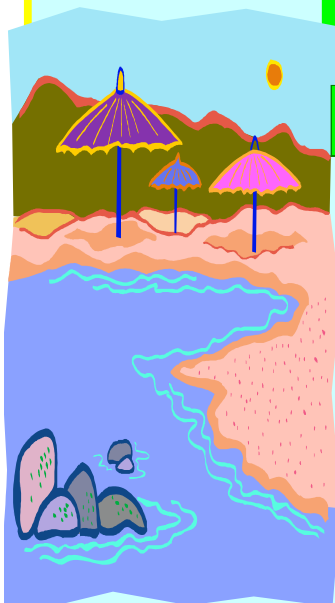


# LHGP NEWSLETTER

## LAVENDER HILL GROUP PRACTICE



### Special Interest Articles

- SNORING....
- A Dictionary of Healthy Food A to Z
- Patient Services
- Lavender Hill Group Practice News & Updates
- Regular Clinics & Services

Please address your views and suggestions to Patricia Lynch Practice Manager.

### PATIENTS' TEL NO.

0844 477 3107  
FAX NO.  
0844 477 3117

### SNORING ..... by Dr Edward Barnes

Most people tend to think of snoring as a problem for the person who has to listen to it during the night, suffering disrupted sleep as a consequence. The actual snorer seems to sleep happily through all the noise he or she is making, oblivious to the effect on the unfortunate listener.

Simple snoring is quite difficult to cure, it is generally due to partial blockage of the upper airways (nose and back of throat) during sleep which forces the snorer to breathe through the mouth, setting up vibrations in the tissues at the back of the throat and making characteristic snoring noises. This partial blockage may be caused by large tonsils and adenoids in children and teenagers and is therefore amenable to an operation to remove these, thus curing the snoring. It may also be caused by nasal blockage due to hayfever or damage to the cartilage in the nose or occasionally due to growths in the nose called polyps. These conditions can all be treated with varying degrees of success with medications or surgery. However the majority of snorers seem to have no very obvious reason for snoring apart from the fact that it is commoner as one gets older and more likely to happen if one puts on weight. The classic snorer is a middle-aged man who has recently put on several kilos in weight and developed a bit of a double chin and is now needing a larger collar size in his shirts. Losing weight can help in these cases. Ear, Nose & Throat specialists sometimes recommend trying special devices to wear in the mouth during sleep which pull the lower jaw forwards and hopefully open up the airways a bit, but these are not terribly well tolerated and have variable success. There is one important type of snoring which can have a profound effect on the snorer as well as the listener and which definitely needs investigating and treating. This is called Obstructive Sleep apnoea (OSA). With this problem the snorer starts snoring fairly quietly and then gets louder and louder until after a minute or two he or she suddenly stops breathing altogether, cessation of breathing may last over a minute, and then noisy breathing and snoring is suddenly resumed with quite an effort and the pattern repeats itself. OSA is a major cause of daytime sleepiness and exhaustion leading to poor concentration and irritability, and is associated with heart disease too. Drivers falling asleep at the wheel of their vehicles are often found to have been suffering from OSA. This pattern of snoring can be investigated in Sleep Clinics at Hospital, and it can be treated by wearing a special mask at night which provides additional oxygen to the sleeper (called a CPAP device). These devices are very successful in correcting a serious problem, in the early days they were rather noisy and cumbersome but the new ones are much more acceptable. So if the snorer beside you at night seems to have the snoring pattern of OSA please do make sure he (for it is usually a 'he'!) sees his GP to get investigated.

### THE A TO Z OF HEALTHY FOOD by Dr Helen Lucas

#### F is for...Five a Day & FODMAP...

The recommendation to eat five portions of fruit and vegetables a day has been around for several years. Fruit and vegetables contain many of the vital nutrients needed for a healthy diet, and some, such as vitamin C, are not stored in the body, so we need to consume the right amount on a regular basis. This does not mean eating five oranges in one sitting – but with a small amount of planning it is not difficult to reach the five a day target. However, contrary to popular belief, chips with tomato ketchup do not count as two of the five... Cont..

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We're on the Web!

See us at:

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

## CLINICS & SERVICES

Monday PM: Child Imms  
2pm to 4pm (by Appt.)

Thursday AM: Repeat Pill  
8.30am to 9.30am(walk in)

Tues AM & Friday Am  
Minor Operations

Wed AM: Baby Clinic  
8 weeks only, 8.30am to  
10.40am by appointment.  
Times are subject to  
change

### Other Services

We offer the following services on site: Dietitian, Physiotherapy, Drug Liaison Nurse, Smoking cessation, Family planning, Coil fits, Implanon fits, & Cervical smears, and Healthy Living, Travel Vaccinations.

We now have our own BP machine and weighing scales which are simple and easy to use, just ask at reception.

**SEXUALLY TRANSMITTED INFECTIONS** – We now offer a service here at the surgery. Please make an appointment with the nurse or a doctor

### F is for...Five a day & FODMAP...

The time to think about five a day is not when you're eating but when you're shopping. If you buy healthy food then you can eat it – and if you don't buy high fat high carbohydrate foods then you won't eat them. More detailed info is available either from the NHS website at [www.nh.uk](http://www.nh.uk), choose "live well" and then "healthy eating". Or ask your doctor or nurse next time you have an appointment.

### FODMAP

Irritable bowel syndrome is the scourge of many people, who are troubled with abdominal symptoms such as bloating, distension, cramps, wind and diarrhoea and/or constipation. Over the last 10 years, researchers in Australia have identified a number of foods which might exacerbate the symptoms in some people – and so avoiding these foods can significantly improve their symptoms. They have coined the word FODMAP which is an acronym for Fermentable Oligo-, Di- & Mono-saccharides, & Polyols. These are a group of short chain carbohydrates which can be difficult to absorb through the gut wall, especially if eaten in combination. The theory has been examined by other researchers in America and Europe, and there is widespread acceptance of the principles. However, many theories about food (and drink) rise and fall so watch this space. Foods which are high in fodmaps (and so should be avoided) are Honey ~ Apples and pears and stone fruits, such as peaches, plums and nectarines ~ Onion, leek, garlic and artichoke ~ Cabbage, cauliflower and brussel sprouts – traditionally regarded as 'windy' vegetables ~ Polyol sweeteners (eg. Sorbitol, mannitol, xylitol) often added to suger-free varieties of gums, mints and chocolate ~ Beans and pulses, such as baked beans, lentils and chickpeas. This is an evolving field, so please discuss with your GP or nurse if you would like further information about this.

**WEBSITE** – A new version of our Practice Website has now been launched – To order a prescription online you will now be directed to emis access you will need to create your own account for this. Ask at Reception for help and your Pin number. If you still have a link to our previous website just refresh the screen and it will redirect you to our New Website. We hope that this will be easier for you to use! Feedback is appreciated.

### SICKLE CELL & THALASSAEMIA INFORMATION SERVICE

Do you or a member of your family have Sickle Cell Disease or Beta Thalassaemia Major? Are you looking for advice, support, information or education regarding these conditions? Are you planning a family and would like to be screened for Sickle Cell or Thalassaemia? If you answer **YES** to any of these questions, please call Marilyn Husbands on **0208 812 6236** or 0208 700 0616 (Mon – Fri 9am to 5.30pm) and she will arrange for you to speak with one of our Clinical Nurse Specialist, or visit the Balham Centre or have a home visit.

### HOME VISITS AND OUT OF HOURS

Except in an emergency, it is very helpful to us if requests for home visits are made before 10 am. Outside of surgery hours calls are taken by Harmoni, a message handling service, and you may be given advice by one of their Doctors. If it is decided that you need a visit a Doctor will call. You can also call NHS Direct, a national nurse led helpline for advice. If you need a Doctor urgently between 12 noon – 1.30pm Mon-Fri please call 07910 874826.

### UPDATES

If you have a NON URGENT QUERY you can contact us by email on [lavenderhill.administrator@nhs.net](mailto:lavenderhill.administrator@nhs.net). This address is checked regularly and your query dealt with as quickly as possible. You can also contact the Doctors on their email addresses. You will find these on our website

[www.lhgp.org.uk](http://www.lhgp.org.uk). If you wish to book your appt on line ask at reception for an online booking form, which you will also need for ordering repeat prescriptions on line. We cannot accept bookings on line for Doctors appointments at present.

### HELLO

A warm welcome to Anjana our new nurse and Ellen our new receptionist.

Welcome back to Dr Laura Freeman!

### USEFUL TELEPHONE NUMBERS

NHS Direct	0845 464777
District Nurses	020 7441 0702/3
Out of Hours	0845 602 6292
St George's Hosp	020 8672 1255
Health Visitors	020 7441 0704
St Thomas's Hosp	020 7188 718
St John's Therapy	020 8812 5385
Chel & West Hosp	020 8746 8000

### JUST A LITTLE JOKE

#### Doctor, Doctor Jokes

Doctor, doctor I think I need glasses. You certainly do this is a garage!  
Doctor, doctor, says a patient 'I can't stope singing, The Green Green Grass of Home. That sounds like Tom Jones Syndrome says the doctor. Is it common? asks the patient, the doctor replies, It's not unusual!.