

Dr Jack A T Edmonds MB BS FRCGP



Seasonal Festive Greetings from Dr Jack and his team



Look who arrived last Christmas!! This is Darwin dog who is not only adorable but the best thing to happen to our household since our son, Stuart, now 23 and working as a civil engineer, left home. Darwin, so named after Stuart's trip to the Galapagos, has been the catalyst to a much healthier lifestyle for us all. Catriona has had to work more from home which was her plan and been taking regular exercise walking twice a day in the beautiful Chilterns.

She is so happy to be away from the fumes of the London traffic but misses the contact with our dear patients. Dr Jack continues at a pace now clocking 31 years in private practice with no sign of slowing down. Demand in private medicine grows and we are grateful to Dr Kate Thomson who provides one day a week Well Woman Clinics and consultations. If your preference is to see a lady doctor we advise booking well in advance as Dr Kate's sessions are only available once a week now on a Wednesday.

Laura, our Practice Secretary was joined by Helen Lyall our Practice Manager. For those who have not visited the practice this past year, Helen came to us from the IDF (Independent Doctors' Federation) of which Dr Jack was Chairman for 3 years so as a result Helen has settled in very quickly. Helen works 4 days a week except Wednesdays when Catriona is in the Practice. This appears to be working very well and we would like to compliment and thank both Laura and Helen for their outstanding commitment to the efficient running of the office and administration helping patients in every way that they can to give them the personalized service that we pride ourselves upon. This appears to be more and more unique as we remain an independent and single handed practice.

It has been breathtakingly refreshing to witness the very recent and happy 90th Birthday celebrations of Dr Jack's mother, a GP herself once, and then to see her embark upon a 24 hour journey with her daughter back to New Zealand for an 8 week holiday before we rendezvous with them in Singapore in January to escort her back home to the UK. As this is being written we have had news that after arriving in Auckland and having a short nap she was up again enjoying a cup of tea. Despite her memory issues and other medical issues she continues to amaze us and inspire us. She so loved her first jet-ski experience 3 years ago that she is hoping to do it again on this trip. As her grandchildren say she is a living legend and they all adore her. Long live Grandma!

We hope that 2018 will be a healthy and happy year for you and your families. Keep in mind that you are what you eat and drink so enjoy the variety of festive fayre sensibly and then wrap up warmly and go for a refreshing walk to burn off those extra calories!! Merry Christmas and a Happy, Healthy New Year to you all.

Medical News

Flu vaccines for the 2017-18 season will be available until end of February. Please make sure you get yours especially if you are in the 'at risk' group. The influenza virus surface antigens are Michigan/Singapore, Hong Kong and Brisbane. Please visit our web site for further details and information.

Zostavax: Are you protected against possible shingles? For people aged 55 and above a single dose for protection against the shingles virus.



Advance Notice

Festive Closure - The practice will be closed from midday Friday 22 December and shall reopen on Tuesday 2 January 2018. All repeat prescription requests to be received by 21 December to ensure you have adequate supplies throughout the festive season.

Although the Practice will be closed Dr Edmonds will be keeping an eye on his emails should an urgent query arise.

NB - Dr Jack and Catriona will be taking 2 weeks annual leave from Monday 8 January 2018 and there will be reduced cover.

EMERGENCY cover will be available via DOCTORCALL on 020 7535 1865

Patient Reminders

Please remember to advise the Secretariat of any contact details that change. This is especially important for any prescription requests. This can be done via the website or direct by email to the Secretariat.

To avoid contagious germs, flu, colds and sickness - **Wash hands often.**



Dr Jack's Medical Update— THE RISE OF THE ALGORITHM

In the world of money and big business, decisions are controlled by application of algorithms. These are analytical tools which look at data and trends with greater efficiency and speed than a human is capable of. The result is a safer, better stock market and bigger profits with less unseen losses.

Why then is it a surprise that in medicine we are seeing increased use of algos? As long ago as the 1970s an algo was designed by scientists to aid the diagnosis of gastric cancer through barium x-ray analysis, (an old hat technique now). The surprising thing is that once set up by non-medical technologists, the algo outperformed the medical judgement of the doctors. I say this is surprising but is it really? We talk about evidence based medicine being a gold standard; an algo is an evidence based analytical tool.

So let's assume that we have two ways to come to a diagnosis or a clinical decision. One is reflexive and intuitive taken in the emergency situation but also sometimes in a doctor's office. The other is slower and reflective and may use data analysis i.e. an algo. Which method results in a better outcome? The algo of course, as proven by many studies (e.g. Khaneman and Tversky 1982 and 1997, Redelmeier et al 1997, Slovic, Rorer and Hoffmann 1971, Singh, Meyer and Thomas 2014, read also D Lewis, 'The Undoing Project' published in 2017).

Some of my patients know that I use algos - QRISK 2, FRAX and QCancer for instance. This is because I believe in evidence based medicine and the power of statistics to enhance but not replace the doctor's judgements and decisions. If it is good enough for Wall Street, it is good enough for me.

Patient Satisfaction Questionnaire Survey 2017

Once more the feedback and results of our Patient Satisfaction Questionnaire were very positive and we would like to say to those who took the time and trouble to respond a huge THANK YOU. It really is appreciated as the results which can be viewed on our web site are also included in Dr Jack's annual Appraisal. Should you ever wish to complete a Questionnaire at any time this is also available to download from our website.

General News

Egress – After the introduction earlier this year of emailing results using Egress Switch this have proved to be most successful and in the small number of cases where patients have been unable to open the attachment contact with the office has enabled a PDF version to be emailed. As a reminder this was set up to be compliant with Data Protection law. Egress Switch is very easy and free to set up. For further information on the Egress technology please refer to our website under Patient Confidentiality. [The reasons for using Egress Switch are threefold:](#)

1. Prevent information being sent to the wrong recipient.
2. Ensure compliance with the Data Protection Act when handling personal data.
3. Ensure patient confidentiality and patient safety.

Fees – The list of our fees for 2018 can be viewed on our web site. We have incurred some significant increases recently which regretfully will have to be reflected in our fees for the coming year. As always we endeavour to keep these increments to a minimum when setting fees. One way is for invoices to be emailed to you and for payment to be made on line quoting the invoice number with surname. Alternatively you can set up payee details on your phone to pay at the time of your consultation. CIGNA patients please be aware that we request payment at time of appointment for which you will reclaim. This is in line with all our other medical insurances.

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Dr Jack's Corner –

FESTIVE EATING

Turkey - Did you read what we wrote last year about the benefits of eating turkey the customary Christmas Day dinner? As a reminder gamebirds have long been a celebratory meal and are an excellent source of protein. All birds contain good amounts of the amino acid tyrosine that triggers the brain cells to enhance concentration and mental alertness. Turkey is rich in tryptophan needed for the production of serotonin which helps the body maintain a feeling of well-being and controls your appetite! A drop in serotonin levels can lead to depression and hunger so your festive dinner could be helpful in alleviating these symptoms. Altogether poultry and gamebirds supply 9 essential amino acids required for the growth and repair of tissues and are easy to digest at any stage of life. Other key nutrients are: iron, zinc, magnesium and vitamin B6. So go ahead and feast away and enjoy your festive dinner.

Dates – If you are struggling to know what to buy someone why not gift a delicious box of healthy, nutritious Medjool or Deglet Noor dates. The date palm is called the "Tree of Life" and contain many beneficial vitamins, minerals and antioxidants. Exceptionally versatile this fruit is a winner. For more details please view on our website.

Nuts – Another wonderful winter food and terrifically good for snacking on. Benefits are plentiful and a daily helping of mixed nuts provides protection and guards against respiratory and cardiovascular disease. More information may be viewed on our website. MERRY CHRISTMAS

Remember our motto –
Prevention is Better than Cure!

