

# GREYSTOKE GAZETTE

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## Staff News

We said a fond farewell to our GP registrars Amy Rowan and Fiona Smith in August but are delighted to welcome 3 new new registrars who have written the articles below to introduce themselves to you.



### Dr Zeenat Rahman

My name is Zeenat Rahman. I am a final year GP trainee who has joined the Greystoke surgery for the next 6 months. I come from a paediatric background and now training to be a general practitioner. My hobbies are travelling, reading and music. But being busy means I have little time for reading for leisure now. My all time favourite book is 'To Kill a Mocking Bird' by Harper Lee. My favourite movies are 'Gone with the Wind' and Mel Gibson's 'Apocalypto'. My current favourite TV series are 'Game of thrones', 'Breaking bad' and 'House of Cards'. I am very excited to meet the people in Morpeth and I hope I could do a good job and they like me.

### Dr Graeme Denman

I am a 2nd year GP trainee from Glasgow and have lived & worked in the North East for the last 8 years. I studied medicine at Newcastle University & fell in love with the region so much I haven't been able to bring myself to leave! I have an interest in teaching and split my time between Greystoke & working with medical students at the Royal Victoria Infirmary in Newcastle. I also particularly enjoy working in mental health following my previous life as a psychology graduate. Outside of work, I am married to a Dublin lass who works in conservation for the RSPB, and spend my free time running up hills for fun & working on my occasionally suspect golf game! I am thoroughly looking forward to joining the surgery for the next 12 months.



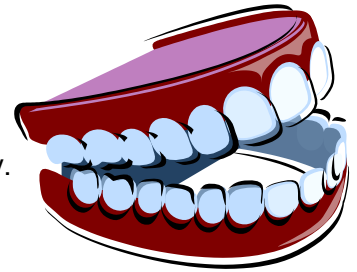
### Dr Rachel Jones

I am one of the new registrars that will be with the practice part time for the next six months. I'm originally from North Wales and moved up to Newcastle for university and loved it so much I stayed in the North East. In my free time I enjoy baking, hill walking in the Lakes and taking my dog for a walk. I will be at the surgery on Tuesday afternoons, Wednesdays and Fridays and I spend the rest of the week working on the Palliative care unit at Wansbeck General

## Do You Need New Dentures?

Newcastle Dental Hospital is currently recruiting patients who need new complete dentures. Treatment will be provided by dental students under close supervision. It will involve 5-10 visits depending on the case complexity.

Treatment will begin from Autumn 2014.  
To apply contact 0191 2336161 (level 6 reception)



## What can you do to avoid recurrent colds?

Regular exercise and enough sleep.

There is weak evidence for trials that daily zinc supplements may reduce the likelihood of getting a common cold and speed up recovery by 1 day. It has been shown that daily Vitamin C supplements combined with regular exercise reduce the risk of catching a cold but vitamin C has no benefit once you have caught one.

## Telephone Numbers

Our outgoing lines are different from the 511393 number you ring to speak to us. This means we have to have our number as a “withheld” number as patients are unable to return our calls. Recently we have found that some patients are using a blocking system on their telephones for withheld numbers that does not alert the caller to the fact they do not accept withheld numbers. It sounds to the caller as if the phone is ringing and not being answered when in fact it is not ringing in the patient’s house at all. If you have a withheld number block on your telephone please inform us as we have one line in the secretary’s room that can be used by doctors and nurses if they need to speak to you.



## Diet and Breast Cancer

Recent research has found that eating red meat in early adulthood was associated with an increased risk of breast cancer in later life both before and after the menopause. Higher consumption of poultry was related to a lower incidence of breast cancer after the menopause.

## HeadMeds: straight talk on mental health medications



HeadMeds is a unique website about mental health medication for young people created by YoungMinds, which was launched March 2014, providing accessible and useful information about mental health medication during a time which is often confusing, frightening and isolating. It includes information about potential side effects, when you should go and get help, and provides answers to some of the difficult questions that you may have around your medication but may feel uncomfortable asking your GP, including 'Will it affect my sex life?' or 'Can I drink with this medication?' Complete with real life stories and created side-by-side with young people, HeadMeds provides much needed, straight talk on mental health medication whenever you may need it. [www.headmeds.org.uk](http://www.headmeds.org.uk)