

# GREENBANK SURGERY

*By the Partner.... for the Patients*

1st November 2013

Edition 2

## *Text Messages*

We are now sending out appointment reminders and health promotion information to patient's mobile phones using text messages. Please ensure we have your correct mobile number and that we are kept up to date if it changes. If you do not wish to receive these messages please inform reception.

Remember you can also text us. Text "cancel" and your name and date of birth to **07729459804** to cancel an appointment. No calls/texts will be answered or replied.

## *Are you Eligible for a Flu Vaccination?*

The clinics are filling up fast – don't leave it until its too late - it only takes 5 minutes to protect yourself. Book in at reception today.

A nasal flu vaccine is available for children who are aged 2 and 3 on 1<sup>st</sup> September 2013 (Born between 2/9/2009 and 1/9/2011).

If you are not sure if you are eligible ask at reception.

**Are you due your Blood pressure/Heart/Lung annual review with the nurse or Flu Jab? Don't wait for the letter, appointments are available**

**-don't delay book today at reception**

## *SystmOnline (TPP)*

You can now download an iphone app from itunes Appstore (Android version in development). The App allows you to book appointments and request medication. You must have a Username and Password for this (the same as the one on our website)

If you are not already registered please ask at reception.

## *Shingles Vaccination*



This year as part of the NHS Vaccination Programme Shingles vaccination is available to patients who are 70 or 79 years of age on September 1<sup>st</sup> 2013.

(Patients born on or between 2/0/42 and 1/9/43)

Shingles, also known as herpes zoster, is a painful skin rash caused by the reactivation of the chickenpox (varicella zoster) virus.

It begins with a burning sensation which is followed by a rash of painful fluid filled blisters. Shingles can result in chronic pain and other serious complications.

It doesn't matter if you've already had shingles this vaccine reduces your chances of having it again.