

Fortrose Medical Practice

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



NEWSLETTER

Summer 2018



Closures

The Practice will be closed on the following dates:

- Thursday 5 July 2018 from 1pm
- Wednesday 8 August 2018 from 1pm

If you need medical attention or advice when the surgery is closed, please contact NHS24 on 111. NHS24 is a 24 hour health service which has round the clock advice and support. In an emergency always dial 999.



Nurse Text Appointment Reminders

We have started to use text messages for all nurse appointments. If you have an appointment with the nurse you will receive a text the day before. Please ensure your mobile phone number is kept up-to-date with the Surgery and inform us of any changes.

GP Vacancy

We are currently recruiting for a salaried GP with a view to becoming a Partner. We are looking to recruit between 4-6 sessions per week to join our team. Informal enquiries are welcome please contact Gaby Ormerod, Practice Manager or Dr Iain Forth. Further information can be found on our website. www.fortrosesurgery.co.uk



We have increased the number of Health Care Assistant clinics each week, and appointments can now be made on the mornings of Monday, Tuesday, Wednesday, Thursday and every second Friday. The HCAs can carry out a number of requests including blood tests, blood pressure checks, ear syringing and ECGs, as well as some dressings and stitch removals.

Flower Fairies

A big thank you to the flower fairies for once again planting our pots with beautiful flowers - we promise to take good care of them!



Stay Safe in Sun

Sunburn increases your risk of skin cancer. Sunburn doesn't just happen on holiday – you can burn in the UK, even when it's cloudy. There's no safe or healthy way to get a tan. A tan doesn't protect your skin from the sun's harmful effects. Aim to strike a balance between protecting yourself from the sun and getting enough vitamin D from sunlight.

Tips

- spend time in the shade between 11am and 3pm
- make sure you never burn
- cover up with suitable clothing and sunglasses
- take extra care with children
- use at least factor 15 sunscreen

Ticks and Lyme disease

In Scotland, the most common disease ticks transmit is Lyme disease. They also carry other diseases which can affect animals. To avoid ticks when out and about in the countryside or anywhere near wildlife:

- cover up as much skin as you can as ticks will find it more difficult
- wear long trousers tucked into socks and long sleeves
- light-coloured clothing may help to see ticks more easily
- use an insect repellent containing the ingredient DEET to deter ticks
- check clothing for ticks regularly
- as well as examining yourself for ticks, also remember to check anyone else

If a tick is attached itself to you, then you need to remove it as soon as possible.

1. Use fine-tipped tweezers or a tick-removal tool – you can buy these from some pharmacies, vets and pet shops.
2. Grasp the tick as close to the skin as possible.
3. Slowly pull upwards, taking care not to squeeze or crush the tick. Dispose of it when you've removed it.
4. Clean the bite with antiseptic or soap and water.

The risk of getting ill is low. You don't need to do anything else unless you become unwell. You should see a GP if you have:

- flu-like symptoms – such as feeling hot and shivery, headaches, aching muscles or feeling sick, or
- a circular red rash

Diabetic Eye Screening

Diabetic retinopathy is a complication of diabetes, caused by high blood sugar levels damaging the back of the eye (retina). It can cause blindness if left undiagnosed and untreated. However, it usually takes several years for diabetic retinopathy to reach a stage where it could threaten your sight.

Everyone with diabetes who is 12 years old or over is invited for eye screening once a year. Screening is offered because:

- diabetic retinopathy doesn't tend to cause any symptoms in the early stages
- the condition can cause permanent blindness if not diagnosed and treated promptly
- screening can detect problems in your eyes before they start to affect your vision
- if problems are caught early, treatment can help prevent or reduce vision loss

The screening test involves examining the back of the eyes and taking photographs. Depending on your result, you may be advised to return for another appointment a year later, attend more regular appointments, or discuss treatment options with a specialist.

Further information can be found at www.nhs.uk/Conditions/diabetic-eye-screening/

With our best wishes for a healthy summer.

The Practice Team
Fortrose Medical Practice