

# FINDING YOUR WAY...

<p><b>PHARMACY</b></p>	<ul style="list-style-type: none"> <li>• Coughs, colds &amp; sore throat for less than 3 weeks</li> <li>• Conjunctivitis for those aged over 1 year</li> <li>• Earache for less than 3 days</li> <li>• Warts and verrucas</li> <li>• Constipation</li> <li>• Smoking Cessation</li> <li>• Hayfever</li> <li>• Mouth ulcers</li> <li>• Dry skin, nappy rash, impetigo, abrasions, bruises, insect bites and sunburn</li> <li>• Emergency Contraception</li> <li>• Head lice</li> <li>• Cold sores</li> <li>• Thrush</li> <li>• Pain relief</li> <li>• Piles</li> <li>• Athletes Foot</li> </ul>
<p><b>TREATMENT ROOM / DISTRICT NURSE</b></p>	<ul style="list-style-type: none"> <li>• Wound dressings</li> <li>• Removal of sutures</li> <li>• Phlebotomy</li> <li>• Continence care</li> <li>• Ear syringing</li> <li>• Injections</li> <li>• Minor Injuries</li> </ul> <p>Treatment Room appointments can be made by telephoning <b>01361 883373</b> or via the Health Board Reception. The District Nursing Team is also available on the above number.</p>
<p><b>HEALTH VISITOR</b></p>	<p>Children's problems including: breast feeding, formula feeding, sleeping &amp; minor illness. <b>01361 883373</b></p>
<p><b>PRACTICE NURSE / HEALTHCARE ASSISTANT</b></p>	<ul style="list-style-type: none"> <li>• Cervical screening tests</li> <li>• Contraceptive reviews</li> <li>• Blood pressure checks</li> <li>• Well person checks</li> <li>• Chronic disease management: Asthma, atrial fibrillation, cardiovascular disease, COPD, diabetes, heart failure, hypertension, kidney disease, &amp; stroke</li> <li>• Travel advice &amp; vaccination</li> <li>• Childhood vaccinations</li> <li>• Flu vaccinations</li> <li>• Height &amp; Weight Checks</li> <li>• Phlebotomy</li> </ul>
<p><b>SOCIAL CARE</b></p>	<p>Social work help, advice about benefits, care at home, carer's support <b>0300 100 1800</b></p>
<p><b>PODIATRY</b></p>	<p>You can self refer to podiatry. Ask for a form at Reception</p>
<p><b>OPTICIAN</b></p>	<p>All eye conditions should be seen by an optician first for their expertise. They also have the correct equipment for eye examination. You can see an Optician for dry, red, sore, watery, sticky or itchy eyes, cysts, styes &amp; conjunctivitis</p>
<p><b>PHYSIOTHERAPY</b></p>	<p>For advice and self care with a joint or muscle problem contact NHS Inform on 0800 917 9390 or <a href="http://www.nhsinform.co.uk/msk">www.nhsinform.co.uk/msk</a></p>
<p><b>DENTIST</b></p>	<p>For all problems relating to the mouth and teeth. If you are not registered with a dentist, please call the dental enquiry line on 0845 300 0930</p>
<p><b>SMOKING</b></p>	<p>If you'd like further support to stop smoking or would like more information please contact the Wellbeing Service on 01896 824502 (office hours Monday to Friday, 24 hour answer machine) or email <a href="mailto:wellbeing@borders.scot.nhs.uk">wellbeing@borders.scot.nhs.uk</a></p>
<p><b>HOSPITAL APPOINTMENTS</b></p>	<p>For any enquiries about your hospital appointment you should contact: Borders General Hospital—01896 826000. To <b>arrange</b> patient transport call 0300 123 1236 or to <b>cancel</b> transport call 0300 123 1236 Option 2</p>
<p><b>BOWEL/BLADDER/ INCONTINENCE</b></p>	<p>Self refer for advice on urinary, faecal incontinence or pelvic floor problems - you can refer yourself by telephoning 01896 824555 and leaving your details on the confidential answer phone.</p>
<p><b>MENTAL HEALTH &amp; WELLBEING</b></p>	<p>For information on local mental health services and wellbeing advice please log on to <a href="http://www.nhsborders.scot.nhs.uk/wellbeingpoint">www.nhsborders.scot.nhs.uk/wellbeingpoint</a></p>

Further advice and information about your health can be found on

[www.dunsmedicalgroup.co.uk](http://www.dunsmedicalgroup.co.uk) or [www.nhsinform.co.uk](http://www.nhsinform.co.uk)