

The Culcheth Medical Centre Newsletter Feb 09



Welcome to the latest edition of our Newsletter. The aim of this is to be informative about the Practice and any new Health issues that may affect you. So here goes;

Appointment System

Just to remind you all we have changed our appointment system since October last year. This was designed to make it easier to make an appointment in advance with the Dr or Nurse of your choice so that you don't have to ring on the stroke of 8.30am which we know was very difficult at times. Now around 40 % of all Dr appointments can be booked up to 4weeks in advance. The rest are divided between "book on the day" appointments for acute problems and appointments available from 48hrs before.

If you are unlucky to find that when you ring all appointments on the day are taken we do offer some 5minute consultations at the end of the Duty Dr's surgery in the morning and afternoon if you feel you cannot wait for the next day. HOWEVER please remember this is only a 5min slot and Dr can only deal with 1 problem and not a whole list of chronic ailments that you have had for years!! Please give as much detail as you can to the receptionist about your problem when booking an appointment so that she can make the correct one for you.

We do hope that you will find the changes work better and make life easier. Remember that we will see you on the same day if your problem is urgent.

Saturday Morning Surgery

Since Nov 1st due to popular demand we have started opening on Saturday mornings from 9am-12noon. This is for pre-booked appointments and designed to allow those people who work during the week the chance of an appointment at a more convenient time.

There is only 1 Dr working that morning and no Nurse facilities.

Surgery Web Site

Dr Ghosh is working hard to build our web site buying "domain names" and other ghastly computer stuff!! The Dr's have written their Biogs and Dr Basma has booked us all in for a photo shoot so that our pictures on the site won't look too horrid!! I am hoping that I will be able to have photo editing done or some form of CGI to my photo so as not to put people off their food!!

Will hope to have more info on the site next month.

Health Checks

It's that time of year again when we are chasing you up to attend for your annual review so that we can meet our targets. If contacted by us or the Practice Nurse to attend for your annual review, please book in so that we can complete your health review for this year and review your medications.

Flu and pneumonia vaccines

We still have a number of Flu Vaccines left and if you have not yet had yours due to being on holiday or having a bug at the time it was due then please book in to see the Practice Nurse to have it. We stock the Pneumonia vaccine all the time and this can be given at any time of year and is a one-off jab that gives at least 10 year protection against a strain of bacteria that can cause infection. If you are over 65 and have not had this vaccine then please contact the Practice Nurse to arrange it, as they say Prevention is better than cure!!!

Good luck to Derby County this weekend in 5th round FAC against Man UTD.

STOP SMOKING!!!!

Do you smoke 20/day? Want to save around £2000 per year and YOUR HEALTH at the same time? If yes then read on!!

Thinking of stopping smoking? Tried before and failed ? Need help?

There are many options that can be given to you to help you stop smoking. These include nicotine replacement therapies [NRT's] that aim to stop the craving so that you can be a non-smoker easier than you think. NRT's include patches,gum,nicotine inhalators,and the more recent tablets such as zyban and champix.

Not everyone is suitable for all types of NRT's. If you are keen to stop smoking and would like help, please see the practice nurse or doctor to discuss it further.

The most successful way to stop is to ask the practice receptionist to refer you to the Local Smoking Support Clinic. She will take your details and fax a referral for you, then an appointment will be sent to your home address.

This is a nurse specialist led clinic who will advise the best NRT for you, plus give you the full Support package and follow up to help you reach your goal. Remember NRT's are available on prescription. Remember that you have to want to stop smoking and that NRT's are not a substitute for determination but help prevent the craving for nicotine.

Now that there is a smoking ban in most public places including pubs and restaurants why not try and quit, think of the health benefits and the MONEY you will save!!!

More health topics next month.