



SURGERY NEWS

Spring Edition - 2010

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ARE YOU AGED BETWEEN 15—25 YEARS?

If you are aged between 15 and 25 years you are entitled to a free and confidential Chlamydia test.

Chlamydia is a germ that effects the sexual organs. Chlamydia is a sexually transmitted infection or STI for short. 1 in 10 of under 25's tested have Chlamydia. The problem is that most people have no signs or symptoms so most sufferers wouldn't know they have it.

To help prevent any STI's use condoms every time you have sexual intercourse.

The test in question is available from the surgery, you take the sample yourself and return to it to surgery with the completed form.

It is recommended to have the test repeated on a yearly basis.



EXPERT PATIENT PROGRAMME

For those of you who may or may not be aware the Expert Patient Programme is a self management course for patients with long term health conditions. The programme is available for patients aged 18 years and over.

The idea of the course is to help you to improve your quality of life and help with different aspects of your day to day living, i.e. stress, exercise, pain management etc.

The course itself is a 2 ½ hour weekly session. The course in total is only 6 weeks long. This will also give you a good opportunity to meet people with similar health problems. The course is completely free as it is funded by the NHS.

Once you have completed the course you then have the opportunity to help others in your local area with similar problems by advising them on what you have learnt.

If you require further information please ask at reception for a leaflet on the expert patient programme.

HAYFEVER

Hay fever is caused by an allergy to grass or pollens.

Common symptoms are a runny and itchy or blocked nose, sneezing, itchy and watery red eyes and an itchy throat. In some cases only nose symptoms occur, and in some cases only the eye symptoms occur. The commonly used treatment options for hay fever are antihistamine tablets. These are available over the counter at chemists and supermarkets. Other treatments are available on prescription for severe cases.



APPOINTMENTS

When you are arranging an appointment please do not be offended if you are asked the following questions by the reception team:

- 1 - Can you tell me what the problem is so I can ensure you are getting the right appointment?
- 2—Is the appointment urgent for today?

The reception team will ask you to confirm your full name and address to ensure they are talking to the correct patient.

If you have more than one problem then please book a double appointment or make a further appointment, this will help prevent surgeries from running late .

Please be patient if Doctor is running late, this could be because of a medical emergency or a patient beforehand may of needed a little extra consultation time.

Children's Surgery



At 4pm daily, we run a children's surgery. This is for children who have developed an illness over the last 24 to 48 hours. Not for any longer term illnesses or behaviour problems. Please make sure you are at the surgery by 4pm.

20 Adelaide Street
Stonehouse
Plymouth
Phone: 01752 667623

CARERS

Just a reminder to you carers that there are 'Carers Identification and Referral Form's' at Reception and there is also a number to ring

[PLYMOUTH CARERS SUPPORT SERVICE](#)
[on 01752 201766.](#)

Surgery Hours

Just a reminder that surgery hours are Monday to Friday, 9am to 6pm.

Any phone calls outside those hours will direct you to alternative services.