

The Esplanade Surgery Newsletter

January - March 2012

Happy New Year to all our patients.

Cold Weather Advice - We are coming to that time of year again, when the cold weather can affect us all, especially the elderly. Keeping active keeps you warm, when indoors try not sit for more than 1 hour, get up walk around and make a hot drink. Have at least one hot meal a day. Simply moving your arms and legs and wiggling your toes are helpful if walking is difficult. It is important to keep warm, close the curtains fit thermal linings if possible, make sure the windows are shut. Try and keep your home warm the recommended temperature is 21 degrees (70c) for further advice

Call AGE UK Advice 0800 169 65 65 or visit www.age.uk.org.uk

Remember your elderly relatives or neighbours it only takes a couple of minutes to check if they are alright!!

Have you had your Blood Pressure checked lately? Raised blood pressure is not good for you, it can lead to cardiovascular disease, risk factors for cardiovascular disease are smoking, diabetes, age/sex, family history and raised cholesterol. Remember to get yours checked the next time you come to the surgery, we have an easy to use machine in the waiting room it takes a couple of minutes and will give you a print out of the reading, you can hand this to the Doctor or Nurse at your appointment. Alternatively make an appointment to see June or Maria. Keep your blood pressure under control by eating a healthy diet that is low in saturated fat, exercising regularly, and if required, taking the appropriate medication to lower your blood pressure. Your target blood pressure should be below 150/90. If you have high blood pressure, ask your GP to check your blood pressure regularly.

Health Group Advice

Colds—There is still no magic cure for the common cold, go to bed take plenty of drinks. If you have a headache or are feverish take aspirin or paracetamol. Antibiotics will have no effect.

Flu—This is an unpleasant illness characterised by high temperatures, aches and pains. The best treatment is plenty of rest and fluids with paracetamol to relieve aches and temperature.

Antibiotics have no effect. If you are elderly or have a chronic health problem (eg heart disease, chest disease, or diabetes) we would recommend a flu jab.

Flu jabs are still available

Stop smoking Service here at the Esplanade if you want to stop we can help you and support you to quit, leave your name and contact details with reception, June or Heather will contact you to make an appointment, within 2 –3 wks.

Patient Participation Group First meeting was held 24th November 2011 from that meeting a survey of 10 questions based on the reception area of the surgery was drawn up by the group. The survey will take place from Mon 12th Dec—Friday 23rd Dec 2011. Results will be published March 2012. Survey is available on surgery website or in the waiting room.

For urgent, but not life threatening emergencies, and OUT OF HOURS SERVICE.

Tel NHS 111 (Free to call)

Surgery Website www.theesplanadesurgery.co.uk

REPEAT PRESCRIPTIONS you can email your prescription request to us now at
prescriptions@gp-j84005.nhs.uk

