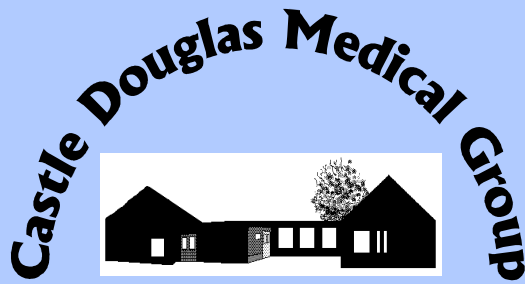


Dr Priya Chandra
Dr James Duck
Dr Angus MacGregor
Dr Gregor Purdie
Dr Kenneth Scott
Dr Lois Sproat
Dr Mhari Williamson



Garden Hill Primary Care Centre
2 Garden Hill Road
Castle Douglas
DG7 3EE

Issue 1

November 2012



Welcome to our new style Castle Douglas Medical Group newsletter which we hope you find interesting and informative.

We have created this newsletter to help keep our patients informed of what's going on within the practice, such as any changes to our staffing or new services.

We hope that you will get involved and let us know if there is anything you would like to see featured and we will do what we can to facilitate this.

We plan to produce a newsletter every three months and look forward to hearing your thoughts on it.

Our New Partner

Dr Priya Chandra

We are delighted to welcome our new GP partner, Dr Priya Chandra, who replaces Dr Dandugula. Some of you may already have met her as she has been with us since March. Dr Chandra is from Madras in South India, from where she qualified in 2001. She came to the UK thereafter to pursue further education and become an Obstetrician and Gynaecologist. She worked in this role for four and a half years in Northern Ireland and Yorkshire. She then decided she would like to become a general practitioner with a special interest in women's and sexual health and worked in Newcastle in that field until 2007 when she came to Scotland to train as a GP. She trained in Dumfries Royal Infirmary and has worked in many practices in the region as a locum as well as at the Out-of-Hours Services in the last two years.



Dr Chandra enjoys swimming—in fact, she goes for a swim every morning before coming into work! She likes pottery and has built up quite a collection. She enjoys island hopping between the Scottish Isles, which she does every summer.

We are all thoroughly enjoying having Dr Chandra in the practice and she is delighted to be part of our team here at Castle Douglas Medical Group.

Doctors in Training

As you may know, Castle Douglas Medical Group is a training practice and we currently have two doctors in training with us — Dr Manjula Morisetty and Dr Cathy Van Zanten. Both are final year trainees and will ultimately be sitting the MRCGP examination to become General Practitioners.

They may be familiar to you as they have both been with the practice earlier in their training. Both are able to offer face-to-face and telephone consultations and work closely with the GP partners.

Doctors Duck, Williamson and MacGregor are responsible for their training and supervision.



Dr Cathy Van Zanten

Flu Vaccination Update

While we have had a good uptake for our annual flu vaccination programme, there are still many of you who have not attended yet to have your vaccination. We are still offering appointments and would urge that, if you fall into one of the eligible groups, you make an appointment to have this done soon.

Remember, if you are at risk, it is very important that you have your annual flu vaccination to protect you against serious complications of flu, such as pneumonia, if you were to catch the illness.

DO NOT WAIT UNTIL A FLU OUTBREAK OCCURS!

If you are over 65, suffer from a serious heart complaint, asthma, diabetes, stroke, serious kidney disease, lowered immunity due to disease or treatment, are pregnant or have had your spleen removed, it is recommended that you have the flu vaccination.

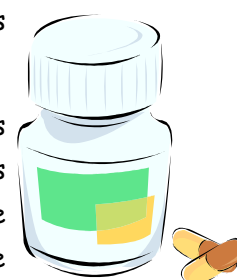
Please contact us to arrange an appointment or to find out if you are eligible.



Changes to your cholesterol-lowering medication

Simvastatin belongs to a widely used group of medicines called statins. These are important medicines used to lower cholesterol levels in adults. Statins decrease the risk of having a heart attack or stroke. As with any medicine, Simvastatin may cause side effects (adverse drug reactions) in some people. Muscle problems such as pain, cramps or, rarer, more serious muscle effects are potential side effects of Simvastatin.

Recently the regulatory authorities have issued new advice to all doctors that Simvastatin should not be used in doses of more than 20 mg per day when it is given alongside some other medicines, including the blood pressure medicines Amlodipine and Diltiazem. This new advice has been issued because sore



muscles are more common when Simvastatin has been taken at doses of 40 mg and 80 mg daily with these medicines.

If you are taking Simvastatin and also taking Amlodipine or Diltiazem, your doctor may change your dose (to Simvastatin 20mg daily) or change your treatment to an alternative statin in accordance with the new safety advice.

For more information, please visit the Medicines and Healthcare products Regulatory Authority at www.mhra.gov.uk/safetyinformation/ or contact the Prescribing Support Pharmacist on 01556 505706.

Liane Murdoch
Prescribing Support Pharmacist (Stewartry and Wigtown)

Repeat Prescriptions

Repeat prescriptions can be given for some medicines which are taken regularly. You will still need to see your doctor at least every six months to check on your progress.



How to order your repeat prescription:

- A list of all your repeat medicines will be enclosed with the prescription which you will get from the chemist.
- Please tick the items on the list that you require and write the name of the chemist you wish to use.
- Bring, post or fax the list to the practice.

Please allow 4 working days for your prescription to be ready at the chemist. You can phone our **special prescription line 01556 505666**. This number is for prescriptions only. An answering machine will take your message. Please speak clearly giving your:

- Name
- Address
- The medicines you wish to order
- The chemist you wish to use



If possible we prefer you to use the printed slip for your request. Please try to be organised so that you order only once a month.

Only items that are on your repeat list have been authorised by your doctor for a further repeat. If you require an item that is not on this list, please phone our main practice line and book a telephone consultation with a doctor. He/she will contact you for further information to assess if a further prescription is still appropriate.

These checks are necessary to make sure that medicines prescribed for you are safe and appropriate.

Whooping Cough Vaccination (Pertussis)



As you may have heard in the media, pregnant women are to be given the whooping cough vaccine for the first time following the biggest outbreak of the disease for 20 years. All pregnant women are to be offered vaccination against whooping cough when they are 28 to 32 weeks pregnant. This recommendation follows a sharp rise in the number of whooping cough cases in the UK.

[Whooping cough](#) is a serious illness. Babies who get it can develop severe complications such as pneumonia and brain damage. Most babies with whooping cough will need hospital treatment and when whooping cough is very severe they may die.

Our midwives will discuss the whooping cough vaccination with pregnant women at a routine antenatal appointment between 28 and 32 weeks pregnant and make the appropriate arrangements for the vaccine.

Getting vaccinated while you are pregnant could help to protect your baby from developing whooping cough in its first few weeks of life.

Contact Details



Over the past few months, we have noticed that we still have 'old' contact information for some of our patients. If you have changed your address or telephone number recently, please contact us to amend your records.

If you are happy for the practice to contact you on your mobile phone or by email, please let us know as this can be a more cost-effective way of informing you of appointments or test results.



Appointment Times

You may not be aware, but each appointment with a doctor is a 10 minute slot. It is best to come with only one problem for each appointment, especially if it is a complicated problem, to allow the necessary time to fully deal with it.



If you know your problem will take longer than 10 minutes, or if you have more than one problem to discuss, please ask the receptionist to book you a double appointment (20 minutes). When patients come with several problems, it may take the doctor more than 10 minutes to deal with these and, therefore, surgeries run late which can lead to frustration for others waiting on their appointment.

Please always remember to let us know in advance if you are unable to keep your appointment so that we can offer it to someone else.



If you are late for an appointment, it is left to the doctor's discretion whether or not they are able to see you.

Protected Learning Time

You may have noticed we have been closed several afternoons in recent months for Protected Learning Time (PLT). This is an opportunity for practice staff to address their own learning and professional development needs. In common with the majority of practices in Scotland, we are closed approximately ten afternoons per year. NHS 24 provides emergency cover during these training afternoons.

In addition to these protected learning afternoons, we at Castle Douglas Medical Group are committed to training our administration staff to the highest level and our girls regularly attend training and information sessions to help them and the practice keep abreast of new developments. These training sessions are also a great opportunity for sharing tips and experiences with colleagues from other parts of the country.

Have you got a spare five minutes

Why not try our Healthy Eating wordsearch.

- | | | |
|-----------------|-----------------|--------------|
| • Body | • Diet | • Protein |
| • Bones | • Exercise | • Salad |
| • Bread | • Fat | • Salt |
| • Calcium | • FizzyJuice | • Sugar |
| • Carbohydrates | • Fruit | • Teeth |
| • Carrots | • Healthyeating | • Vegetables |
| • Chicken | • Milk | • Vitamins |
| • Chocolate | • Minerals | • Water |

E V W E D J Y V L Q M Y F F H
 V S U G A R W O K H H G N M E
 S V E G E T A B L E S A L T A
 L I X T E G T F R U I T Y W L
 R T E E A P E I A E L E E Q T
 D A R E S R R Z X T A N D E H
 I M C T T O D Z U W S D A T Y
 K I I H O T I Y L H E H L A E
 F N S X R E E J H B N U A L A
 X S E L R I T U U O O E S O T
 I Y G P A N S I L T B I R C I
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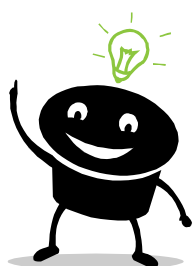
Dr Raghu Dandugula

As many of you will know, Dr Dandugula left our practice in May. He and his family have moved to Saskatchewan in Canada where he is working as a General Practitioner.

He has kept in contact with us and we are sure you will be happy to know that he and his family have settled well and enjoying their new life.



We were all sad to see him go and had a memorable leaving party for him where we presented him with a photograph album featuring us all together with a poem by our Treatment Room Nurse, Anne Walker.



As mentioned at the beginning of this newsletter, we would value your feedback and any ideas for articles you would like to see in the future.

Please contact, Maureen Hughes, here at the Medical Group, or email her at info@castledouglasmedicalgroup.co.uk

She looks forward to hearing from you.

Important Dates for Your Diary:

Public Holidays

- Tuesday 25th December, 2012
- Wednesday 26th December, 2012
- Tuesday 1st January, 2013
- Wednesday 2nd January, 2013



We will also be closed on the following afternoons for staff training as described previously:

- Wednesday 13th February, 2013
- Wednesday 13th March, 2013

If you require urgent medical attention or advice during these times, please contact the practice number - 01556 505900 - and you will be transferred to the Out-of-Hours GP Service.

Useful Contact Numbers:

Castle Douglas Medical Group	01556 505900	Castle Douglas Hospital	01556 502333
Repeat Prescription Line	01556 505666	Dumfries Infirmary	01387 246246
District Nurses	01556 505708	NHS 24	08454 24 24 24
Health Visitors	01556 505710	Stop Smoking Service	0845 602 6861
Midwives	01556 505711	Social Services Department	01556 505777

Have you visited our website? Let us know what you think!

www.castledouglasmedicalgroup.co.uk