

GREENBANK SURGERY

By the Partners.... for the Patients

8/1/2014

Edition 12

Birthday Month Review

Please remember to book your review **IN THE MONTH OF YOUR BIRTHDAY** regardless of when you last had your check up AND arrange to collect your blood form from reception.

GP Trainee

Dr Hameed will be joining us in August for 6 months as part of his GP training programme. He is a fully qualified GMC registered doctor who is able

to diagnose and prescribe medications.

A supervising GP will be available should Dr Hameed need any advice.

Are your contact details up to date?

Please ensure your details (address, home/mobile numbers and email) are up to date either via the website or at reception.

Nurse Led Same day Advice /Assessment

Nurse Practitioner Emma Scott has joined the Greenbank team From Monday the 4th of August she will be running the popular morning drop in clinic (8-10am) & telephone advice/assessment service - freeing up GPs for more routine appointments.

Emma is able to prescribe medication and deal with a wide variety of acute medical problems such as infections, skin issues, minor injuries and ailments in adults, children and pregnant ladies.

The drop in service will be **Monday to Thursday – no longer on a Friday** – Additional routine capacity and advice calls have been allocated to this day

Do You Have Atrial Fibrillation (AF)?

AF is a cardiac arrhythmia causing an irregular pulse. You may experience palpitations, chest pain, dizziness, shortness of breath or no symptoms at all.

It can be screened for by checking the pulse at the wrist. If it is beating irregularly it could be AF – a simple ECG is required to confirm the diagnosis.

Why is it important?

AF is a major cause of strokes and mini strokes.

Having AF increases your risk of stroke by 5 times.

How can the stroke risk be reduced?

Anticoagulants or "Blood thinning" drugs reduce the risk of having a stroke in AF by nearly two thirds – that means that 6 out of every 10 strokes could be prevented. Warfarin is the most commonly known drug in this group but recently there have been newer ones which don't require monitoring and have less drug

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