

Fortrose Medical Practice

"Excellent care for our patients and community through working in a fair and happy environment"



NEWSLETTER

Autumn 2017



Flu Jab (Influenza vaccination)

The Surgery will be holding two Flu Clinics on Saturday 30 September and Saturday 28 October 2017. Please contact the surgery and make an appointment if you are eligible to receive the vaccine:

- all patients aged 65 years and older
- patients suffering from chronic respiratory disease
- patients suffering from chronic heart disease
- patients suffering from chronic kidney disease
- patients suffering from chronic liver disease
- patients suffering from chronic neurological disease
- patients suffering from diabetes
- patients suffering from immunosuppression
- patients suffering from asplenia or dysfunction of the spleen
- all pregnant women
- patients who are morbidly obese (those with a BMI of 40 or above)
- unpaid carers and young carers (18 years or under)
- those living in long-stay residential care or homes
- Health & Social Care staff

If you are unable to make either of the Saturday Clinics, then please contact the surgery to make an alternative appointment.

If you already have an appointment booked with any of our clinicians, the vaccine will be offered to you during this consultation and you will not need to book an extra appointment.

Nasal Flu Vaccinations

All pre-school children from 2 years of age will be offered the nasal vaccination. Please contact the surgery to make an appointment for your child (nasal vaccination will not be available during the Saturday clinics). All children of primary school age will also be offered the nasal vaccination in school.

Shingles vaccination – were you aged 70, 71, 72, 73, 74, 76, 77, 78 or 79 on the 1st September?

Shingles is a debilitating condition, which occurs more frequently and tends to be more severe in older people. We offer the one-off routine vaccination to people aged 70 years old. In addition, a catch-up programme will allow patients aged 71-74 and 76-79 to be vaccinated. The efficacy of the vaccine declines with age and so it is not recommended for people aged 80 or older. If you are in the above age bracket, and have not yet had the shingles vaccination, please call the surgery for an appointment (unless you have an appointment with a GP booked already, in which case this can be given whilst you attend). For more information visit www.shinglesaware.co.uk



Fundraising and Equipment Fund

Thanks to a number of different initiatives we have raised over £800 so far for the Community Equipment Fund. Donations are still coming in from both the Soup & Sweet, and also sponsorship from the Beast Race. Thank you to everyone for your generosity.

Birthday Month Review

As part of improving our recall system, patients with long-term medical conditions are asked to make an appointment in their birthday month for a review. This will allow us to review all conditions in one appointment such as asthma, COPD, diabetes, hypertension, heart disease, stroke/TIA, hypothyroidism and mental health.



NHS Cervical Screening Programme

Cervical screening aims to prevent cervical cancer from developing. The NHS cervical screening programme invites women from ages 25 to 64 for cervical screening. Women aged 25 to 49 are invited every 3 years. After that, women are invited every 5 years until the age of 64. Research shows that cervical screening prevents at least 2,000 cervical cancer deaths each year in the UK. Women screened between the ages of 35 to 64 are thought to have a 60 to 80% lower risk of being diagnosed with cervical cancer in the 5 years following the test compared to women who haven't been screened. The benefit of screening increases with age.

Practice Closures

The practice will be closed for staff training from 1pm onwards on the following dates:

- Wednesday 4 October 2017
- Tuesday 14 November 2017
- Wednesday 6 December 2017



Early warning of Christmas and New Year closures:

- Monday 25 & Tuesday 26 December 2017
- Monday 1 & Tuesday 2 January 2018

With our best wishes for an enjoyable and healthy Autumn time!

**The Practice Team
Fortrose Medical Practice**

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