

## NEW NHS COMMUNITY ULTRASOUND SERVICE NOW RUNNING AT PULBOROUGH MEDICAL GROUP

Pulborough Medical Group has recently partnered with Physiological Measurements Ltd (PML), an award winning NHS provider of diagnostic services, to offer NHS Ultrasound Services at the Practice. This means any patients in the local area who have been referred for an ultrasound scan now have the convenience of being seen at Pulborough Medical Group rather than travelling to Worthing Hospital or St Richards Hospital in Chichester.

### Who are PML?

They are an established NHS business partner for over 10 years and work seamlessly with the NHS and your local area to provide you with ultrasound diagnostics close to your home in the community. PML are very proud of the quality services they provide and are thrilled that 99% of patients that access their service recommend them.

### What is an Ultrasound Scan?

An ultrasound scan is an examination that involves taking pictures of the body using sound waves. Ultrasound can be used to look at all soft tissue structures and blood vessels and may be used in the assessment of a wide range of conditions. Pulses of ultrasound are sent through the skin into your body which then echo (bounce back), creating an image. The scan is carried out by a sonographer and the images are recorded and interpreted to make a diagnosis. There are no side effects from having an ultrasound.

### How do I get referred to PML at PMG for my Ultrasound Scan?

Once your GP has identified what Ultrasound test you require, your GP will refer you directly for your test. You may want to discuss with your GP where you would like to have your test and request you are seen by PML at Pulborough Medical Group. Once you have been referred to PML you will then be contacted by their patient management centre on 01691 676496 to arrange an appointment.

**Comyn & James**  
Town and Country Homes

www.comynandjames.co.uk

Michael Comyn, Simon James, Lucinda Comyn



Call 01798 888111 to book a free market appraisal

PML are proud to say that 100% of patients referred by their GP for an ultrasound examination at PMG since the service started on 16th May have been seen within 15 days.

Once your ultrasound scan has been completed by the sonographer, a report will be sent directly to your GP within 5 days. Only certain aspects of the examination may be discussed at the time of the scan with you. Any further examinations and clinical treatments will be discussed between you and your GP.

For more information on PML visit [www.physiologicalmeasurement.com](http://www.physiologicalmeasurement.com), like PML on Facebook [www.facebook.com/PhysiologicalMeasurements](http://www.facebook.com/PhysiologicalMeasurements) or follow PML on twitter @Physiological\_M

### PMG UPDATE

Dr David Pullan left the Practice on 29<sup>th</sup> June; he has been a GP in Pulborough since 1999 and will be sadly missed by us all. Dr Leigh-Anne Bascombe will be taking over Dr Pullan's list. We are delighted to confirm that Dr Harleen Bedi, who has been doing her GP training here, will remain with us upon completion of her training. Dr Bedi will be working Wednesdays, Thursdays & Fridays, starting from 9<sup>th</sup> August.

In our nursing team we are looking forward to welcoming Sara Green; Sara will be working Wednesdays and Thursdays starting on 16<sup>th</sup> August.

**The Practice has an Encircle training afternoon on Thursday 13<sup>th</sup> July** which will include a full evacuation fire drill; we will be closed for routine clinics/appointments from **12 noon**. Those attending clinics run by non-PMG teams on this day are asked to sit in the waiting room until called by the relevant health professional.

We are in consultations with Brighton & Sussex Medical School regarding supporting their programme of placements for final year medical students which, as a training practice, we feel is important.

Alan Bolt



### Pulborough Patient Link



pulborough  
patient  
link  
- your voice in local health

### Pulborough Patient Link invites you to a Public Meeting in Pulborough Village Hall on Monday 24 July

when  
**Dr Bav Shergill, BSc, MBBS, MRCP**  
Consultant Dermatologist  
at  
**Brighton General Hospital**  
and  
**Queen Victoria Hospital East Grinstead**

will give a talk entitled

**What Every Patient Needs to Know about Skin Cancer with Guidance on Sunscreens**

6.45 AGM followed by Talk – approx. 8.30 pm

Refreshments and Raffle Draw

We are most grateful to our advertisers for sponsoring our newsletters.

Whilst care is taken to ensure the accuracy of any of the articles or adverts produced in this Newsletter, no liability can be accepted by the PPL for any errors or omissions, however caused.

### THE GOOD, THE BAD AND THE CHOLESTEROL

Cholesterol is both Important and complicated so I hope this summary will be useful in answering any questions you may have.

#### What use is Cholesterol?

Cholesterol is essential to life. It is a building block of the membranes surrounding every cell in the body and it strengthens and stiffens the membranes, keeping each cell intact. It allows other parts of the membrane to work properly in getting essential substances in and out of the cells.

#### Where Does Cholesterol Come From and Why is it in the Bloodstream?

The liver makes enough cholesterol from fats in the diet to cater for all the body's needs.

Cholesterol is carried around the body via the bloodstream on vehicles made of protein which carry it to wherever it is needed to keep cell membranes healthy. Once the proteins pick up cholesterol they are called lipoproteins. Low Density Lipoproteins (LDLs), also known as 'bad cholesterol', are the chief carriers of cholesterol away from the liver. Other lipoproteins called High Density Lipoproteins (HDLs), also known as 'good cholesterol', carry cholesterol from the body tissues back to the liver. (If you can't remember which is good and which is bad, try L for 'lousy' and H for 'healthy' as your reminder.)

#### What are the Effects of Diet and Lifestyle on Cholesterol Levels?

Choices of diet and lifestyle can result in cholesterol overload. Being obese, eating a high fat diet and being diabetic can all increase the bad LDL cholesterol, whereas smoking reduces the good HDL cholesterol. Stress worsens our eating habits but does not cause a raised cholesterol on its own. Some people naturally make more cholesterol in their livers than others due to their genetic makeup.

#### Why is Cholesterol Thought to be Harmful?

High LDL levels are associated with the formation of plaques which 'fur up' the arteries, resulting in heart attacks and stroke. Cholesterol overload causes LDL levels to rise. High blood pressure,

Continued on back page

high blood sugar as in diabetes and, very importantly, smoking can also all increase arterial 'furring'. HDL, on the other hand, seems to be part of the removal of cholesterol from body tissues, taking it back to the liver to be broken down. It is associated with lower risks of heart attack and HDL levels rise in response to exercise.

### How Do I Know my Cholesterol Level and my Risk?

People over 40, diabetics or those with high blood pressure are advised to have their cholesterol levels checked. A family history of heart disease or stroke also means that cholesterol levels should be checked. This involves a simple blood test which can be done at Cordens, the Mary How Trust or the Practice. The risk associated with cholesterol is expressed as a ratio between the total cholesterol and HDL. For example, a person with a total cholesterol of 5.0 and an HDL of 1.0 (a ratio of 5) will be at greater risk of heart disease than someone whose cholesterol is 6.0 but who has an HDL of 1.5 – a ratio of 4.0.

### How Can I Reduce my Risk of Heart Attack and Stroke?

Cholesterol levels are largely determined by genetic factors but diets like Mediterranean food which are low in animal fats can improve the level of HDL and thus reduce the risk of these diseases. Regular exercise also raises HDL levels as well as improving health generally. Losing weight when obese also improves the cholesterol profile.

### What Treatment is there if Diet and Exercise do not help me?

Statins are the mainstay of treatment of raised cholesterol and they are also given to patients who have significant 'furring' of their blood vessels or who appear likely to develop this problem, even if their cholesterol level is normal. Statins occasionally cause side-effects (eg muscle pain and indigestion) which can result in the treatment needing to be discontinued.



## Your Guiding Light

You want to make the right decisions in life. We're here to support you even when the going gets tough. Our focus is earning your trust, delivering crystal clear advice with the utmost professionalism.

- Residential and Commercial Property
- Family Law
- Wills, Trusts and Probate
- Litigation

With a proud tradition of expert care at the heart of our community, you can be assured of the very best attention from our team.

Positive Steps, Securely Made.

## ANDERSON ROWNTREE SOLICITORS

Wisteria House  
Petworth  
GU28 0AJ

T: 01798 342391

Avenue House  
Southgate  
Chichester  
PO19 1ES

T: 01243 787899

20 Old Mill Square  
Storrington  
RH20 4NQ

T: 01903 745666

Sheep Lane  
Midhurst  
GU29 9NS

T: 01730 812201

www.andersonrowntree.co.uk info@andersonrowntree.co.uk @solicitorsAR

### How Does PMG Manage Patients at Risk of Heart Disease or Stroke?

In addition to giving dietary and exercise advice and treatment with statins where appropriate, we also emphasise good blood pressure control, blood sugar control in diabetics and for everyone we discourage smoking. This work takes up much of our time and effort. Smoking has by far the greatest effect on the risks of developing these diseases. Smokers can halve their risk of a heart attack within one year of quitting so it is really worthwhile stopping - we strongly encourage smokers to take advantage of our very successful Stop Smoking Clinics held in PMG and Cordens and **quit!**

#### More information:

- www.patient.co.uk
- www.bhf.org.uk

Tim Fooks

**Corden**  
PHARMACY  
Your First Stop for Healthcare  
Spiro Close, Pulborough, RH20 1FG  
01798 872480

Conveniently located next to the Doctors Surgery,  
Corden Pharmacy stock a wide selection of products.

Toiletries, Medicines, Home Health, Baby care

As well as High Quality skin care and makeup ranges.



### Do please let one of the Committee know of:

any questions you may have for us to put to PMG

any topics you would like covered in the newsletter

any medical matters you wish to know more about at one of our public meetings

Chair Alyson Heath  
Secretary Dona Sherlock-Fuidge  
Treasurer Peter Jenkins  
Lisa Anderson  
Cllr Brian Donnelly  
Lesley Ellis  
Pam Haley-Chataway  
Stuart Henderson  
Jane Kendall  
David McGill  
Robbie Roberts  
Tilly Spurr

**PULBOROUGH PATIENT LINK AND YOUR MEDICAL GROUP WORKING TOGETHER TO GIVE YOU THE BEST POSSIBLE CARE**

#### WORD SEARCH

nurse  
x-ray  
doctor  
injection  
bandage  
plastercast  
receptionist  
blood pressure  
stethoscope  
pharmacist  
consultant  
medicine  
stitches  
tablets  
plaster  
scan

R R O T C O D S V H U U I X Z M H F B R M P A D E  
P Q I W I L T C P Q P L A S T E R I E U N A G A G  
L X W S R Q B A P H Q N W W O O N I R E S P M U A  
G V R O G L E N A Y A F G Z R J E V U T T K V M D  
L K C Y H Y N V H R L R U M E R P D S F E W O E N  
C O N S U L T A N T K X M C M Q E I S L T H I N A  
H R E T C O W B W U O S T A C G N D E W H S U I B  
M W S T I T C H E S A I I K C O L F R X O B J C S  
J J R Q B W K E L G O G H B I I U A P E S B D I T  
A U Y N Q Y V A J N B X L T L H S V D C Y Y D E  
P L A S T E R C A S T W P Z I B K T D O O H A E L  
S Q C S U D V V X T I E N N U R S E O S P E R M B  
O C G M N R T J U R C G U A H E P P O X E F - R A  
P Z V K U T E D H E W H V Y N H M F L B V A X T T  
B U T J Z I Y W R O Q L O M W J F B B M M Y U H X