

# GREENBANK SURGERY

By the Partners.... for the Patients 2/1/2015

Edition 18

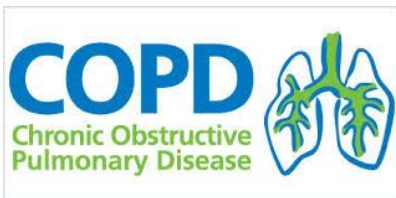
## COPD Patients

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.



## Drop in and Minor Ailments Clinic

The Nurse Practitioner drop in clinic will be open 8-10am all weekdays EXCEPT THURSDAYS. This means there will now be a drop in clinic on Friday mornings instead of Thursday mornings. A Nurse Practitioner Minor Ailment Clinic will also be available on selected days across the week – ask at reception for details of conditions that are suitable for this clinic.

## Rheumatoid Arthritis Patients

Patients with Rheumatoid Arthritis are at increased risk of strokes, heart disease and osteoporosis. Having an annual physical health check is important –this may include blood tests for cholesterol and a special scan to measure bone strength called a DEXA.

If you have Rheumatoid Arthritis and have not had these checks in the last 12 months please book an appointment with Dr Amir Morjaria.



## Want to Stop Smoking?

Make a positive change to your Health and Financial Wellbeing and stop smoking in 2015.

Smoking 20/day means you will smoke 7300 cigarettes/year  
That's around £3000/year

A friendly Lifestyle Team Advisor can help you achieve your goals - contacted them on Freephone 03000030818

Or visit

[www.quitnow.smokefree.nhs.uk](http://www.quitnow.smokefree.nhs.uk)

*On Thursday 26<sup>th</sup> February the surgery closes for training at 1pm - please contact the out of hours service on 111*

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