

# ARDEN PATIENT GROUP NEWSLETTER

May 2006

[www.ardenmedicalcentre.co.uk](http://www.ardenmedicalcentre.co.uk)

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## OPEN DAY & FETE SUNDAY 11 JUNE 2006

2.00pm to 4.30pm

The PPG is organising a **CAKE STALL** to raise money for equipment for the benefit of our patients. Any contributions for the stall can be left at the surgery and will be very gratefully received!

For more info on the Patients Group (PPG) – please contact the surgery

## FIRST AID CLASSES

The PPG are to access a First Aid Course provided free by the staff of Solihull 6<sup>th</sup> Form College. The venue for the 2 evening sessions is likely to be Arden Medical Centre. When dates have been established, a list will be posted allowing patients to put their names forward. Acceptance will be on a first come, first served basis.

## MEDICAL MATTERS

It is planned that there will always be a section in our newsletters on a medical topic. In this issue we have an article from Dr Bleby and Sister Simone Giddings on dealing with ear wax.

Ear wax! Everyone has it. It acts as a protective coating of the skin in the ear. The colour can vary greatly from pale and scaly to dark orange. In most people the ear cleans itself of wax naturally. In some people there is a build up of wax. This in itself is not a problem unless it causes discomfort or hearing loss.

### HOW TO GET RID OF IT:

1. Simple measures - Ear drops (sodium bicarbonate are recommended). Pour a few drops into the affected ear, lie with that ear uppermost for 2-5 minutes to allow drops to soak in. Repeat 3 times a day for 7 days. NB do not try to clean the ear canal out with cotton buds. This is likely to impact the wax or damage the sensitive skin of the ear canal.
2. Syringing is required in a number of people where (1) has failed. This involves gentle irrigation of the ear canal with warm water to try and dislodge the softened plug of wax which then falls out with the water.

### MAKING AN APPOINTMENT TO HAVE YOUR EARS SYRINGED:

1. If you have had your ears syringed before you do not need to see a doctor. Soften your wax with eardrops as above and speak to reception to see the nurse.
  2. If you have never had your ears syringed you should first see a doctor to confirm that it is an appropriate way to handle the problem.
- Please note - always try to remove the wax with softeners first. Even if your ears eventually need to be syringed wax needs to be softened.**

### CONTRAINDICATIONS TO HAVING YOUR EARS SYRINGED:

1. Perforated ear drum.
2. Previous surgery for ear problems.
3. Previous negative experience with syringing, eg infection in the ear canal.
4. Recurring infection of the ear canal or middle ear.
5. Deafness in the other ear.

## AMC Miss-Fit

This is the team name chosen by Dr Hagon, Anna (Health Care Assistant) and Simone (Practice Nurse) who have joined together to walk 60km over the weekend of 22-24 September. They are aiming to raise £4,500 for Breakthrough Breast Cancer and in order to do this are arranging fund-raising events, which are advertised in the surgery and on the web-site. Please support them by buying a ticket or by donating online at [www.breakthroughweekend.org](http://www.breakthroughweekend.org)