



HEATON MEDICAL CENTRE 37A

Newsletter

www.heatonmedicalcentre.co.uk

<p>Contact Us - Telephone 265 8121</p> <p>Prescriptions 265 0826</p> <p>Fax 276 6085</p> <p>e-mail - prescriptions aprescription@nhs.net</p> <p>Website www.heatonmedicalcentre.co.uk</p>		<p><u>We are open</u></p> <p>8.00am – 8:30pm Mon 8:00am – 8:15pm Tues 8:00am – 6:15pm Wed-Fri</p> 
<p><u>February is National Heart Month!!!</u></p> <p>National Heart Month is an annual campaign to increase awareness of heart and circulation disease.</p> <p>In February BEAT will be launched, the first ever national heart health code and lifestyle check</p> <p>Be Active Eat Healthily Avoid Smoking Take the lifestyle check</p> <p>For further information www.bhf.org.uk</p> <p>Show your support by wearing Red on National Wear Red Day on Friday 26 February 2010</p> <hr/> <p>If you are travelling abroad this year check out</p> <p><u>www.fitfortravel.scot.nhs.uk</u></p> <p>This website will give you some indication of the vaccinations you will need to visit your chosen destination. If you find that you do need vaccinations please arrange an appointment to see our practice nurse</p>	<p><u>Swine Flu Vaccinations</u></p> <p>It's not too late, Swine Flu vaccines are still available to;</p> <ul style="list-style-type: none">• People aged between six months and 65 years in the seasonal flu vaccine at-risk groups (listed below).• All pregnant women.• People who live with someone whose immune system is compromised (for example, people with cancer or HIV/AIDS).• People aged 65 and over in the seasonal flu vaccine at-risk groups.• Young children aged over six months and under five years. <hr/> <p><u>WELCOME BACK!!!!</u></p> <p>Welcome back Rachel who will return to work from maternity leave in February.</p> <hr/> <p><u>Help out of hours</u></p> <p>For urgent matters please call Northern Doctors 0845 6080320 or for advice NHS direct 0845 4647</p>	<p>We are here to offer:</p> <p><i>H</i> ealth <i>E</i> ducation <i>A</i> dvise <i>T</i> reatment <i>O</i> pportunistic Screening <i>N</i> urse support</p> <p>For a healthy/safer life</p> <p><i>M</i> ake sure you eat plenty fruit/veg <i>E</i> xercise <i>D</i> iet <i>I</i> mmunisations <i>C</i> ut down on fat <i>A</i> bandon smoking <i>L</i> imit alcohol</p> <p>We will give you:</p> <p><i>C</i> onfidentiality <i>E</i> ncouragement <i>N</i> ecessary information to keep you informed <i>T</i> ime <i>R</i> ange of services <i>E</i> nsure to give you the best possible care available</p>



Think Pharmacy First

Is a new and free health advice and treatment service by your local community pharmacist for the following

- Bites & Stings
- Colds
- Conjunctivitis
- Coughs
- Ear Wax
- Thrush
- Hay fever
- Head Lice
- Threadworms

And many more:

Pick up a leaflet for more information or ask at your local pharmacy

Programme begins 1st May 2009

Valentine Word Search

L	E	I	C	K	T	R	I	L	C	R	U	D	V	I	E
T	C	H	O	C	O	L	A	T	E	S	M	L	A	D	L
D	R	Y	T	N	T	P	I	F	L	E	P	L	L	R	D
K	O	L	S	B	G	A	E	W	I	N	E	F	E	K	P
N	M	K	D	T	N	N	E	K	D	F	P	L	N	D	J
A	A	L	A	D	I	T	A	G	T	C	X	E	T	J	P
P	N	T	T	L	K	L	Q	X	M	U	V	B	I	N	V
Q	C	X	E	U	C	R	C	B	E	P	A	I	N	D	L
U	E	B	H	Y	O	R	T	E	R	I	P	L	E	E	M
H	A	P	P	Y	F	Y	N	S	R	D	L	P	H	W	C
W	P	L	X	M	S	U	T	Q	M	H	E	A	R	T	L
J	Y	E	C	A	N	D	L	E	Z	Q	I	E	O	T	S
P	T	Y	W	S	E	R	O	I	L	M	T	H	E	S	D
W	R	R	T	E	H	G	U	I	S	F	E	L	O	P	R
L	A	P	P	R	O	S	E	S	S	N	X	A	C	S	A
Q	P	T	U	P	T	O	A	T	L	K	Y	R	L	I	C

Cards, Valentine, Roses, Chocolates, Wine, Cupid, Heart, Candle, Meal, Date, Romance, Happy

ASTHMA CHECKS

Are you:

Having difficulty sleeping because of your asthma?

Having your usual asthma symptoms during the day (coughing, wheeze, chest tightness, breathlessness)?

Does your asthma interfere with your usual activities?

If you are using more than two salbutamol Inhalers a month please make an appointment to see our practice nurse

www.asthma.org.uk

MMR Catch up programme

If you are under the age of 23 and have not had two mmr vaccinations in your lifetime please make an appointment with the nurse for this to be carried out.

The number of cases of measles has risen dramatically in the past two years. In 2006 and 2007, there were 1711 confirmed cases of measles in England and Wales. This was more than in all the previous ten years from 1996 to 2005 where there were a total of 1629 cases of confirmed measles.

If you would like to see something in our next news letter please let us know

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Health Screens

You may be asked to see the nurse to update your details whilst you are attending the surgery. This is very important as it keeps our/your records up to date.

Contact Details

Please also take time to check your contact details with reception, this may be of importance if your doctor needs to speak with you.

Smoking Cessation Clinics



Trying to Quit!!!!!!

If in the new year you have chosen to quit smoking and are finding it hard, we offer free help and support for people who want to give up, please make an appointment with **Julia** our health care assistant who can help you.

YOU CAN DO IT !!!!