

SPRING



DOCTOR NEWS

We have lots of exciting news about our Doctors.

We welcomed both Dr. James Goodman and Dr. Elizabeth Fowler as Partners at the end of last year. Dr Sarah Gordon has joined us as a GP Registrar for 18 months and we are pleased to announce that Dr Sarah Prendergast will become a new Partner in June!

After working as a Practice Partner for over 31 years Dr. Tim Thurston is now going to continue here even longer as a 'GP retainer'. This is an NHS scheme designed to support GP practices, keeping long serving doctors in work by letting them cut back a little instead of retiring altogether. From June he will carry on seeing patients on Tuesdays and Wednesdays. However he will no longer be a partner in the practice, so cannot any more be the named 'usual doctor' for patients. His patients will therefore be fairly allocated to one of the younger GPs. For the time being, people will still be able to book advance appointments with him, although due to his cutting down the wait to see him might be a little longer. We are delighted that our practice will continue to have the benefit of his considerable experience for the next few years.

STAFF NEWS

We welcome Jane to our Administration team and have said goodbye to Lisa and Sara in our Reception team. We wish them well in their future careers.

COULD YOU GET DIABETES?

It's estimated that over five million people in England are at high risk of developing Type 2 Diabetes. Last year 56 of our patients developed Type 2 Diabetes.

Type 2 Diabetes mostly affects older people, it comes on gradually and is treated initially with tablets. Unfortunately in the long term it represents a real threat to health as it can lead to stroke, blindness,

heart disease, kidney failure and lower limb amputation. Now 630 of our patients have type 2 Diabetes so it's a problem we are taking very seriously.

Fortunately Type 2 Diabetes can be prevented. It is linked to lifestyle. Even if you are at risk of developing Type 2 diabetes, it can still be prevented through losing weight, eating healthily and being more active.

If you have a close family member who has type 2 Diabetes you may be at increased risk. Similarly if you are overweight, particularly if it is around your middle, your risk is increased. Diabetes UK has an online risk calculator (<https://riskscore.diabetes.org.uk/start>) which will work all this out for you. If you think you might be at increased risk a simple blood test can be done. Please ask for this at Reception or book a full NHS Health Check. If this is raised then you fall into a higher risk group and could attend the Healthier You Program.

The Healthier You Program is the national diabetes prevention programme. It is aimed at people at high risk of developing diabetes (as indicated by the blood test). Consisting of a series of short group education sessions it will help you understand the causes of diabetes and what you can do to change things. The main focus is on healthy eating and exercise, and of course this will also reduce your risk of heart disease, stroke and cancer.

**Smear test
overdue? If so
book yours today**

CALLING ALL LADIES! DUE YOUR SMEAR TEST?

Cervical screening tests are a method of detecting abnormal cells on the cervix. Changes in these cells are often caused by the human papilloma

virus (HPV) transmitted through sexual contact. Detecting and removing abnormal cervical cells can prevent cervical cancer.

Women aged 25 to 64 are automatically invited for cervical screening. You should have your first cervical screening test when you're 25.

- aged 25 to 49 – every 3 years
- aged 50 to 64 – every 5 years
- over 65 – only women who haven't been screened since age 50 or those who have recently had abnormal tests

If you have been invited in but have not booked an appointment please don't put it off as it could save your life! It's perfectly normal to feel apprehensive and/or embarrassed about having a smear test. Please be rest assured that our clinicians are highly trained and will try to make the procedure as comfortable as possible.

FLU VACCINATIONS

We are already busy planning for this year's Flu vaccination clinics.

Health officials have said that Elderly people should be offered the newly-licensed "adjuvanted trivalent" vaccine – which is designed to boost an immune response improving the effectiveness of the vaccine in older age groups. We will therefore give this new flu jab to people over 65.

People under 65 in at risk groups will be offered the quadrivalent flu vaccine.

Flu vaccinations will be available from late September so please look out for our flu clinics so you don't miss them!

SHINGLES

A vaccine to prevent shingles, a common, painful skin disease is available on the NHS to all people aged 70-75 and 78-79. Make sure you do not miss out as people are no longer eligible for this vaccine on their 80th Birthday. The Shingles Vaccine can be given all year round in the treatment room. Please phone us to make an appointment.

ONLINE SERVICES

At the surgery we use a clinical system called SystemOne which has online services for patients.

Patients can use SystemOnline to:

- Book and manage their appointments
- Request repeat medication
- View pathology results
- View care records
- Update contact details
- And much more!

Using SystemOnline is easy—just ask at Reception for a consent form to fill in. Once received we will then send you a password to log-in.

CONSULT OUR DOCTORS ONLINE

An online consultation service is available to patients through our website. Find your health problem from the list of options and fill out an online questionnaire, which will recommend the best route of care for you. If this indicates to contact your GP, your information will be reviewed by a GP at the Practice. You will be contacted by the end of the next working day with feedback and treatment options.

Public Health England

NHS

As you get older shingles can be very painful and really affect your quality of life.

Are you **70-75** or **78-79** years of age?

Then you are eligible for your **shingles vaccination**

Speak to your GP practice today about having your shingles vaccination

GET STARTED NOW

Try something new!
Request advice from our doctors online

mmunisation The safest way to protect children and adults