

# Fortrose Medical Practice

## Fortrose Medical Practice

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



## NEWSLETTER

### Winter 2017



#### **Festive Season Closures**

The Practice will be closed on the following dates:

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

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.

#### **Prescriptions**

If you require a prescription for an extended period to cover the festive period, can you please indicate on the request when you will be away from/to, to allow us to calculate the required amount.

Boots in Fortrose and Conon Bridge Pharmacy will be closed 25 & 26 December 2017. However Boots at the Retail Park and Eastgate are open on the 26<sup>th</sup> December, and will be able to arrange any emergency medication or dispense medications as required. For a full list of chemist opening times please see poster in reception.



#### **Flu Vaccinations**

We still have some flu vaccinations at the surgery. If you are entitled and haven't had your vaccination please make an appointment.

#### **Thank you**

Thanks to all the donations we have received recently into the Community Equipment Fund, we have been able to purchase a new 24 hour Blood Pressure Monitor. Thanks again for your generosity.



Thank you also to the Flower Fairies for the lovely winter pansies.

## **Anti-coagulation Testing**

From November 2017, we have changed the way we test INRs for patients on Warfarin. This will now be done in the Surgery by means of a finger-prick, and will no longer be sent to the Labs at Raigmore hospital. This means that dosage instructions will be given to patients instantaneously; including the date for the next appointment.

## **Bowel Screening**

Bowel screening is offered to men and women aged 50 to 74 across Scotland to help find bowel cancer early when it can often be cured. You're 14 times more likely to survive bowel cancer if it's found early. Half a million people in Scotland do their bowel screening test each year.

In Scotland, only people aged 50 to 74 will be invited for bowel screening every 2 years. If you're 75 or over, you can still take a bowel screening test every 2 years. However, you'll need to request a new test kit each time as the Scottish Bowel Screening Centre won't send you one. Call the screening helpline on 0800 0121 833 or visit [NHS Inform](#) for more information about bowel screening in Scotland.

## **Five Ways to Stay Healthy over Winter**

**STAYWELL  
THISWINTER**

- Banish Winter tiredness by getting outdoors in the natural daylight.
- Eat more fruit and vegetables. Why not try some winter vegetables in a comforting soup for the whole family?
- Drink more milk to increase levels of protein and vitamins A & B12.
- Try new activities for the whole family, maybe ice skating, or taking a bracing winter walk on the beach or through the park.
- Have a hearty breakfast such as porridge. Eating a warm bowlful on a cold morning isn't just a delicious way to start your day; it also helps boost your intake of starchy foods and fibre.

## **Loneliness in the Elderly: how to help**

There are lots of ways you can do your bit to help lonely or socially isolated elderly people in your community. The person you're helping will reap health benefits, and you'll find you will as well.

Volunteering for an organisation that supports older people is a key way of helping a lonely or socially isolated older person. But a simple friendly chat or phone call can make all the difference, too. Evidence suggests giving your time in this way could be as valuable to you as the person you support. It's likely to boost your self-esteem and sense of purpose. And helping others takes your mind off your own problems for a while.