

# THE ELMS MEDICAL PRACTICE NEWSLETTER



MARCH 2019 EDITION

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## NO SMOKING DAY WEDNESDAY 13<sup>TH</sup> MARCH 2019

No Smoking Day is an annual health awareness day in the UK to try and help smokers who want to quit.

### NHS 10 Self-Help Tips to Stop Smoking

1. Think positive
2. Make a plan to quit smoking
3. Consider your diet
4. Change your drink



5. Identify when you crave cigarettes
6. Get some stop smoking support
7. Get moving
8. Make non-smoking friends
9. Keep your hands and mouth busy
10. Make a list of reasons to quit

### NHS Smoke Free Helpline

If you are a smoker and would like advice on stopping you can contact The NHS Smoke Free Helpline who offer free, friendly professional advice you can contact them via:

**Telephone: 0300 123 1044**

**Online via their website:**  
<https://www.nhs.uk/smokefree>

### STAFF TRAINING DAYS

The next scheduled training days for the Practice are as follows:

**WEDNESDAY 27<sup>TH</sup> MARCH**

**TUESDAY 30<sup>TH</sup> APRIL**

**TUESDAY 21<sup>ST</sup> MAY**

The surgery is closed on these afternoons from 12:00pm and will re-open at 5:00pm. This means the Practice is not open to drop off or collect prescriptions - you need to use the drop off box provided at the main entrance of the Fountains Building.

## PREGABALIN & GABAPENTIN TO BE CONTROLLED AS CLASS C DRUGS

The Government have announced that prescription drugs Pregabalin and Gabapentin are to be reclassified as Class C controlled substances from April 2019. The change has come after experts have highlighted rising numbers of fatalities linked to the drugs. This change means it will be illegal to possess Pregabalin and Gabapentin without a prescription and it will be illegal to supply or sell them to others.

The drugs, which are used to treat nerve pain, epilepsy and anxiety can bring about an elevated mood in users but can also have serious side effects, particularly when used in combination with other drugs.

### WHAT DOES THIS MEAN FOR OUR PATIENTS

If you are currently prescribed either of these medications Pharmacists must dispense the drugs within 28 days of the prescription being issued.

The Doctor will now only be able to prescribe a maximum of one month's supply, the prescription will need to be collected within 28 days and if you currently collect your prescriptions this will now have to be signed for with one of our reception team.

If you require a nominated person to collect your prescription on your behalf the Practice will provide a consent form to be completed.

It is hopeful that in the future Pregabalin and Gabapentin can be sent electronically but in the meantime if you nominate a Pharmacy they can collect this on your behalf - all you need to do is choose your preferred Pharmacy and either let them or one of our reception team know and we can set this up for you.

If you have any queries please do not hesitate to contact the Practice or for further information you can visit:

[www.gov.uk/government/news/pregabalin-and-gabapentin-to-be-controlled-as-class-c-drugs](http://www.gov.uk/government/news/pregabalin-and-gabapentin-to-be-controlled-as-class-c-drugs)

# PATIENT PARTICIPATION GROUP MEETING

Our next Patient Participation Group Meeting 'Friends of the Elms' will be

**MONDAY 11<sup>TH</sup> MARCH @ 4:00 PM**

Here at the Elms, Fountains Health, Delamere Street, Chester CH1 4DS.

If you have any agenda items please email to [elms.medicalcentre@nhs.net](mailto:elms.medicalcentre@nhs.net)

## 'STAY WELL PHARMACY' CAMPAIGN

[www.england.nhs.uk/staywellpharmacy](http://www.england.nhs.uk/staywellpharmacy)

'Stay Well Pharmacy' is a new campaign from NHS England which is encouraging people, especially parents and carers of children under the age of 5, to visit their local pharmacy team first for clinical advice for minor health concerns. They can offer advice on; sore throats, coughs, colds, aches and pains, upset stomach and teething as well as offering support with healthy eating and stopping smoking.

The main message from this pharmacists and pharmacy healthcare professionals, who are need clinical advice or over the manage a wide range of minor



campaign is that community technicians are qualified the right people to see if you counter medicines to help safely health concerns.

If the pharmacist thinks your symptoms suggest your condition is something more serious they have the clinical training to ensure you are directed to the correct healthcare professional such as your GP or hospital. Many opening hours in the evenings appointment is required. If you need to speak about something private the majority of pharmacies now have consultation rooms for private conversations.

If you have a minor health concern getting advice from a local pharmacist is the best first step. If you call the Practice and give one of our reception team a brief description of the problem they can also advice you if it is appropriate to be seen by the Pharmacist rather than seeing your GP.

### April is Bowel Cancer Awareness Month

[bowelcanceruk.org.uk](http://bowelcanceruk.org.uk)



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

*Bowel cancer is very treatable but the earlier it is diagnosed the easier it is to treat. People whose cancer is diagnosed at an early stage have a much higher chance of successful treatment than those whose cancer has become more widespread. If you have symptoms don't be embarrassed and don't ignore them, Doctors are used to seeing lots of people with bowel problems.*

*Most people with the symptoms listed do not have bowel cancer, but if you have one or more, or if things do not feel right, visit your GP. Your symptoms could be caused by other common conditions that can be treated or controlled by your GP such as:*

- Constipation
- Diarrhoea
- Piles (haemorrhoids)
- Anal fissures
- Irritable bowel syndrome (IBS)
- Diverticular disease
- Crohn's disease
- Ulcerative colitis



### Knowing the symptoms of bowel cancer could save your life

- Bleeding from your bottom and/or blood in your poo
- A persistent and unexplained change in bowel habit
- Unexplained weight loss
- Extreme tiredness for no obvious reason
- A pain or lump in your tummy

If you have any concerns or if things just don't feel right, go and see your doctor.

[bowelcanceruk.org.uk](http://bowelcanceruk.org.uk) @bowelcanceruk /bowelcanceruk