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Dear Patient

The purpose of this newsletter is to provide you with up -to-date information regarding our services and any new developments within the practice. We hope you will find this extremely useful.

Dr Q M Jehangir

GR8WELLBEING PILOT



FRUITY FRIDAY
15TH MAY 2009

WE TOOK PART IN A FUND RAISING CANCER EVENT AND PROMOTED HEALTHY EATING IN MAY 2009

WE RAISED A TOTAL SUM OF £111!!



TRAVEL INJECTIONS

Book an appointment with the practice nurse as early as possible to have your travel injections before you go on your holidays!

Some courses of vaccinations can take up to 6 months to complete. Also, when immunised it can take up to 2 weeks for that vaccination to become effective.

REMEMBER

**“Too close to the date...
.....It may be too late”**



SUN AND HEALTH



AVOID THE SUN AS MUCH AS POSSIBLE

Stay in the shade or indoors as much as possible between 11 am and 3 pm in the summer months (May to September). This applies all year round in hotter countries nearer to the equator. This middle time of the day is when the sun's rays are the strongest.

THE SUN AND YOUR HEALTH

* Cover up the body as much as possible when you are out in the sunshine.
* Wear wide brimmed hats with a brim that goes all around the hat to protect the face and neck. These are the areas most commonly affected by sun damage. Baseball caps are not so good as they shade the face but not the neck, lower face and ears. Young children should wear hats with neck protectors too.
* Wear loose baggy T-shirts (or even better long sleeve tops) and baggy shorts.
* Wear wrap around sunglasses (your eyes can get sun damage too).
* Drink plenty of water to keep you hydrated.
* Apply at least factor 15+ sun-block² children need higher than this to protect their delicate skin and prevent skin damage.

GET ANY SUSPICIOUS MOLES CHECKED BY YOUR GP!

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AUTOMATED BOOKING IN SYSTEM - If you are unable to use the automated system, PLEASE ASK THE RECEPTIONIST FOR HELP.

PRACTICE WEBSITE

You can log on to the practice website on:

www.drjehangirssurgery.co.uk

You can do all the following on the practice website:

- Cancel your appointment
- Order your repeat prescription
- Update your contact details or change your address
- Inform us about your health information
- Gain medical advice or information
- Subscribe to our quarterly newsletter



JOKE OF THE QUARTER

Patient: Doctor, Doctor, you've got to help me - I just can't stop my hands shaking!

Doctor: "Did you drink a lot?"

Patient: Not really—most of it spilled out!



What should people do if they think they have Swine Flu?

1. People should check their symptoms. They can do this by:
 - visiting www.nhs.uk or by
 - calling the Swine Flu Information Line on 0800 1 513 513.
2. If they still think they have Swine Flu, then people should call their local GP, who will be able to provide a clinical diagnosis over the phone.
3. If Swine Flu is confirmed, the GP will give the patient an authorisation voucher which their Flu Friend can then take to the designated local collection centre to pick up antivirals.

PLEASE DO NOT COME TO THE SURGERY IF YOU HAVE ANY SYMPTOMS