

## **SUMMER NEWSLETTER 2009**

Welcome to our Summer Newsletter which is also available on our website [www.greenwichdoc.com](http://www.greenwichdoc.com).

### **TRAVEL**

As a traveller you may be exposed to a number of infectious diseases and it is essential to attend for a travel health risk assessment in order to determine the risk of exposure and to be given advice about methods of prevention. **We would recommend you attend 8 weeks prior to your travel.** There is a charge for travel vaccines which will be discussed at the time of your consultation.

### **PRESCRIPTIONS**

As the Practice grows, the demand for repeat prescriptions increases. Please remember that you must allow **48 hours** for your repeat request. You can order your repeat prescribing by:

- ❖ Calling into the surgery and completing a request form
- ❖ Fax your request to 0208 312 8751
- ❖ Post with a SAE if you wish it to be returned in the same way
- ❖ E-mail : [www.greenwichdoc.com](http://www.greenwichdoc.com)

### **CANCELLATIONS**

In April we had 59 missed appointments. If you are unable to keep your appointment please use 0208 312 8701 so someone can avail of the appointment.

### **CONTACT DETAILS**

Please do fill in a change of address/telephone number as and when your details change. It is most important that these are kept up to date so we can contact you should the need arise.

### **STAFF CHANGES**

We are very pleased to welcome Miss Kerry Minter to our clinical team as our new Health Care Support Worker. Kerry will be running the blood clinic, smoking cessation clinic and well man/woman clinics amongst other duties.

We would also like to introduce you to Dr Atin Goel, who is a fully qualified doctor who is training to become a General Practitioner. He will be with us until July 2010 and we welcome him to the practice.

### **THANK YOU!**

Maria, our reception Manager has completed the London Marathon on 26<sup>th</sup> April for the second time. She broke last year's time by an incredible 52 minutes!!! Well done to her but more importantly – thank you for all your support and encouragement. The money she raised will be going to Cancer Research, a gentle reminder to all those that were kind enough to sponsor her that the monies need to be collected in full by the end of May.

### **HPV VACCINE**

You may be aware that the government has commenced an HPV vaccination programme to vaccinate young women against cervical cancer. We have invited by post all young women aged 17-18 born between 1 September 1990 and 31 August 1991 to attend. We are pleased to say that the uptake has been excellent but there are still some young women within this age group who we would urge to make an appointment as by having the vaccination you will reduce the risk of getting cervical cancer when you get older.

Other age groups are being vaccinated through schools programmes, initially 13/14 year olds with catch up programme later in the year for other age groups still at school.

## **CERVICAL SCREENING/SMEAR TESTS**

Cervical cancer has been much in the news recently following the tragic death earlier in the year of Jade Goody.

Women are invited to attend a cervical screening 3 yearly between ages of 25-49 and 5 yearly between the ages of 50-64.

A smear test is simple examination to check the health of a women's cervix. If abnormal cells are found and left untreated they may develop into cervical cancer. However it usually takes several years for this to happen, and cervical cancer can therefore easily be prevented if abnormal changes are found and treated early. These early abnormal changes can be detected by women attending for screening. If you are one of these women in the above age groups and have received a letter from us but not acted on it please phone up and make an appointment.

## **MMR VACCINATION**

MMR is the combined vaccine that helps protect against serious diseases:

- Measles** - causes a range of illnesses from ear infections and bronchitis to convulsions (fits) or brain damage and can be fatal
- Mumps** - used to be main cause of viral meningitis in children. It also causes temporary deafness, miscarriage, inflammation of the pancreas and pain and swelling of the testicles in older males
- Rubella** - can lead to painful joints, blood disorders and/or swelling of the brain (encephalitis). It damages unborn babies and may cause miscarriages if the mother catches the disease whilst pregnant. Babies born with congenital rubella syndrome may have some degree of deafness, blindness and damaged heart or brain functioning.

The first MMR vaccination is given to children around 13 months of age, with a booster given before they start school (usually between 3-5 years old). It is a single injection into the upper arm.

## **SWINE FLU**

There are details about swine flu on our website and other sources of information are:

0800 1 513 513

[www.nhs.uk](http://www.nhs.uk)

[www.direct.gov.uk/swineflu](http://www.direct.gov.uk/swineflu)

Every household will have received an information leaflet about swine flu. The advice remains that individuals who become unwell with flu like symptoms, within 7 days of returning from a infected country should stay at home and contact the surgery or NHS Direct on 0845 4647. There is adequate treatment in the UK for anybody who should need it including contacts of infected cases.

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