



# WPSG Newsletter

Wootton Medical Centre, 36-38 High Street, NN4 6LW  
telephone: 01604-709922



www.woottonmedicalcentre.co.uk

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## Type 2 Diabetes and how to avoid it

- ✓ Your Diabetes risk?
- ✓ Lose weight
- ✓ Eat healthily
- ✓ Be more active



If you have had a blood test within 12 months indicating you are at a high risk of Type 2 Diabetes you are eligible to attend the **'Healthier You: NHS Diabetes Prevention Programme.'**

Ask GP or Practice Nurse to refer you.

## Handyperson service

Do you need extra help with small jobs? With help to make life easier and safer around the house?

For a quotation for fitting grab rails, banister rails, painting and small woodworking tasks and much more.



ring **ageuk** on 01536 524986

**SMOKE ALARMS FITTED FREE**

## Breastfeeding

You are welcome to breastfeed in the surgery. If you prefer privacy please ask a member of staff.



## Sepsis Awareness

**SEPSIS** (septiccaemia) is the body's reaction to an infection when it attacks its own organs and tissues. It is a very serious illness affecting over 260,000 people a year, of whom sadly 44,000 will die.

Awareness is low because the initial symptoms present like flu or a chest infection. Should you develop any of the following symptoms, seek medical help urgently.

- ✓ **S**lurred Speech or new Confusion
- ✓ **E**xtrême Shivering or Muscle Pain
- ✓ **P**assing no Urine in a day
- ✓ **S**evere Breathlessness
- ✓ **I** feel like I might die
- ✓ **S**kin Mottled or Discoloured

## Join the Patient Supporters Group

Do you have views on local healthcare?

Could improvements be made?

Share your opinions and ideas?

Why not join the Wootton Patient

Supporters Group (WPSG) and attend

our quarterly meetings attended by

patients and Practice personnel

including Dr Burada.

Our role is to support all aspects of the

Practice appropriate to the patients.

**Next meeting on July 11<sup>th</sup> at 18:30pm**

If interested please contact the Practice

Manager, **Sharon Bailey,**

telephone **01604 - 709933**

## NEWSLETTER Patient Input

We are always looking for ways of improving a patient and/or a carer's life. 

Do you have any methods, experiences, activities that YOU find beneficial? If so please feel free to pass them on and we will include them in the NEWSLETTER and so help others.

**Thank you**

## Is it time to **STOP** smoking?



Physical improvements become apparent in a relatively short time.

- ✓ **8 hours:** Nicotine & Carbon Monoxide levels in the blood reduce by half.
- ✓ **24 hours:** Nicotine & Carbon Monoxide eliminated from the body.
- ✓ **48 hours:** Ability to taste & smell greatly enhanced.
- ✓ **1 month:** Skin condition improves.
- ✓ **6 months:** Coughing & wheezing declines.
- ✓ **1 year:** Risk of heart attack reduced by half compared to a smoker.

Please book an appointment with a Health Care Assistant to get the help you need.



## Avoiding waste of medications

Waste by overprescribing and changes in patient circumstances are an ongoing problem (wasting money and materials). Wootton operates a safeguarding system to prevent this, including face-to-face reviews.

NHS trials are ongoing of a centralised system which is planned to end the oversubscription by Pharmacies by more accurately monitoring a patient's **current** needs.

Please **cancel** any unwanted items

## Grapefruit and its effects on medication

Current NHS advice states that if you are taking a **STATIN** [Simvastatin, Atorvastatin, Rosuvastatin] or a **CALCIUM CHANNEL BLOCKER** [Verapamil, Felodipine, Nifedipine] then you should **NOT** have Grapefruit.

A component in Grapefruit stops your body breaking down the drugs properly and so blood levels may become too high



## Practice Medical Fees

- ✓ Employment medical £185
- ✓ HGV / PSV medical £110
- ✓ Taxi Driver medical £110
- ✓ Holiday cancellation £32
- ✓ Private Insurance claim form £28
- ✓ Private sick note £22
- ✓ Fitness to travel £24
- ✓ Ofsted forms £40
- ✓ Passport (on request) £30
- ✓ Driving License £30
- ✓ Miscellaneous letters £22

**When leaving specimens at Reception** please ensure that **ALL** specimens are labelled with **NAME, DATE of BIRTH and DATE and TIME** specimen taken. They **MUST** be at the Surgery by **MID-DAY** to ensure processing

## “WHAT is HbA1c? WHY do I need to know its value?”

**Q  
&  
A**

The term refers to glycated haemoglobin. It develops when haemoglobin, a protein within red blood cells carrying oxygen through your body joins with glucose in the blood, becoming 'glycated'. By measuring this level (**HbA1c**) an accurate overall picture of what your average blood sugar levels have been over several weeks / months can be obtained. See team for your target.



## TEST RESULTS

For all **TEST RESULTS** please telephone after 1pm  
OR view them on your **SystemOnline** results page

