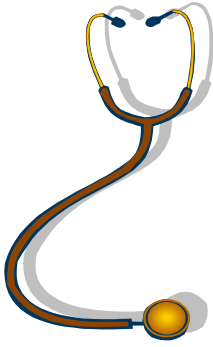


NORTH UIST MEDICAL PRACTICE NEWSLETTER

Issue 3

May 2009



CERVICAL SMEARS

When your smear is due, an appointment should automatically be sent to you. If you think that you have been missed, please contact the surgery.

Women between the age of 20–60 years are advised to have the test done every 3 years.

TOYS FOR THE WAITING ROOM

We are looking for toys, in good condition, for the waiting room. If you have any spare toys, please drop them off at reception.



REPEAT PRESCRIPTIONS

Please ensure that you allow **2 WORKING DAYS** from when you order your medication to picking it up.

This gives us time to put your prescription through our checking system, a very important step in ensuring your medication is dispensed correctly and safely.

FUNDRAISING CAN YOU HELP?

We are looking to fundraise for a new defibrillator for the surgery. We need a new version to comply fully with the latest guidelines.

If you have any suggestions or would like to do some fundraising yourself on behalf of the surgery, please contact us with your ideas, all contributions will be gratefully received.

We are looking to raise between £1,700 and £2,000.



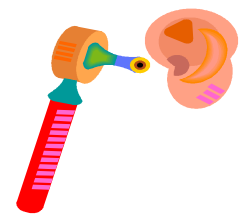
Special points of interest:

EAR WAX -

Ear wax forms a protective coating of the skin in the ear canal. Small amounts are made all the time. Flakes or crusts of wax break off and fall out of the ear from time to time. **Do not try to clean the ear canal with cotton buds, etc.** This can make things worse as you may push the wax further inside. Cotton buds sometimes can cause infections in the ear. Let the ear 'clean itself'.

Ear drops—ear drops alone will often clear a plug of wax. You can also use any oil (if it's safe to cook with it's safe in your ear) by pouring a few warm drops into the affected ear. Lie with the affected ear uppermost when putting in drops. Stay like this for 2-3 minutes to allow the oil to soak into the wax.

Ear syringing—this may be needed if ear drops do not work. Use oil to soften wax 2-3 times a day for 5-7 days.



TRAVEL HEALTH

Are you planning a trip abroad? Make an appointment to see the Practice nurse at least 6 weeks before your departure date. She will give you advice on which vaccinations are recommended for your destination, and plan when to give them.

We can now give Yellow Fever vaccine at the Surgery (saving you a trip to the mainland).



FUN CORNER

A woman standing nude in front of a mirror says to her husband:

'I look horrible, I feel fat and ugly, pay me a compliment.'

He replies, 'Your eyesight is perfect.'