

Burbage Surgery News

Incorporating Sapcote, Sharnford & Wolvey

Our Health... Our Concern

Your Local Surgery News

Issue No 9 September 2007



Great North Run...



Dr Turner to run in the BUPA Great North Run on 30th Sept to raise money for Cystic Fibrosis.

Cystic Fibrosis is the UK's most common life threatening inherited disease. The CF Trust was formed in 1964 to help improve the lives of people suffering with CF. It provides funding for medical and scientific research to develop a cure and provide effective treatment.

Its objectives are also to ensure appropriate clinical care for those with CF and to provide information, advice, support and where appropriate, financial assistance to anyone affected by CF.

Dr Turner is entering the Great North Run for the second time to help raise further funds for the trust. The run is over a course of 13 miles starting in Newcastle on Tyne and finishing in South Shields, an effort worthy of all our support for such a worthwhile cause. You can help by sponsoring Dr Turner by going to the surgery web page www.burbagesurgery.co.uk and clicking on the link to Dr Turners sponsorship page, or by going direct to www.justgiving.com/wayneturner. If you prefer put your donation in an envelope addressed to "Dr Turner Gt North Run" and drop it off at surgery reception, please make cheques payable to "The Cystic Fibrosis Trust". Please make a donation and show your support for Dr Turners terrific effort and by so doing help fight the effects of this painful and debilitating disease.

**"We soon tire of those pleasures we take, but never of those we give.
Your donation can really help"**

Recycling Appeal

Thanks to all who have already donated old mobile phones and print cartridges. Not only does this benefit the environment by reducing land fill and reusing raw materials, but the money raised will go towards the PPG fund to provide further support to the surgery and patients.

Please get everyone in your family and circle of friends involved in saving any used ink cartridges and mobile phones (even if they don't have the charger) and drop them off at the surgery. Remember to put old cartridges in plastic bags or cling film first.



Meet the practice nurses

Anne Hedworth and Hayley Chiles joined the Practice in March 2006. Both decided to change their career paths from being ITU nurses to working in a General Practice. Anne qualified as a nurse in 1986 and Hayley in 1993. Whilst Hayley had previously been based at Leicester General, Anne has experienced life as a nurse in Birmingham and Canada. The experience in Canada was quite different to the way hospitals work in this country as GPs work on the wards and provide continuity of care for their patients when they are hospitalised. Both are currently studying to enable them to specialise and provide clinics similar to the Vascular clinic provided by Liz. Anne will specialise in diabetes and Hayley will specialise in asthma. Both live locally and like the convenience of working in Burbage. They have really enjoyed their time so far at the Practice and are looking forward to the challenges ahead working with the doctors as well as building a rapport with all the patients.

Thank you, Thank you, Thank you!

Firstly thank you to the children of Hastings High School for the paintings that adorn the surgery walls. They were produced by children under the tutelage of Art teacher Louise Hill. The plan is to rotate them occasionally and in return Dr Thomason will visit the school to lecture about a career in medicine and to talk about life at the surgery. Thank you also to everyone for their support at our coffee morning, it was lovely to meet you all and we plan to do our next at the forthcoming flu clinics. On that note a very special thanks to District Nurse Sally Richley for the delicious home baked cakes she provided. They were absolutely gorgeous and if you didn't get one you missed a real treat! Finally thanks to everyone who responded to our plea for help last month and have come forward with suggestions, comments and offers of help, what a splendid bunch you all are and we now have two additional recruits and are delighted to welcome Wendy Buckley back to our fold and new member Pat to the group.

Surviving a Heart attack at 39... Part two of a patients moving story

Well as I promised in the last issue there was a twist of fate 9 months after my first heart attack. 2004 was a cold Easter with snow on the ground. I continued to go to the gym and stuck to my eating and fitness regime. I probably pushed myself too far and on a chilly Friday afternoon I had another heart attack coming out of the gym. I felt a twinge whilst I was exercising but assumed I'd just tweaked a muscle. I must admit I didn't properly cool down after my exercise and didn't re-hydrate myself as I should. The combination of exiting the gym too hot, and hitting the cold air was obviously too much for my body to cope with. Fortunately the blockage was in the same area as the first attack so ultimately it only caused a little bit of extra damage to my heart. The heart is just a muscle and it is surprisingly resilient. I have been told my heart functions at about 65% efficiency after the attacks compared to a normal healthy person of my age operating at about 80-85%. As you get older the heart can quite easily function at a much reduced rate, so as long as I heed the warnings and make sure I do all the things I should, then things should not get any worse. I needed an angioplasty after this attack to unblock a branch off the artery just after where the stent was positioned. The downside is because all the damage occurred in the top half of my heart which drives the pumping action it has put me at a much greater risk of a cardiac arrest; a heart attack (myocardial infarction) is where the heart continues to pump but is working against a blockage in the arteries of the heart so ultimately if the blockage is not removed the heart will not be able to pump blood around your body. A cardiac arrest is where the heart stops beating and can only be restarted by cardiopulmonary resuscitation (CPR) either manually or using a defibrillator. This second episode hit me hard, its quite easy under these circumstances to get down and become depressed thinking that I didn't have long to live. With the help of my doctor I got through some of these issues and for a while I did take anti-depressant drugs to help. It can be a bit taboo especially for men to feel they need the help of drugs but I would always recommend you discuss everything with your doctor as they are there to help. I'm also very fortunate to have a lot of support from family and friends and especially my wife who has had to deal with a husband who has been a bit up and down these past few years.

Well the good news is I believe I'm now coming out the other side and life is on the up. It's been over 3 years since my last attack and I've not had any other bad experiences. I'm studying for a new profession and am also in the process of setting up a new business which I should be launching in January so watch this space....

Help and advice on looking after your heart and living with a heart condition is available from the surgery and from The British Heart Foundation. 14 Fitzhardinge St, London W1H 6DH. Tel 08450 708070. Also visit their website www.bhf.org.uk

Burbage Surgery:

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Dr. D. A. Jones.

Dr. W. M. Turner.

Dr. P. C. Thomason.

Dr. S. M. Vincent

Dr. R. Turner.

Dr. J. Patterson

Practice Manager: Wendy Shaw.

PPG Charity Golf Day...23rd October, Ullesthorpe Golf Club



The Patients Participation Group are arranging a golf day at Ullesthorpe Golf Club on Tuesday 23rd October. All golfers are welcome for what promises to be a wonderful day at one of the county's best golf venues. There will be a Stableford competition with two handicap categories, with additional prizes for nearest the pin, longest drive, etc. The competition will be followed by an (optional) two course Carvery meal. Non golfers are also welcome to the meal. A great day out for a local cause is assured, please book your place now..... Arrive 11.00 am , tee off from 11.44

Please reserve ... places for golf @ £ per person.

Please reserve ... places for dinner @ £ per person

Please reserve ... buggies @ £ per person

Golfers Names & Handicaps: Player 1

Player 2 Player 3..... Player 4.....

Lead Name:..... Tel No:.....

Adress:.....

Email:.....

Please enclose non returnable deposit £ per person cheques payable to:

Burbage Surgery PPG, and post to: Gary Foster. PPG Treasurer. Burbage Surgery