

JANUARY 2015 NEWSLETTER

Happy New Year to you all and many thanks for your kindness and generosity over Christmas. You have not helped the diet but it is much appreciated!

Healthy Start to 2015

January is the time of year when people generally take stock and decide how they might improve their health. If we all smoked less, drank less (alcohol), ate more healthily and did more exercise, we would be fitter as a nation and this would reduce long-term ill health. If you feel you need help with any of the above, please visit the practice and/or check out the Live Well section on the website (found in 'advice and support').

Choose Well

The NHS is currently under great pressure and this could be alleviated to a degree if patients chose the best options according to symptoms. Please do not attend A+E unless you have had an accident or have a genuine emergency. If it is out of hours and you have symptoms for which you would normally visit the GP, contact the out-of-hours service (via the usual surgery number) to be put in touch with the out of hours GP if you feel unable to wait until the surgery is next open. If you are able to get a lift into the surgery when you need to be seen, please do so. Likewise, if you are able to get a lift to A+E in a genuine emergency please do so – unless chest pain, shortness of breath, possible stroke etc. For minor illnesses, please make use of the excellent pharmacy service provided within the village or in your area.

The Hit List

We have reached the time of year where we have to ensure that all patients on chronic disease registers have had their annual review. Please attend when asked or let the practice know if you do not wish to be assessed so that we may amend your medical record accordingly.

Over 75 Health Check Assessments

We have been carrying these out since April 2014 and these are to run at least until this April. If you have not had your health check and wish to do so, please advise the front desk so that a suitable appointment can be made (unable to do this in a 10 minute appointment – allow at least 30 minutes).

Influenza Vaccination

It is still not too late for you to be vaccinated against influenza – if you are over 65 or are in an at risk category. We still have a few vaccines left and would urge such patients to get vaccinated. Preventing influenza might reduce your pneumonia risk (developing as a complication of influenza). Those over 65 or in at risk groups are also eligible to receive the pneumonia vaccine. This is a once only vaccine. Please contact the practice nurse.

We wish you all a very healthy and happy 2015.