The Power of Now
A Guide to Spiritual Enlightenment
Eckhart Tolle
How to Stop Worrying and Start Living

Dale Carnegie
Film focuses on rise in HIV cases

TV AND film star Stephen Fry paid a visit to the Countess of Chester Hospital to talk to staff and patients about tackling HIV and Aids.

The actor and presenter is following up last year's influential TV documentary about depression with a programme about the impact of Aids.

He met Dr Colm O'Mahony, a consultant in sexual health and HIV at the Countess, who hopes Mr Fry's latest film will help reduce the stigma and create more awareness about these conditions.

Dr O'Mahony said: 'It is incredible that nationally there are still almost 8,000 new diagnoses of HIV in England every year. Here at the Countess of Chester, we look after about 115 patients in total, of whom an incredible 38 were diagnosed within the past two years. 'Many of these 115 patients are on anti-HIV drugs, which actually restore their immune system and bring them back to reasonable health, but it's all very complex and expensive. It is still a shocking diagnosis to have to give to somebody. 'It changes every aspect of their life. It still has enormous stigma attached to it so patients can't readily go to friends and relatives for support and sympathy.'

Dr O'Mahony said staff working in the field were appalled at the continued increase in cases and the lack of awareness in the community about the risks involved in unprotected sex.

'The big risk factors for the Chester area are being gay or bisexual or having sex abroad or with people who have come from areas of high prevalence,' he said.

'Twenty-three of our patients are female and it's even more tragic for them as a pregnancy can then become a big anxious ordeal and, of course, with fatigue being part of the illness it is very difficult to look after young children and take care of oneself also.

'HIV is out there and it's here to stay. Don't be stupid this summer and become another sad statistic attending the Countess of Chester Hospital Department of Sexual Health.'

Chester MP Christine Russell will continue her programme of drop-in surgeries on Saturday at Rowlands Heights from 10.30am-noon.

Appointments are not necessary and any constituents wishing to see Ms Russell are invited to come along to discuss their concerns.
What wart?

Anogenital warts:
a pictorial guide to diagnosis and management
A marvel, a hero
so many & a man
just a little too prone
to show you his genital
warts —
Mr. Osbert Troy
RITONAVIR Vs FLUTICASONE !! COMING TO A CLINIC NEAR YOU SOON! THIS (inter)ACTION PACKED STORY WILL BREAK YOUR HAART. MISS IT AT YOUR PERIL!!

Houston, R (HIV pharmacist) and O’Mahony C (Consultant) Countess of Chester NHS Foundation Trust. Chester.
MEDICO LEGAL CASES

- POOR COMMUNICATION WITH GP

- PATIENTS DRUGS NEVER REALLY RECORDED PROPERLY

- MULTIPLE OTHER PROBLEMS CONFUSING THE ISSUE (KS)

- ABDOMINAL STRIAE RANG ALARM BELLS

- 1st case £175,000; 2ND case on-going
Results - fluticasone

• 3 patients prescribed Seretide® inhalers (fluticasone plus salmeterol)
• At risk of increased steroid exposure
• Interaction highlighted to GP
• I phoned most at risk patient and plan put in place to gradually withdraw fluticasone and monitor cortisol
• But did he heed my advice? Do they ever?
Many of the antiretroviral drugs have significant interactions with prescription and over-the-counter drugs, including statins, PPIs, inhalers or nasal sprays (especially Fluticasone). Please record the above current antiretroviral drugs on your IT system as ‘non-issue’ records, to ensure that any potential drug interactions are flagged up in future. Drug interactions can be checked on http://www.hiv-druginteractions.org or alternatively please contact the Countess Drug Information for advice on 01244 365680/365681