so do approach us we are here to help you to help yourself!

OLD WIVES TALES - FACT OR FICTION?

The good news is sitting on cold surfaces doesn't equal piles and cracking your knuckles won't give you arthritis. However, some old wives' remedies are turning out to have more than a kernel of truth to them.

Fact

◆ An apple a day keeps the doctor away

Apples make a healthy and convenient snack anytime.

An apple a day can help you reap a large amount of health points say various studies – which show there are excellent health benefits to eating an apple between three and five times a week.

Philip Weeks, a master herbalist explains: 'Apples contain a potent antioxidant called phenol, which studies at the University of Ulster have discovered has a DNA protective effect, with possible cancer preventative properties'.

So, while one fruit won't keep all the ailments away, an apple can help you cover an awful lot of bases.

Fiction

◆ Raw meat heals a black eye

Raw meat – no matter how special the cut – won't cure a bruise and could potentially contaminate your eye with whatever germs reside in the meat.

Fiction

◆ Butter cures a burn

Butter is great for frying food because oil holds in the heat, so unless you want to make the burn worse, leave the butter in the fridge.

- ◆ Late onset – refers to patients with dementia developing over 65 years

Alzheimer's disease is the commonest type of dementia and accounts for up to 75% of all cases.

How common is it?

Dementia is increasing as the population is aging and broadly affects 1 in 20 of all people who reach 65 years old and increases to 1 in 5 at 80 years old.

How can the GP Practice help?

All members of the practice team are aware of this condition and we continually look out for it. If we have a strong suspicion or are requested to we can arrange simple screening test which consists of a set of questions to check. At present there is no advantage for doing a 'mass screening test on the whole population', it is better to selectively test those patients when we suspect the condition. Many conditions can mimic dementia, many of which are treatable and hence it is important that we make an accurate diagnosis so that you the patient obtain the most suitable treatment.

If we diagnose the condition the patient is fully informed and it is strongly suggested that you involve your partner/family or carer since this is a condition that affects everybody around you. The practice keeps a register of all patients diagnosed [we keep registers of most conditions] so that we can arrange suitable treatment and support for you, your carer and family. If necessary we will arrange that you are seen by a

EASTER OPENING HOURS

Good Friday 6th April & Easter Monday 9th April - closed

May Day Bank Holiday Monday 7th May - closed

And - Spring Bank Holiday Monday 4th June &

Queen's Diamond Jubilee Tuesday 5th June - closed

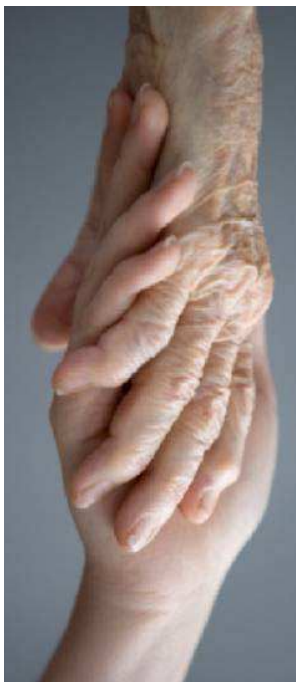
Please order your repeat prescription in plenty of time!

specialist in this condition who is based in of the local hospitals [the exact hospital depends upon where you live in the practice area which is quite wide]

What treatment will I receive?

Once we have made or suspected the diagnosis, the following or some of the following will occur according to your needs, which will be tailored according to your condition, the type of dementia, severity, the home support you have and any other medical conditions you may be suffering from.

- ◆ Arrange a comprehensive set of investigations – largely to check you do not have a condition than can either mimic dementia or make the dementia worse. Treating these conditions can help immensely
- ◆ Arrange or refer you to a specialist team who have expertise to help you and your family. They may if feel appropriate to start you on a specialist medication which, although it cannot reverse the decline that patients with dementia have, it can in many cases slow the progression of the disease. It should be remembered however that the drugs only help certain types of dementia.
- ◆ Arrange support for you, your carer and family these include:
 - **Social care worker** – available by appointment through the surgery



reception on alternate Fridays 10am – 12 noon at the surgery. She can give advice and arrange various support services, local activities etc

- **Citizens Advice Bureau [CAB]** –available by appointment through the surgery reception every Monday morning. You can obtain advice and assistance on legal or financial matters.
- **Bere Regis Pop in Place** – In conjunction with the Bere Regis Surgery, the Patient Participation Group [PPG] and other agencies, the Pop in Place will be focusing on Memory with three “Happy Memories Cafés” where the emphasis will be on fun, reminiscing, music, and memorabilia. They are planned for Mondays 30th April, 25th June, 3rd September, 10am until 12 noon. For more details telephone 01929 472023 or look on popinplace.net
- **Memory Advisory Service** - has contacts to signpost you to services where they are available: Central contact number and fax number: 01305 263113 or masadmin@acdorchester.org
- **Circles of Support for People with Dementia** [Alzheimer’s Society and other partners] - Angie Gape at the Alzheimer’s Society 01305 259740 or angie.gape@alzheimers.org.uk.

In summary

It is a fact of an ageing population that we may be all faced with the reality of this condition, but

