

Gary - Acne & OCD

D - Come in.

P - Hello.

D - Hi, Gary.

P - It's nice to see you, how are you?

D - Take yourself a seat, I'm really well, thank you.

P - I was just wondering if I'd be able to collect—sometimes what happens is I get mild acne, sometimes spots, but lately it's been going away. But, I get this ointment, it's an antibacterial cream I get off the doctor - I think it's called duac cream, I don't know if that's how you pronounce it. It always works, but I've tried to look for some, but I've had a few little outbreaks the past few weeks and sometimes it does affect the way—me being anxious, I get very self-conscious about it.

D - Yeah.

P - But, it hasn't been too bad the last couple of days, so I just wondered if I'd be able to, like...

D - We can give you that or something very similar, yeah.

P - Yeah, I was just wondering if that would be possible. It's just to be on the safe side that's all. Because if I use it, then my face, my complexion really does clear up. And I do—and it does help; the doctor always, they've always told me if I do need to use it, it's always there, but I couldn't find it before and I think I must have used it all up. I think it must have gotten to the point where I thought my face was clear, and I didn't need to use it anymore, and I must have lost it somewhere.

D - How are you doing otherwise?

P - I'm okay, yeah, I'm fine.

D - Your anxiety symptoms okay?

P - Yeah, okay. Just sometimes, obviously, with long hours at work I do get quite stressed, but other than that, it's not too bad. Its...

D - What's your job now?

P - Sorry?

D - What's your job now?

P - Delivery driver.

D - Okay.

P - Yeah. Other than that, it's okay - it's just sometimes it's long hours, just tiring, but I'm okay usually. Just, I try just to, you know, just cope - but sometimes, I find if I just relax, you know, at night, I'm... Sometimes I can just get a little bit—it's more just like anxiety, like tired, I feel that sometimes it's just like if it's, say, very stressful or a busy day, I'm trying to learn how to cope with it in my own way. If I do, I just try to have five or ten minutes to myself sometimes.

D - Sure. Your chest been alright?

P - Yeah. It's fine, yeah.

D - How are things at home?

P - Yeah, fine, everything's fine at home. Sometimes—usually I'm at work, so when I go home, it's usually quite... I go home and funnily enough my mother's out and then I'll leave the house and my mother comes home.

D - Yeah.

P - Everything's fine.

D - It's just you and your mum at home, isn't it?

P - Yeah, it is, yeah. She works too and I'm just usually in and out.

D - Okay.

P - Everything's fine.

D - And your mum's okay?

P - Yeah, she's fine. She's actually doing, she's doing very well. She's doing really well at the moment, she's just keeping herself active, she's just keeping herself on the go and she's just not letting herself—you know, she's just not letting herself get... You know the problem she's got at the moment?

D - Yeah.

P - She's not letting it get to her, she's really, like, keeping active. She's really staying strong - I am actually really proud of her, like, she's really doing very well.

D - Good. This is with her Parkinson's disease, isn't it?

P - It is, yes. So, she's doing, she's doing extremely well - I know she's just had, like, a letter off the hospital, I think she went to see a specialist and he said, like, he's very impressed you know, with her improvement. He sees, you know—I mean it seems like a positive outlook, when he says that she's doing extremely well. She's keeping active, she's, I mean she's constantly on the go anyway, but she's just doing very well.

D - And your general health?

P - Yeah, I think it's fine. Yeah, everything seems to be...

D - Your mood's been okay?

P - Yeah, yeah.

D - And your asthma?

P - Yeah, my asthma's fine. Touch wood, I've had no more—I've had no trouble, it's been...

D - You've grown out of that, pretty much?

P - Yeah, I think so. I've not had to use an inhaler for years, it's been years since I've had to use an inhaler.

D - And you're not a smoker?

P - No, I don't smoke.

D - So, I'll mark you down as asthma resolved in your records, if that's okay with you?

P - Yeah, that's fine.

D - And when your skin is a problem is it mostly just your face, or anywhere else?

P - I do get like, sometimes, dry skin, but I use just moisturiser. I was just advised to use, like, E45 moisturiser - usually on my arms, that's it, and sometimes legs. But, I just use that like, once or twice a day and it really helps.

D - Okay.

P - And it just really helps, because sometimes it's like, very dry.

D - Is there anything that triggers that?

P - I think it's just down to - I'm not actually one hundred percent, I think it could be just down to me, like, I sometimes blame it - you know with me having OCD and all; I'm always constantly washing my hands and I'm always constantly washing, so sometimes I think it's just been down to like, it could just be down to that. But I might not be right.

D - And the stuff you use for washing at the moment? Are we giving you something, or are you just buying it over the counter?

P - I usually just use, like Dove soap, like a moisturising soap. That usually helps, yeah.

D - That's not too bad an idea, or alternatively, we could give you a slightly greasier soap for washing - a soap substitute for washing. Shall we do that for you?

P - Yeah, if that's all right.

D - Do you need any emotional support with your OCD at the moment?

P - I'm okay, yeah. I'm learning to deal - sometimes that's usually a factor, if I'm more anxious or stressed, I do wash my hands more often. It's just sometimes I've got—I did once have to go and see a therapist about it, I think it was about four years ago, and I have learned - compared to before, it was a lot worse. I mean, I was washing my hands up to fifty times a day, probably more, but it's not as bad as it used to be.

D - So, much better now?

P - Yeah, so it's - if I'm anxious or tired it can be up to like ten times a day, but I just learned to control that.

D - Well, if you need any support, then we can arrange for that support, okay?

P - Yeah, I'll definitely - like I say, its compared to what it was, it's a lot better. I mean, I still have those moments where I feel like I need to wash, I just think it's just doubt. I mean, just general anxiety and stress.

D - Your OCD doesn't affect your facial acne at all?

P - Sorry?

D - Your OCD doesn't affect your face?

P - No, well, it does, but more like confidence than anything. It just sometimes makes me feel down, just sometimes I feel more anxious. I mean, at the moment, it might be just me, I sometimes always just think the worst. Sometimes you're just looking in the mirror and I just see the worst.

D - Now, there is another option for your skin. What you have been using is duac.

P - Oh, yes.

D - Which is a combination of an antibiotic with another component to it.

P - Oh, right, yes.

D - Now, what we can do is to use a slightly safer, long-term treatment called Epiduo, which is just as effective.

P - Alright, yeah.

D - In the vast majority of people. You can use that when the acne is a problem as well.

P - All right, because I thought...

D - Shall we try that one out?

P - Yeah if that's okay.

D - And if it doesn't suit you, we can always go back to the original one.

P - Oh, yeah, of course, yeah. That's what I thought, if it's perhaps going to be a long-term issue, at least it's always there to use again, because I was told that duac is just really short-term. You know, just to help—it did really help, and it just, like, obviously if I did ever get a little bit of bad outbreak I would just apply a bit of that and a couple of days later my skin was back to normal. And I'm like, 'Oh, I can really see the improvement'.

D - Okay. Well this one, also, should be quite effective when your skin is a problem.

P - Oh, right.

D - Potentially can be irritating but most people find that it's not. But, just apply it once a day, when you're having a bad patch.

P - Alright, yes, that's fine.

D - If you're finding it's not as effective as the duac, get back to me and we'll swap it back for you.

P - Oh, that's great.

D - Does that sound okay?

P - Oh, yeah, that sounds great.

D - So that's on as a repeat prescription, and I've given you, also, this cream in a pump dispenser that you can use as a soap substitute, and hopefully, if you are finding that you're back up to your twenty times or more a day that you're washing your hands; let me know and we'll get some support for you, related to that.

P - Oh, yeah that would be... Yeah, last time when it got - even I was getting a little bit concerned and was like, 'Oh, it's getting far too much'. It was literally every time I was getting a chance or an opportunity, I was just washing my hands constantly.

D - Yeah.

P - Luckily at the moment, it's mostly, I only really wash my hands more - obviously, the anxiety. When the anxiety kicks in, stress, that's when I usually seem to just... I think it's just a coping mechanism. I just feel like I need to wash my hands.

D - If things are getting on top of you, don't hesitate to get back in touch.

P - Are you sure?

D - Absolutely, even with just a telephone consultation.

P - Ah, that's great, definitely, yeah.

D - But give that stuff a go - if you're not happy with how you're getting on with it, then give me a call back and I can always swap it back to your duac.

P - All right, no problem.

D - Epiduo is probably a little bit more effective in the long-term, providing it suits you.

P - Alright, that's great.

D - Good luck.

P - Do I just go... oh, the pharmacy's shut.

D - The pharmacy next door is shut at the moment.

P - Can you use them anywhere else?

D - You can cash them in at any other pharmacy, yeah.

P - Oh, that's great.

D - Amanda will tell you where they're all open.

P - That's no problem. Well, thank you very much for your help, thank you.

D - Nice to see you.

P - No problem.