



FLU VACCINATIONS

The Practice is starting our 2012/13 Seasonal Flu Vaccination Programme the week beginning **Monday 1st October 2012**.

Flu clinic appointments are available to book NOW, and if you're eligible to receive the vaccine at the practice you don't need to wait for an invite - please call us on 228 6081 or come in to the practice as soon as possible to secure your appointment.

Eligibility hasn't changed since last year:

- Everyone aged 65 or over by 31st March 2013
- Anyone aged 6 months and over with the following conditions:
 - ◇ Diabetes
 - ◇ Lowered immunity due to disease or treatment
 - ◇ Asthma (you must require regular use of a steroid inhaler or tablets for control, or have had an emergency admission to hospital because of you asthma in the last year)
 - ◇ Chronic respiratory disease (such as COPD, emphysema, chronic bronchitis and cystic fibrosis)
 - ◇ Heart disease
 - ◇ Neurological disease (e.g. Stroke/TIA, MS)
 - ◇ Severe kidney or liver disease
- Women in any stage of pregnancy
- Or if you are an unpaid carer, or a young carer, for someone who could not manage without your help if you became ill

Our flu clinic appointments are only five minutes long, and are for administering the vaccinations only, so please make a separate appointment if you need to address any other health matters. This allows the Practice Nurses time to see that all eligible patients can be vaccinated.

For further information on the practice flu vaccination programme for this year, please check our practice website at: wp.me/p13qLV-BB

Forthcoming dates for your calendar:

Wed 26th Sep

Wed 31st Oct | Wed 28th Nov

STAFF NEWS

We were all sad to see a long-standing member of the Health Visiting team leave the practice at the end of August, when Anne Gaskell decided to head off to pastures new. I'm sure you'll join us in wishing her well for the future.

Thankfully a familiar face has filled the void in the form of Elaine McLeod, who has been working at the practice on and off over the last several months to fill in during times of staff shortage.

Those of you familiar with the District Nursing team may be seeing a new face soon, with the addition of Natasha Ross to the team. Please make her feel welcome.

LUMPS AREN'T THE ONLY SIGN OF CANCER

By now you may have seen the new advertising campaign about breast cancer, starring Elaine C Smith.

The advert is part of the Detect Cancer Early programme, but focuses on breast cancer, educating the public on the various signs and symptoms and encouraging people to seek medical advice if they notice any changes.

The main message is "lumps aren't the only sign of cancer", as there are other possible signs and symptoms, such as: crusty nipples, skin like orange peel, turned-in nipples, dimples, and leaking nipples.

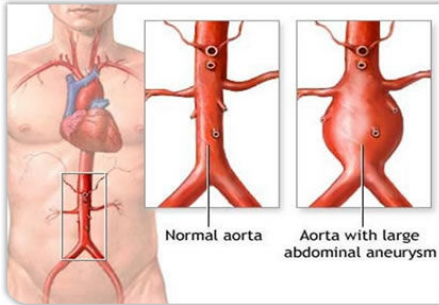
For more information visit the Cancer Zone at nhsinform.co.uk/Cancer, or speak to your GP if you notice any changes.

Staff Training - Practice closed 12.30-1.30pm

Staff Training - Practice closed 12.30pm onwards

AORTIC ANEURYSM SCREENING

Screening for Abdominal Aortic Aneurysms is about to be rolled out across Lothian.



The aorta is the largest artery in the body and is in the abdomen. It can develop an aneurysm whereby the artery swells

and the wall becomes thinner. An aneurysm can leak, causing blood to be lost into the abdomen. If a lot of blood leaks out this can be fatal unless the leak is quickly stopped.

It is estimated that 1 in 20 men over 65 will have an abdominal aortic aneurysm. Screening can detect small aneurysms before they leak that can then be dealt with appropriately.

Depending on the size of the aneurysm, appropriate care may consist of re-scanning at intervals, or surgical treatment. Non-emergency surgical treatment is much more successful than surgery in an emergency.

The screening test itself consists of a simple ultrasound scan (lasting around 10 mins) of the abdomen to measure the aorta. The result is given at the time of the screening.

Aortic aneurysms are much more common in men, and it has also been determined that if there is no aneurysm at 65 then it's unlikely that one will develop, so it's just men aged 65 who will be invited for the test.

If you're over 65 years old you will not be invited for screening, but you can self-refer for the test, if you wish, by calling 242 3606.

The best way to prevent an aortic aneurysm from developing in the first place is to not smoke and make sure your blood pressure is OK.

MY DIABETES MY WAY

If you have diabetes, are at least 16 years old, living in Scotland, and registered with a GP in Scotland, you can now access your personal electronic diabetes records securely from home:

www.mydiabetesmyway.scot.nhs.uk

My Diabetes My Way is an NHS interactive website which can inform you about how to take control of your diabetes, show you how diabetes can affect your body and your lifestyle, give you access to a wide range of leaflets, videos, educational tools and games, as well as allow you to access to your diabetes records.

If you wish to register for access to your records you will need your 'CHI' number which can be found on hospital letters, or on your repeat prescription sheet (a 10 digit number, the first 6 of which make up your date of birth).

Other excellent sources of information about diabetes are: www.diabetes.org.uk

And: www.nhslothian.scot.nhs.uk/diabetes

*mydiabetes * myway*
... the interactive diabetes website

MUSCULOSKELETAL ADVICE AND TRIAGE SERVICE

Currently, in Lothian, waiting times for physiotherapy can be in excess of 8 weeks. This lack of early intervention can be frustrating and painful.

A new phonenumber will be introduced soon in Lothian to help with this problem. Patients will be able to call an 0845 number (open Mon-Fri 2-8pm) and a health professional will be able to give advice and support to those suffering from any muscle or joint problems - everything from a sprained ankle to a stiff neck.

Keep an eye out in the Practice, and on our website for the launch of this phonenumber, and check out nhsinform.co.uk/MSK for more info.

Please remember to inform us if you can't keep your appointment (by phone or online)



Contributors

Gail Aitchison (Practice Nurse)
Dr Michael Cash (GP)

Karen McDonald (IT Dept)

