

Q&A with our new GP Registrar Dr Peter Wu

We welcomed Dr Wu as our registrar in February and invited him to answer some questions by way of an introduction, which he was very happy to do!

What is your career background?

I started Medical School in China in 1990, beginning with Pathology. However, I had dreams of doing a Masters/PhD, or becoming a scientist or professor! So, I came to the UK in 2000 to do a Masters and PhD. Training was tricky as an International Graduate and the language barrier made presentations slightly challenging. In 2015 I returned to clinical work, and I've since worked in Emergency Departments, Cardiology and Urology.

Any specific medical interests / specialities?

Currently General Practice! But I am still interested in Cardiology, Urology and Sports Medicine.

Why General Practice?

After years in Hospital departments, I realised I would get more satisfaction from building solid relationships and personal trust with individual patients. I really enjoy the 1-1 communication element of it and seeing more of the whole medical picture.

How are you finding Minchinhampton?

This is the 4th GP Practice I have worked in. The whole team feels like a giant family. Everyone is 200% supportive!

Interests outside work?

Many! I enjoy volleyball and attend weekly matches in a division 2 league. I enjoy walking, cooking, and riding my motorbike. I also love horse riding, but sadly do not have my own horse – anyone have one to spare?!

A message from our own Dr Susie Weir

"After 34 years of working at Minchinhampton Surgery, I have finally decided to retire from general practice. My final day will be 11th July. The surgery has been the centre of my life since first starting here as a trainee in 1991. I have had the privilege of a wonderful job, caring for numerous people over the years - often several generations! I have been fortunate in working with a brilliant, no - an outstanding - team of doctors, nurses and staff, and I shall miss you all. But it is time to move on, I shall be busy and active in retirement but will always keep up with surgery news."

Minchinhampton Surgery



Newsletter Spring 2025

GP partners: Dr Weir, Dr Simpson, Dr Cain
Dr Xerri, Dr Cooper, Dr Beard, Dr Walker

Registrars: Dr Sivapragasam, Dr Wu

Clinical Manager: Ros Duncan

Practice Manager: Kerry Thompson

Telephone: 01453 883793

Website: www.minchsurgery.nhs.uk

The new Minchinhampton Surgery!

We were very pleased to move into our new building on the 10th February and already feel like we have been here forever! We hope those of you who have visited us here have also had a positive experience. As the weather improves, we hope some of the plants outside will begin to give an even more welcoming vibe.

Our official new building opening was on Monday 3rd March when HRH The Princess Royal came for a tour. She met regular staff members and staff such as our midwife, acupuncturist, and pharmacy team. She also met representatives from the building company Markey, trustees from the Minchinhampton Charitable Trust, members of the PPG, some of our retired GPs and practice managers, and other notable members of the community.

Our Finance Officer's daughter Robyn (aged 9) presented the Princess with a bouquet of flowers. The Princess unveiled our plaque and declared that it was good to see the new building opened at last - she remembered the first discussions about it were some 14 years ago!



PPG transport scheme

If you need transport to get here, this can be provided by the PPG – you can call them on 01453 887314. The PPG are always looking for more volunteer drivers - if you are able to help for a couple of hours a week, please let them know.

Spotlight: Type 2 Diabetes

Type 2 Diabetes is on the increase. Here at Minchinhampton we have seen an increase in Type 2 Diabetic patients from 4.12% in February 2020 to 5.26% in March this year. Diagnoses are increasing in part due to societal lifestyle changes, but in part because we are testing for it more.

What is it?

Type 2 Diabetes is the more common type of diabetes and is typically gradual in onset and occurs later in life. It is often related to sedentary lifestyle, obesity, and a diet comprising of more processed carbohydrates. It occurs when the body does not produce enough insulin and tissues are less sensitive to what is produced, so blood sugar levels rise.

In the short term, mild rises are not too problematic, but over the years this can be damaging to body cells - in particular, the body's nerves, kidneys, and blood vessels. Damage to the blood vessels increases the risk of heart attacks and strokes. Overall, poorly controlled diabetes will shorten quality years of life.

How can it be prevented?

Prevention and management of early Type 2 Diabetes can be achieved with lifestyle changes that reverse the above causes. Moving more, eating plenty of unprocessed wholefoods, and keeping fit are powerful ways of managing the condition. Furthermore, getting more than 7 hours of good quality sleep and managing stress are important.

How is the condition monitored?

If someone is diagnosed, they should be invited for annual check-ups to identify complications of the disease and to check if the blood sugar is at a healthy level. The review looks at blood and urine results, weight, blood pressure, foot health, and lifestyle. Regular eye screening checks will occur at a hospital to spot early signs of diabetic eye disease at a stage when it can be treated.

If you have any concerns regarding your diabetes, please call reception to book an appointment with your GP to discuss. If you are overdue an annual review, then please call reception to book an appointment in the diabetes clinic.

You can find more information about Type 2 Diabetes at www.diabetes.org.uk.