



# Summer Newsletter

## Bank Holiday Opening Times

**Monday 30th August 2010**      **Closed all day**  
Tuesday 31st August 2010      Normal opening

## Staff Training

**Thursday 23rd September 2010**      **Closed at 12.30pm**  
Friday 24th September 2010      Normal opening

If you need medical advice when we are closed:

**Telephone NHS Direct on 0845 4647**

or use their website [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

If you need medical attention when we are closed:

**Telephone Devon Doctors On Call  
08456 710270**

## IMPORTANT NOTE ABOUT MEDICATION AND CLINIC REVIEWS

This applies to anyone on regular (repeat) medication or who attends our clinics for: Asthma, COPD, Diabetes, High Blood Pressure, Heart Disease/ Strokes and Epilepsy.

This year we are starting to do this yearly review in the month of your birthday. We hope that this will make it easier for you to remember when your health check is needed. If you attend more than one clinic, we are planning to review all your conditions at the same time which should make things a lot more convenient. However, as this will be a much longer appointment, please advise us as soon as possible if you are unable to attend. Your medication review may be done at the same time.

In the first year of our new system we may have to move the review dates a few months either way to fit with your last check-up.

However, once everyone has settled into the new system, we expect things to run very smoothly and reports from other Surgeries which operate similar systems show excellent patient satisfaction.

We also would appreciate any feedback you are able to give us, so please feel free to let us have your comments on this style of review system.

High Blood Pressure and Diabetic checks break the annual rule as there will often be a 6 month interval blood pressure check. The principle remains for the 'major service' around your birthday and the 'minor service' 6 months later.

The purpose of this change is to streamline your regular appointments and reduce the number of times you have to visit the Surgery. You may well need a blood or urine test beforehand and you will be advised of this when you are invited for your yearly check. If you have a home blood pressure monitor, please bring your readings with you.

We will advise of any variations to this plan after 6-9 months of this new system.



## SURGERY COFFEE MORNING

**Saturday 7th August 2010**

**Brixham Community Centre  
Fore Street**

**9am—12 noon**

To raise funds to re-launch the Friends of St Lukes as a social group for patients and their family and friends.

Coffee/Tea and Cakes

Face painting

Competition (name the new social group)  
prize to be won

# dementia awareness

## DEMENTIA AWARENESS WEEK 4—10th July 2010

It affects around 700,000 people in the UK and is expected to increase more than threefold in the next 50 years.

In the south west alone, there are estimated to be some 66,000 people living with dementia and experts project that this figure will rise to more than 91,000.

But the stigma surrounding it means that only one in three sufferers ever get a formal diagnosis and others have no idea where to turn for help.

Now a new campaign aims to change all that.

Local councils, the South West Strategic Health Authority, Primary Care Trusts and the Alzheimer's Society have joined forces to look at how dementia services can be improved.

They want to raise awareness of the condition, dispel the myths surrounding it and look at how sufferers and their carers can get the vital support they need.

People with dementia and their carers can be very isolated. Carers have to spend a huge amount of time looking after them. As we have an ageing population, many more people will be affected by it.

St Luke's has been involved in a new project to help identify carers of dementia sufferers and to ensure that they receive health checks, information and support.

If you care for someone with dementia and would like to receive a free health check, please contact Val Shute on 07596 103291, or if you believe someone you care for is suffering from memory problems, please make an appointment to see their GP.

Further information on dementia can be obtained from:

[Alzheimer's Society - South Devon Branch](#)

55 Torquay Road Paignton TQ3 3DT

**01803 669216**

[www.alzheimers.org.uk](http://www.alzheimers.org.uk)

[southdevon@alzheimers.org.uk](mailto:southdevon@alzheimers.org.uk)

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

## HAYFEVER !!



Hay fever symptoms can be similar to a cold, and include a runny nose and eyes and repeated sneezing attacks. As with all allergies, the symptoms happen as a result of your immune system overreacting to a normally harmless substance – in this case, pollen. When the body comes into contact with pollen, cells on the lining of your nose, mouth and eyes release a chemical called histamine that triggers the symptoms of an allergic reaction.

### Prevention

Keep windows and doors shut in the house. If it gets too warm, try drawing the curtains to keep out the sun and keep the temperature down; avoid cutting grass, playing or walking in grassy areas, and camping; change your clothes and take a shower after being outdoors to remove the pollen on your body;

Wear wrap-around sunglasses to stop pollen getting in your eyes when you are outdoors;

Keep car windows closed, and consider buying a pollen filter for the air vents in your car; keep fresh flowers out of the house, and vacuum and damp dust regularly;

Don't smoke and stop other people from smoking in your house. Smoking – and breathing in other people's smoke – irritates the lining of your nose, eyes, throat and airways, which can make symptoms worse

Keep furry pets out of the house during the hay fever season. If your pet does come indoors, wash them regularly to remove any pollen from their fur.

### SPONSORED CYCLE RIDE

Dr and Mrs Montgomery cycled 100km through the streets of London to raise money for the Kiwoko Hospital in Uganda. Starting at 11pm and finishing at 6.30am, the 330 participants cycled around all the major landmarks of London. The support from motorists was generally good and Dr Montgomery said that at 1.30am Brick Lane was still heaving !! The last mile of the course was a punishing uphill slog, but fortunately there were no injuries or blisters. It is estimated that the donations will raise over £3,000 for the hospital and some monies for the Brixham WALK fund.