Laughter, The Best Medicine comes in liquid form

Introduction

These articles originated back in the early days of Covid-19 Lockdown restrictions, which led me to put pen to paper, and finger to keyboard, in an effort to entertain, inform and generally make the good and kind people of my local village, feel appreciated and remembered. For over 36 years, they have welcomed, tolerated, and helped me and my family. The first article “#1 CoVid Stuff”, was published in September 2020 and they then followed on a monthly basis (and still continue do so).

In a similar vein, the good people of Fletton, Woodston, Stanground, Orton, and neighbouring districts that make up the practice area of Old Fletton Surgery have treated me and my colleagues, with courtesy, kindness, respect, and loyalty. Rarely do patients leave Old Fletton Surgery, unless a house move outside our practice area, necessitates registration with a more local practice.

So I have adapted them for the Old Fletton Surgery website for you.

These articles are not scientific publications. They are not peer reviewed medical articles from scientific journals. They are a distillation of 40 years as a doctor (at the time of inception), of which over ten years was spent in the world of NHS UK hospital surgical practice, after graduating from Cambridge University and Addenbrooke’s Cambridge Medical School, followed by a year of teaching Anatomy in Cambridge University, in order to pass the FRCS in London, England and in Edinburgh (surgical specialisation exams), before putting knife to skin. There then followed the last 26 years in general practice in Peterborough (at the time of writing this introduction).

The articles are intended to provide wit and wisdom, an amused smile or two, good cheer, laughter, as well as medical information, in an easily digestible form, about things commonly presented to a GP. To provide further interest, and amusement, there is a sprinkling of lateral deviation into historical and other scientific finger-foods, for those with an appetite for interesting facts. I have checked those that I am not certain of, with reliable references, but corrections and qualifications by those with more knowledge, are to be welcomed. Just pop them in the surgery letterbox with your prescription requests, but I may not offer free prescriptions in return, merely my sincere gratitude.

I hope you enjoy reading the articles and passing them on to your family and friends.

Best wishes,

Cosmas Nnochiri

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PS: Saints Cosmas and Damian are the patron Saints of Surgeons, Doctors and Hairdressers, in the Roman Catholic and Orthodox Churches. So when pub quizzes make a comeback, remember that!