

GREENBANK SURGERY

By the Partners.... for the Patients 1/4/2015

Edition 20

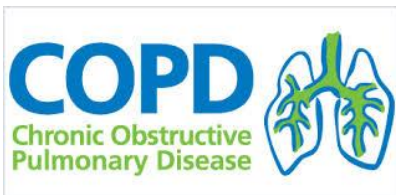
COPD Patients

Patients with COPD should undergo a yearly breath test called Spirometry.

Have you had a breathing test (Spirometry) to assess your lung function in the last 12months?

If not please book in with our Health Care Assistant – Kate Simpson.

Please note you must not have had chest antibiotics/steroids in the last 6 weeks.



Summary Care Record

Register at reception to have online access to your medical records. At present this is limited to important information such as repeat medications and allergies. In the future more information may become available.

Chronic Pain

Dealing with Chronic Pain? You are not alone.....The OWCH Pain Support Group is run by Debbie and Janet who have progressed through the Pain Management programme.

The group meet every Wednesday at Fearnhead Community Centre, Warrington.

The sessions provide self management of pain through relaxation and gentle exercise/stretching. There is a £1 voluntary donation for the sessions.

Contraception
worth talking about

Long Acting Contraception

Is the Pill really the right choice for you?

Talk to your Nurse or GP about long acting reproductive contraceptive (LARC) options.

LARC's do not depend on you remembering to take or use them:

Depo Injection (lasts 3months)

Coil (lasts 5years)

Implant (lasts 3 years)

Reliable Contraception with no need for annual pill checks.

– Over 99% effective

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