

Practice Newsletter-Winter 2011

Dr Hanslip

We are delighted to announce that Dr James Hanslip has recently become a partner at Long Lane Medical Centre. Many patients will already know Dr Hanslip as he completed his GP training with the practice over the last 12 months. Prior to joining us he has worked in several Liverpool hospitals and has gained particular experience in surgical specialities.

Health Trainer

The Health Trainer service offers support for anybody wanting to improve their health and wellbeing. It is mainly for those wanting to lose weight, become more active or mobile, stop smoking or make changes to their alcohol consumption.

Our Health Trainers, Nichola and Brian, can see patients for up to 12 weeks and normally provide 40 minute consultations. In some cases they may be able to accompany people to a certain group if it is necessary and also visit them at home if they are housebound.

They can also send information via post and talk to patients over the telephone if they cannot make it to the surgery (e.g because of work commitments). Please ask at reception for details.

Book your appointment on the Internet

The practice has recently introduced a new service allowing our patients to book their appointment using the internet. All you need to do to access this service is register at our reception desk. Registration is required to protect your confidentiality. When you register a receptionist will explain how the online booking system works. The service really is very easy to use so please do not think you have to be a technical genius to get involved. Please speak to a receptionist if you are interested.

Chlamydia testing

Chlamydia is the commonest sexually transmitted infection in the UK. Many people are infected yet do not know they have it. If left untreated it can lead to infertility and long-term pelvic pain. The NHS advise that everyone under 25 who is sexually active should be tested every year. You can take the sample yourself and you do not need to be examined. Book in with a nurse or doctor or call 0800 567123 for details.

Are you interested in joining our Virtual Patient Reference Group?

We are planning our next annual survey and to ensure that we ask the right questions, we would like to know what you think should be our key priorities when it comes to looking at the services we provide to you and others in the practice.

This is a genuine attempt for patients to work with our practice and make the very best of the resources we have, so as to offer you the care you want. If you are interested in helping with the group please ask at reception.

The surgery will contact you via email with the pre-survey questionnaire. We will base our survey on the key priorities that emerge from this questionnaire.

Is your smear due?

Are you up to date with your smears? Between the age of 25 and 49 you should have a smear every 3 years and between the age of 49 and 64 every 5 years. A smear can be taken at any time except during a period. Ideally however it should be taken mid-cycle.

The idea behind smears is that changes in the cervix that may develop into cancer can be found and treated at an early stage so that they do not cause any problems in the future.

Every year in England 900 women die because of cervical cancer. It is estimated by Cancer Research UK that cervical smears save 4,500 lives every year in England.

We are concerned that not enough of our patients are coming in for a smear. Although more women came in following the death of Jade Goody our numbers still remain low.

If you are overdue for a smear don't put it off, book an appointment now.

Want to stop smoking?

A recent study showed that North Liverpool has the highest rates of smoking related deaths in England. It is estimated that in our area 43% of deaths in people aged over 35 are related to smoking. Rates of disabling smoking related diseases such as heart and chest disease are also extremely high.

If you smoke it is a medical fact that the single best thing you can do to improve your health and life expectancy is to quit now. Many people have stopped smoking either on their own or with help. If these people can do it **so can you**.

We have a stop smoking clinic in the surgery every Monday afternoon between 2pm and 3pm. This clinic is run by FagEnds who also run several other clinics locally at other times which may be more convenient. You can get more details on FagEnds website at www.stopsmoking.org.uk or by phoning 0800 195 2131. Alternatively your pharmacist or the doctors and nurses in the surgery can help you.

There are nicotine patches, gum, lozenges and inhalators available to help you. There is also a tablet called Champix which can be taken for 12 weeks to help reduce cravings.