

Bradford on Avon  
Health Centre  
Newsletter



September 2005

Edition 2.

### CLINICAL TRIALS

Clinical trials aim to show the benefits and risks of new drugs or treatments, usually by comparing them with the standard treatments in use. During a clinical trial, the treatments being compared are given to patients or healthy members of the public. The researchers then carefully observe and record any differences in their effects on the trial participants over time.

As a result of clinical trials, there have been many health benefits. For example, clinical trials have shown that cholesterol lowering statin drugs reduce heart attacks and strokes.

The Health Centre is currently recruiting people with **ECZEMA, A PULLED MUSCLE, A SPRAINED JOINT, DIABETES OR GASTRO-OESOPHAGEAL REFLUX.**

If you have one of these conditions and are interested in finding out more please ask your doctor or telephone Sue Matthews or Beverley Lewis Belza on 01225 860033.

**We also have a new asthma study starting soon.....**

### Some Hellos and Goodbyes

Dr Nicola Hills joined The Health Centre in August as our new GP Registrar. Nicola qualified as a doctor in 2001 from Guy's and St. Thomas' Medical School in London. She has been working at the RUH for the last two years and her most recent post was in obstetrics and gynaecology. Nicola's main interests are palliative care, psychiatry and gynaecology.

We would also like to say a fond farewell to Anna Kilonback, our GP Registrar, and Judy Bruun, one of our Practice Secretaries. Many thanks to both of them for all their hard work and we wish them lots of luck in the future.

### A Winsley Branch Surgery

We have recently purchased a ground floor flat adjacent to the Spar shop in Winsley. Planning permission has been obtained for a conversion to a branch surgery and dispensary. We are now waiting for approval from West Wiltshire PCT for this project.

We are very excited about these possible developments which will considerably enhance medical services to Winsley and surrounding villages as well as creating some much needed space at The Health Centre.

# Reflexology and Homeopathy at Green Tree Health

Karen Newton, one of the therapists at Green Tree Health, is offering **FREE 20 MINUTE INTRODUCTORY THERAPY SESSIONS** in reflexology and homeopathy throughout the month of September.

## What is REFLEXOLOGY and HOMEOPATHY?

**REFLEXOLOGY** is a gentle therapy that encourages the body to heal itself at its own pace. Karen uses her hands to apply gentle but firm pressure to the feet. An increasing number of people of all ages are using reflexology as a way of relaxing, balancing and harmonising the body.

**HOMEOPATHY** is an effective system of healing which helps the natural tendency of the body to heal itself. This form of therapy can be used by anyone of any age for most physical and emotional complaints, for example: stress and insomnia, constipation, skin complaints.

**PLEASE BOOK YOUR FREE THERAPY SESSION AT RECEPTION OR TELEPHONE GREEN TREE HEALTH ON 867098.**

## What is a chaperone?

A chaperone is someone who you choose to remain in the room with you whilst you have an examination or consultation with a healthcare professional. You can choose who this person is, for example a member of staff, a friend or a family member.

The chaperone will be asked to enter the room discreetly and remain in the room until doctor or nurse has finished the examination. If necessary, or requested by patient, the chaperone will attend inside the curtain at the head of the examination couch. To prevent embarrassment, the chaperone will not enter into conversation with the patient, doctor or nurse unless requested or make any mention of consultation afterwards.

If you feel that you would like a chaperone please let the doctor or nurse know before the examination or consultation begins. For further information please ask at reception.



## 5 A DAY

The Government recommends an intake of at least five portions of fruit or vegetables per person per day to help reduce the risk of cancers, heart disease and many other conditions.

### Some useful tips about 5 A DAY

- Fresh, frozen, chilled, canned, 100% juice and dried fruit and vegetables all count.
- One portion of fruit is, for example, 1 medium apple or 1 medium banana or 2 small satsumas. A glass of 100% fruit juice only counts once a day however much you drink.
- One portion of vegetables is, for example, 3 heaped tablespoons of cooked carrots or peas or 1 cereal bowl of mixed salad. Potatoes don't count towards the 5 A DAY because they are "starchy" foods.
- Different fruits and vegetables contain different combinations of fibre, vitamins and other nutrients so aim to include a variety of fruit and vegetables to get the most benefits.
- Fruit and vegetables in takeaways and ready meals count but some of these foods may be high in added fat, sugar or salt, and should only be eaten in moderation.