

Summer

## Forest Medical

www.forestmedicalgroup.co.uk



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Are you ready for summer?

Welcome to your Summer newsletter. In this issue it is time to get ready for the holidays.

Take the stress out of last minute packing and compile a list of what you need in advance then just tick it off. Remember to organise your vaccinations in plenty of time if you are travelling overseas.

Make sure you have enough prescription medication and a small first aid kit; your pharmacist can advise what you need. It is advisable to take a list of your current medication with you which is available from your GP at a small administration cost.

In this issue I have included an article on heart disease which is close to my heart so to speak. I had a heart attack a few weeks ago and am recovering well. You can read my patient story on the Forest Medical website.

Editor

Neil E Hill

### Suffering with hay fever?

Pollen counts can be high from Spring onwards and different types of pollen can effect different people.

One recommendation to try prior to seeing your GP is to ask your pharmacist for anti-histamine tablets, eye drops and nasal spray. Also using a Petroleum Jelly around the inside of your nostrils and on your upper lip is an extremely effective way of preventing tickly substances from entering your nasal passage - hence less sneezing!!

### Getting the most from your GP Appointment

Here are some tips to help you get the most from your GP Appointment;

- If you are running late we would advise contacting the surgery to let them know. If you are more than 15 minutes late for your appointment you may be asked to rebook.
- Is your problem urgent/do you need to see a specific type of clinician? Informing the receptionist of the nature of your problem will help get you to the right person. If you have a long term illness you might benefit from seeing a GP or Nurse. A new acute problem is ideal for a Nurse Practitioner.
- Make a note of your symptoms; to help you and be clear in your own mind what you want to say. Discuss the important things first and stick to the point.
- Please let the clinician know if you have been to see your pharmacist and if you are taking over the counter medicines.
- Not clear about your treatment plan? Please ask again and make sure you fully understand the next steps before you leave the room. Ask who to contact if you have any questions after your appointment. Also ask about Self-Help groups that can provide reliable information.
- If you need support or translation, take a relative, carer or friend. They can be supportive and help you and the clinician you are seeing to ensure you understand the information being shared.

If you would like to know more about getting the best from your consultation take a look at the NHS Choices website [www.nhs.uk](http://www.nhs.uk)

### PATIENT INFORMATION DAYS OPEN TO ALL

Rosemary Street Health Centre 9—12

Saturday 2nd July 2016

Saturday 13th August 2016

Saturday 8th October 2016



**Things you need to know about a Heart Attack medically described as MI (myocardial infarction)**

The cause of a heart attack is nearly always coronary heart disease (tube shaped coronary arteries). Your heart is a muscle that pumps blood around your body, delivering oxygen and other nutrients to all of your cells.

Your heart muscle needs it's own supply of oxygen so that it can work pumping blood around your body. Therefore it needs it's own supply of blood. This is supplied through the 3 main coronary arteries which are outside your heart.

Coronary heart disease is the condition where the inside of the arteries (tubes) become narrow due to fatty deposits called atheroma which have built up within the artery walls. The fatty area of atheroma in the artery wall is called a plaque.

If a plaque cracks a blood clot forms to try to repair the damaged artery wall ( the body's natural defence system). This blood clot can totally block the coronary artery, causing part of the heart muscle to be starved of blood. If this happens, the affected part of your heart muscle will begin to die because it is not getting the oxygen. This is a heart attack. During a heart attack there is also the risk of a **cardiac arrest** where the heart stops. This is an urgent situation and needs a 999 call. CPR (cardio pulmonary resuscitation) or AED( automated external defibrillator) may need to be performed to preserve life while waiting for the ambulance.

**A heart attack happens when there is a sudden loss of blood supply to the heart muscle. It usually causes a sudden onset of pain and discomfort in the chest area that does not go away. Other symptoms could include pain, sweating or discomfort radiating from the chest to either arm or spread to the neck and jaw. You may feel that you have severe indigestion, feel sick or be short of breath.**

It is important to take note of the symptoms above as they may be pointing to a heart attack. Dial 999 straight away! The quicker the treatment - the more favorable the outcome and better chance of recovery. If you have had any of these symptoms in the past it is worth making an appointment with your GP for further investigation.

Two common types of treatment for blocked coronary arteries:

**Primary angioplasty**

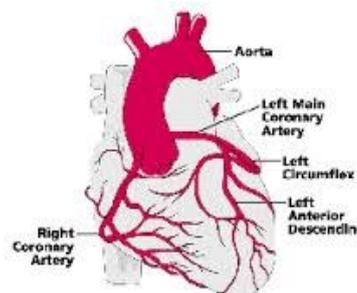
A primary angioplasty is sometimes called a **primary PCI** ( percutaneous coronary intervention ) a procedure to re-open the blocked coronary artery and usually involves inserting one or more stents (short stainless steel mesh tubes) to help keep the narrow artery open.

**Thrombolysis**

Is a clot busting medicine to dissolve the blood clot that is blocking the coronary artery.

Most procedures are carried out at Acute Cardiac Units (ACU's) there is one located at Nottingham City Hospital which specialise in cardiology, heart attacks and heart disease. They are there to deal with emergencies quickly. The quicker the patient is presented the better the overall outcome for that individual.

Further reading and leaflets are available from the British Heart Foundation [www.bhf.org.uk](http://www.bhf.org.uk)



**Coronary Heart disease is the UK's single biggest killer**



**PPG News...**

**Members of the patient group recently held an open information day for patients, carers, members of the public. We had several service providers Self Help Hub, Macmillan Cancer, Carers support and others. We are holding these on a Saturday morning bi-monthly. Look out for posters in the sur-**



**Our next Patient Group meetings  
19th July2016      6th Sept 2016**

**We do hope you find this publication useful and informative,  
Please feel free to send us your comments and suggestions.**

**Produced by the Forest Medical Group P.P.G.**

**Do consider joining our on-line Patient Group it's your surgery, you should have your say, just leave your details at reception and we will be in touch.**

**Email us at : [ppg\\_rshc@hotmail.co.uk](mailto:ppg_rshc@hotmail.co.uk)**

**WE NEED YOU TO JOIN OUR CREW**