

THORNTON ROAD SURGERY

NEWSLETTER—JANUARY 2013

CHECK OUT OUR WEBSITE: WWW.THORNTONROADSURGERY.CO.UK

OPENING TIMES

Monday	8am—6:30pm
Tuesday	8am—8pm
Wednesday	8am—8pm
Thursday	8am—8pm
Friday	8am—6:30pm
Saturday	8:30am—11:00am
Sunday	CLOSED



WHEN DO I NEED TO RING 999?

- Ring 999 and ask for 'ambulance'

The following conditions require immediate and urgent attention in order to preserve life. Do not book an appointment at the surgery Ring 999 without delay:

- Chest Pain (suspected heart attack)
- Suspected stroke (one or more **FAST** symptoms: **F**ace drooped, unable to raise **A**rms, **S**peech slurred, **T**ime to call 999)
- Suspected meningitis
- Anaphylactic Shock (severe Allergy)
- Heavy Bleeding (from any source) or deep lacerations.
- Fluctuating levels of consciousness or completely unconscious
- Difficulty breathing or stopped breathing with change in colour
- Seizure, fit or uncontrollable shake

Practice Team

Dr Majeed Musalam (Male)
Dr Abi Ponnambalam (Female)
Dr Georgia Whyte (Female)
Dr Saeed Chaudhary (Male)
Nurse (Female) Wendy Ager
Nurse (Female) Laura Naughton
Nurse (Female) Shamim Spaul
HCA (Female) Tahsin Ahmed
Kuljeet (Practice Manager)
Tanisha (Admin)
Aida (Admin)
Beatrice (Admin)
Chalitha (Admin)
Dilantha (Admin)
Ida (Admin)
Janani (Admin)
Nirosha (Admin)
Priya (Admin)

DO I REALLY NEED THAT APPOINTMENT?

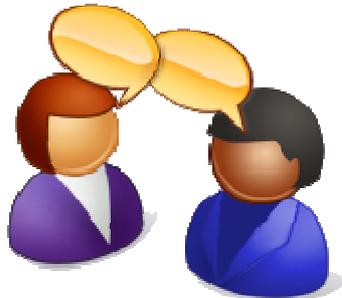
Missed appointments waste huge amounts of time and effort.

We are still having lots of appointments wasted by patients who DO NOT inform us that they are unable to attend. This has an effect on other patients who do need to see a GP but are unable to due the surgeries being fully booked.

Please remember that if you have booked an appointment that you will not be able to make. Please phone the surgery and cancel the appointment.

DID YOU KNOW?

- Appointments can be booked up to four weeks in advance
- You can book from 8:30am onwards for an emergency appointment on the same day
- We provide early am and late pm appointments for our patients
- Patients can book appointments



Updating Information:

Please do not forget to update your address and phone numbers with us. With a correct mobile phone number, we can send you a text reminding you of the time and date of



COMMON AILMENTS

FEVER (High Temperature)

Most fevers are caused by an infection or other illness. Fever helps your body fight infections by stimulating the bodies natural defences. By increasing the bodies temperature, a fever makes it harder for the bacteria and viruses that cause infections to survive. You can usually treat fever in young children at home using infant paracetamol. More information on fever, including when to see the GP is provided at NHS Choices or www.thorntonroadsurgery.co.uk

FLU

Flu can give rise to the same symptoms as a common cold but symptoms are usually much worse and accompanied by a high temperature (in excess of 38°C). Treatment is as for the common cold. For more details for treatment of a flu, including when to see GP, visit NHS Choices or www.thorntonroadsurgery.co.uk

DIARRHOEA AND VOMITING

Diarrhoea can be caused by an infection and may be accompanied by vomiting. This is called Gastroenteritis (a stomach bug). It is usually caused by a virus. In general, give extra fluids to replace the fluid that has been lost, but only give food if hungry.

You can help to prevent any infection spreading by using separate towels and encouraging hand washing after using the toilet and before eating. Also avoid returning to school or going back to work until at least 48 hours after the last bout of diarrhoea and vomiting. More information on Gastroenteritis, including when to see a GP is provided at NHS Choices or

www.thorntonroadsurgery.co.uk
MORE NEXT ISSUE