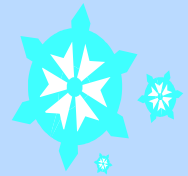




newsletter



Winter 2009/2010

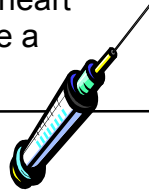
2009 has been a rather busy year here at the surgery!

We had a few goodbyes this year - our Treatment Room Nurse Sister Whitting, our Practice Manager Steve Reeves, our Nurse Practitioner Sister Reeves, Dr Flora Hill and our Treatment Room Nurse Sister Pinkowski. We wish them all the best of luck in their new jobs.

We give a warm welcome to Sister Beart our new Minor Illness Nurse who has been with us since March, our new Practice Manager Tim Maslin who is joining us from late November and our new Treatment Room Nurse who will be joining us in December. A big thank you to Audrey Brown who has been our interim Practice Manager for the past few months.

IT'S THAT TIME OF YEAR AGAIN!

Winter flu vaccinations are available, please contact reception for details of dates. Remember if you are asthmatic, diabetic, have a heart condition and or over 65 you can have a winter flu jab.



PANDEMIC FLU

Vaccinations to protect those at highest risk against pandemic flu (swine flu) are now available but in limited numbers at the moment. Invitations have been sent out to the younger priority groups and we hope to vaccinate as many people in these risk groups as we can before the end of the year. If you have received an invitation, we do urge you to ring to make an appointment in one of our special Pandemic flu vaccination clinics. More information is available at the surgery. Just ask.

The Surgery will be Closed
25th, 26th
and
28th December 2009
and
1st January 2010.



If you have a medical emergency
contact the out of hours on
01603 488 488



CLEAN HANDS!

Thank you for using the hand cleaning gel on entering the surgery and on exiting.



Don't forget that you can book appointments, cancel appointments and order repeat prescriptions online via our secure website.

This service is completely secure and will require you to have a user name and password that you will need to collect from our main reception. Further information can be found from the leaflets and posters available from the surgery or on our website.

IMPORTANT DISCLAIMER: The health and medical information contained within this newsletter or our website is intended solely for the patients of this practice and should never be used as a substitute for seeking advice from your GP.

The Woottons Surgery has prepared the content of this newsletter responsibly and carefully, but disclaims all warranties, express or implied, as the accuracy of the information contained in any of the materials included, on our website, on other linked websites or on subsequent links.



WHAT WILL BE YOUR NEW YEARS RESOLUTION?

Have you been thinking about stopping smoking? Ready to quit? The Woottons Surgery can help you!

We have an experienced smoking cessation advisor who can help you decide the best options to aid your efforts to quit that smoking habit. It has been shown that smokers are more likely to quit successfully if given on going support from trained advisors.

It is never too late to stop smoking. There are always physical and financial benefits and you will feel fitter and more energetic within weeks.

Not convinced? Then firstly think about the harm smoking tobacco can do including many serious & fatal diseases.

The most common are Coronary Heart Disease, lung cancer and other lung diseases such as chronic bronchitis, Chronic Obstructive Pulmonary Disease (COPD), emphysema and pneumonia.

Other scary facts

- 83% of people who die from lung disease in England are smokers.
- People who smoke 25 a day are 25 times more likely to die from Lung Cancer than a non-smoker.
- Smoking can ruin a man's sex life and can damage a woman's fertility
- Half the smokers who start in their teens and continue to smoke, will eventually be killed by their smoking habit!
- Passive smoking increases the risk of stroke in non-smokers by 82%.
- Mothers who smoke double the risk of cot death.

Department of Health.

Then consider the many benefits to giving up:

- After 20 minutes, blood pressure and pulse return to normal
- After 8 hours the oxygen level in the blood improves and the chances of having a heart attack start to fall.
- After 3 to 9 months breathing problems, coughing, shortness of breath and wheezing improve.
- And of course you will save money – by not buying a pack of 20 every day you will be able to save enough within 12 months for a great holiday!

So convinced yet?

At the Woottons surgery we can help anyone who wants to quit, whether it is their first attempt or they have tried many times before. Nicotine is as addictive as heroin so it is not surprising it is so hard to kick the habit.

There are nicotine replacement products and other medications that can help with the cravings while learning to live without "lighting up". All these products are available on prescription so it makes financial sense to see us. Smoking Cessation Advisors have lots of advice and useful tips to offer as well as regular support to get through the first few weeks. We always advise setting a quit day then to take one day at a time. Those trying to quit should not worry about how they are going to manage at next months party or on their summer holidays. They just need to think about the next 24 hours and make plans to keep busy. Every day that goes by without lighting up is another day as a non smoker! So it's up to you! A New Years Resolution? Make a decision that will affect the rest of your life and the lives of those close to you. Take the next step. Give the surgery a ring and book an appointment for a one to one chat. We can help you help yourself. Alternatively you can ring the quit line on **0800 0854 113** or go to <http://www.cignificant.co.uk/> for lots more advice.

KEEP WARM KEEP WELL leaflets are now available in the waiting rooms - these leaflets are full of helpful information on how to keep yourself and your home warm and healthy this winter. There are three leaflets available - 'A guide for people over 60', 'A guide for families' and 'A guide for people with disabilities or long-term health conditions'.

