

# Skerryvore Newsletter

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[www.skerryvorepractice.co.uk](http://www.skerryvorepractice.co.uk)

Issue 15



## Bowel Screening

The Scottish Bowel Screening Programme is now underway. It is a programme that is aimed at 50-74 year olds and if you are between this age you will soon be invited to take part in regular bowel screening.

Make sure your GP Practice knows your latest address so you can be sent regular invitations.

For more information contact the Bowel Screening Centre helpline on:  
0845 270 0030.

Going to the toilet: What to look out for

- ◆ Repeated bleeding from your bottom or blood in your motions.
- ◆ A recent change in bowel habit that goes on day in day out over 6 weeks without going back to normal.
- ◆ Looser motions or alternating with constipation (constipation alone is less likely to be serious).
- ◆ Pains in the tummy that are severe continual and have started recently, especially after eating.
- ◆ You have recently lost weight without trying.
- ◆ You have been told that you are anaemic or look pale and feel tired much of the time

These symptoms may be caused by a number of conditions including cancer but, if you have any of the above, make an appointment to see your doctor

## Welcome

*A warm welcome to Nicky Stewart who joined the practice in September as a Medical Secretary. She replaces Laura Davidson who we wish well with her move to Edinburgh.*

*We would also like to welcome Dr Huw Thomas our new GP Registrar who replaces Dr Ali. Some of you may already know Dr Thomas as he has worked in the Balfour Hospital.*



## QUESTIONNAIRE TIME AGAIN

Some of you may remember filling in a questionnaire for us in the past, it is an annual 'event', and it is that time of year again.

They are used to find out about our patients' views of our service.

We would appreciate if you would take the time to fill this out for us if asked to.



## **WEAR IT PINK**

On Friday 26<sup>th</sup> October was Wear it Pink Day which raises awareness of Breast Cancer. We all wore pink and donated money and we also held a raffle and are delighted to say that we raised £150. Thank you to everyone who contributed.

SKERRYVORE

2008 CALENDARS

AVAILABLE FROM THE





## FLU

- ❖ Flu or influenza is a virus spread by coughing or sneezing. Most cases occur during the winter, and occasionally epidemics occur where large numbers of people are infected.
- ❖ The common symptoms are fever, chills, headache, muscle aches and exhaustion, sometimes there is also a cough, sore throat and running nose.
- ❖ The flu is best treated with rest, plenty of fluids and over the counter remedies which contain paracetamol or ibuprofen to relieve pain and fever.
- ❖ ANTIBIOTICS ARE NOT EFFECTIVE AGAINST THE FLU.
- ❖ Most people will feel dreadful for about a week then gradually improve with the above treatment.
- ❖ The flu is more dangerous, and sometimes even fatal for certain groups of people. This includes the elderly and those with other diseases such as chest, heart, or kidney problems, diabetes or anything that causes a weak immune system. This year the group also includes people with MS and stroke. **PEOPLE IN THESE GROUPS SHOULD BE VACCINATED EVERY YEAR.**  
If you are over 65 or have one of the conditions mentioned above and have not yet had your flu jab please get in touch with the practice as soon as possible.

## **Christmas and New Year Openings**



*We will be opened until 4pm on Monday 24<sup>th</sup> December and then closed for the 25<sup>th</sup> & 26<sup>th</sup> and the same the next week open until 4pm on Monday 31<sup>st</sup> December and then closed on the 1<sup>st</sup> & 2<sup>nd</sup>. Normal hours resume on the Thursday.*

*We wish you all a very Merry Christmas and a Happy New Year.*



**PLEASE REMEMBER THAT 48 HOURS NOTICE IS REQUIRED FOR REPEAT PRESCRIPTIONS.**

**ORDER YOURS IN PLENTY OF TIME FOR CHRISTMAS**



## HEAD LICE - NOT JUST A CHILDHOOD PROBLEM

Head lice are tiny (pin-head sized) grey-brown, wingless insects, which live by sucking blood from the scalp. Their eggs are known as nits and they are laid glued to the base of hairs, and look like tiny white specks.

The eggs hatch after 7 -10 days and 10 - 14 days after hatching the lice are mature and between 2 to 4 mm long. Once mature they start to reproduce, so numbers grow at an alarming rate if not treated. Infestation often causes itching of the scalp, but may also go unnoticed. If you suspect head lice, check the base of hairs for eggs and comb the hair over a piece of white paper to see if you can spot any dark mature lice. Lice may be visible in the hair behind the ears and at the nape of the neck as these are favourite spots for infestations.

Head lice are transferred by close hair -to-hair contact. They cannot jump, fly or swim, but walk from one hair to another. It is a misconception that head lice infestation is as a result of dirty hair and poor hygiene. Head lice can be found in all types, children or adults, long or short, and in hair of any condition.

Itching is not always present because it is not caused by the lice biting the scalp, but by an allergy to the lice themselves. Some people are not allergic to them so may not notice they have been infested, and it can take up to three months after infestation for itching to develop.

Head lice are difficult to remove because of their size, reinfestation rate, life cycle, and their ability to develop immunity to insecticides. Lice can be a persistent and recurring nuisance, so it is important to treat them quickly and thoroughly.

Once infestation is confirmed it can be treated at home by either using a wet comb with conditioner, or medicated lotions, combined with a special nit comb available from pharmacies.

Wet combing or 'bug-busting' is used to remove lice without using chemical treatments. This method can be useful because head lice are growing increasingly resistant to the insecticides used to remove them. The best procedure is as follows:

- ◆ Wash the hair as normal using an ordinary shampoo
- ◆ Apply conditioner liberally to wet hair (this causes the lice to lose grip of the hair)
- ◆ Comb the hair through with a normal comb first
- ◆ With a fine tooth nit comb, comb from the roots along the complete length of the hair and after each stroke check the comb for lice and wipe clean. Work methodically over the head for at least 30minutes.
- ◆ Rinse hair as normal
- ◆ Repeat every three days for at least two weeks

There is also medicated lotion or rinse, ask your pharmacist for an over-the-counter insecticide lotion or crème rinse. Only use a lotion if you find a living (moving) head louse, they should not be used 'just in case'. **Apply as instructed and remove the lice and eggs with a fine toothed nit comb.** The normal advice is to treat once, and repeat after 7 days.

There is no prevention for head lice other than normal hair care and checking hair and scalp periodically. If your child has long hair, you could tie it back as this reduces the likelihood of contact between their hair and that of an infected child.