

Staff Updates

We have sadly said 'Goodbye' to Nurse Maria Cockburn who has left us to move to a new post as a Diabetic Specialist Nurse and we wish her all the best with this. We have now been joined by a new Practice Nurse, Aileen Robertson and we welcome Aileen to the team.

Mid-Summer brings more staff changeovers and both Dr Enyinnaya Okeke and Dr Lisa MacBeth will be leaving us at the start of August. Dr Marie Curtis-Barton will be joining us from August to December.

We will also shortly be introducing two new receptionists. Rosie MacPhee will be rejoining the Practice after an absence of 27 years and will be a familiar face to many patients as she comes to us from Caol Pharmacy. Emily Matthews will also be joining our 'front of house' team and we look forward to welcoming both the new girls to our Tweeddale 'family'.



Remember to be careful in the sun this Summer and if you are going abroad get your vaccinations early.



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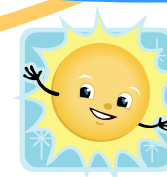
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We are also on the web at
www.tweeddale.com



Patient Newsletter

Tweeddale Medical Practice



June 2013

Issue 26

Summer 2013

Welcome to the summer edition of your Practice Newsletter.

In the summer edition of your newsletter we have articles updating you on:

- **Ticks and Lyme Disease**
- **What you say and what we do**

We hope that you find these articles helpful and informative but we are always looking for ways to improve **your** newsletter.

Comments and feedback are welcome.

You can pass suggestions on to any member of staff in the practice or e-mail us on:

high-uhb.gp55624-admin@nhs.net

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Tick Bites

We would like to remind all our patients to be aware of the risk of tick encounters, particularly during the Summer months when you will be making the most of our beautiful countryside.

Tick bites occasionally have the potential to develop into Lyme Disease which can bring some nasty symptoms with it, so remember to check yourself thoroughly for 'little hitch-hikers' when you have been 'off road'.

The following websites are very informative.

www.lymediseaseaction.org.uk
(who provided the embedded leaflet you can see here)

www.bada-uk.org



What if I have been bitten?
Don't panic! Even if you are bitten by a tick it doesn't mean you will get ill, as not all ticks carry diseases. Just make sure the tick is removed as quickly as possible and in the right way.
If you get a rash or you feel ill in the first six weeks or so after a tick bite, see your doctor straight away.

How do you remove a tick?
The best way to remove a tick is to use a special tool which hooks underneath the tick. Some tools, like one shown, are designed to be twisted as you pull to help break the grip.

Be smart and be aware!

- Keep your arms and legs covered when walking in woodland and similar places.
- Insect repellents containing chemicals called DEET or Picaridin will help keep ticks away.
- Check for ticks regularly when you are out. Brush off clothing before going inside and check yourself carefully afterwards.
- If you find a tick attached, remove it quickly and in the proper way.

FACT: Ticks can carry other germs as well. These include Babesia, Bartonella and Ehrlichia. An infected tick can give you more than one infection at the same time!

Further information
All our leaflets are available free of charge from our website where you can find out more about Lyme disease, including links to many other resources.
www.LymeDiseaseAction.org.uk

Leaflets are also available from:
Lyme Disease Action,
PO Box 335, Pevensey, TN39 9AC, UK

Including a donation SAE will help us in our work for people affected by Lyme disease.

Please don't bin this leaflet - pass it on.

Disclaimer: Lyme Disease Action publications are not a substitute for professional medical advice and are intended for general information only. If you have or suspect you may have Lyme disease you should consult a doctor.

Lyme Disease Action, March 2015
Registered Charity Number 1056442
Registered Company Number 4036428

Patient Feedback: What you say and what we do....

What is Lyme disease?
Lyme disease is an infection caused by bacteria called *Borrelia burgdorferi* (pronounced bore-EL-ee-uh burg-DOR-fer-ryel). They belong to a family of bacteria called Spirochaetes (SPY-roe-keets), because of their spiral shape.
This is a highly magnified image of a group of *Borrelia burgdorferi* bacteria.

What happens when you get Lyme disease?
Some people, but not all, get a circular red rash that spreads out from the bite. Later, you might feel ill. You might get:

- headaches
- stomach upsets
- feeling very tired
- pains in muscles and joints
- numbness or tingling feelings

Some people only have mild symptoms, but others can be very ill.

What are ticks?
Ticks have eight legs (apart from the larvae, which have six), so they are not insects, but are ARACHNIDS, and are related to spiders, mites and scorpions. They go through four stages in their life cycle.

So how does a tick feed?
To grow from one stage to the next, the tick has to feed. It climbs a leaf or stalk, then waits for an animal to brush past. The tick has hooks on its front legs so that it hangs on to the animal. The tick's mouth is like a hollow needle (the proper name is HYPSTOME). It stabs this into the animal's skin and slowly drinks its blood, like sucking a drink through a straw.

This is a highly magnified photograph of a tick's mouthparts, showing the barbed hypostome in the middle. The barbs help the tick to stay firmly attached.

The tick might stay attached for several days. Infections can be passed to you during this time. When it has finished feeding it drops off, ready to change to the next stage in its life cycle.

Where are ticks found?
They like to live in places with deep vegetation and lots of small animals and birds they can feed on.
Ticks can be found in woodland, moors, and even parks and gardens all over Britain.

What you said	What can we do or are doing	What we are unable to do & why
<i>The waiting time to access my doctor of choice is too long</i>	We have introduced bookable telephone review appointments for each doctor – if you do not require a face-to-face appointment, you may be able to speak to your doctor of choice on the telephone sooner.	We have no control over demands on our resources but try our best to meet the needs of our patients.
<i>What about using facilities like Skype for consultations?</i>	This has been considered by the NHS Highland eHealth Committee already and for various reasons concerning security around a commercial system, it is thought not to be viable. We have raised this topic again for further consideration and review – watch this space.....	We are bound by NHS policies and need to comply with whichever systems are authorised and endorsed by them.

Please be assured that we do listen to you and value your opinion.