

The View from the First Floor

Welcome to our latest quarterly newsletter. The NHS and healthcare are once again at the forefront of debate, particularly south of the border, which inevitably impacts on the service here in Scotland. New initiatives in public health such as the nasal flu vaccination for children and young people together with other requests from the Scottish Government mean we are working harder than ever to meet the needs of our patients. For example, at present we are in the middle of delivering an increasingly complex vaccination programme, for children and adults. This obviously puts strain on nurse appointments for other things so I would ask all our patients to be a little – er, – patient as we work our way through them. This time of year is always a busy one, but this year even more so.

The relentless rise of diabetes in the Scottish population is reflected here too, with more than 5½% of the practice population now diagnosed with this condition. This is slightly higher than the Scottish average, which is currently rising at a rate of about 10,000 per year. So if you are among those just coming to terms with this, please take advantage of the education programmes we offer for newly-diagnosed diabetics. These include input from nurses, dieticians and others to help you cope.

Another area of public health we are asked to inform our patients of is the screening programme for early detection of bowel cancer in the over 50's. Test kits and reminders are sent out every two years to patients in this age group. If you are one of them, then please take the time to return it to the Scottish centre for bowel screening in the pre-addressed envelopes provided. This small step could save you a lot of health problems in the future by tackling the situation early.

Finally, our new website is scheduled to go live on November 1st. Here you will find information regarding the practice team, making appointments, opening times, ordering prescriptions and a host of useful links including contacting NHS24 as well as general information on managing long term conditions and family health. We hope you will find it useful, and would welcome any feedback patients may wish to offer. You'll find it at www.townhead-montrose.co.uk

A timely word from the Nurse ...

Immunisations

There have been recent changes to the adult and childhood immunisation programme.

- ✚ **Influenza and Pneumococcal** vaccines are available now for all patients 65 years and over, and also for all at risk patients. This includes heart disease, COPD, chronic kidney and liver disease, diabetes and patients who are immunosuppressed. Asthma patients on a steroid inhaler are entitled to flu vaccine.
- ✚ Some children aged 2 to 17, who are in at risk groups will be eligible for nasal flue vaccine spray (Fluenz).
- ✚ We are also vaccinating all children born between 02.09.09 and 01.09.11 with a nasal flu vaccine spray (Fluenz).
- ✚ Certain school age children are also receiving an invitation for Fluenz to be given at school. We cannot vaccinate these children unless they are in the at risk group, so if you wish your child to have it, you will need to get it through the school.
- ✚ **Shingles** vaccination has started for patients aged 70 (date of birth 02.09.42 to 01.09.43) and for 79 year olds (date of birth 02.09.33 to 01.09.34). Stocks are being delivered in small batches so we will contact you with regards to an appointment.

If you or your child is eligible for any of these vaccines and do not wish them, then please phone the surgery and let us know, so we can update your medical records.

Patient Contact information

Please send me future information like this by email.

Name.....

Address.....

Email address.....

Contact us:

Townhead Practice 01674 676161 (8.00am until 6.00pm, Mon-Fri)
Prescription Line 01674 677819 (24hr Answering Machine)

Email: townhead.tayside@nhs.net
townheadprescriptions.tayside@nhs.net

QUIZ CORNER

B	A	N	B	R	A	I	N	W	H	N	O	E	P	Q	S	Y	M
Y	L	R	O	S	I	E	R	M	K	S	F	E	S	I	R	K	T
S	O	A	T	R	D	E	I	D	D	P	C	M	M	A	A	R	P
W	E	H	D	E	U	G	B	P	A	T	A	R	T	L	A	E	O
O	H	T	Q	D	R	E	M	H	O	L	E	I	L	C	S	I	R
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R	G	E	T	E	S	R	A	I	I	T	T	E	M	S	Z	R	V
W	G	O	A	E	T	L	N	P	I	A	A	Y	K	E	Q	Q	A
U	S	C	F	L	B	T	E	P	P	K	H	G	T	O	J	R	H
R	G	W	Z	A	E	L	E	Q	B	T	D	W	S	X	X	P	P
E	K	N	D	S	S	B	O	S	U	C	M	I	D	J	P	E	A
V	J	P	T	U	R	S	K	O	O	A	E	U	O	Z	A	C	T
I	O	I	I	O	T	I	F	X	D	P	D	N	N	R	G	I	R
L	N	D	N	O	D	V	M	E	H	C	H	R	O	R	Y	B	O
E	A	C	M	L	U	C	G	G	Z	Q	E	A	I	M	E	H	A
R	H	A	E	N	U	N	G	U	Z	V	O	L	G	C	R	T	T
I	C	Y	H	E	A	R	T	X	Q	B	E	G	L	U	E	O	S
H	S	P	I	N	A	L	C	O	R	D	B	T	Q	Y	S	P	H

RADIUS	HEART	LUNG	HORMONE
PATELLA	ARTERY	TRACHEA	PITUITARY
STERNUM	AORTA	KIDNEY	SPERM
BICEP	SMALL INTESTINE	BLADDER	EGG
QUADRICEP	STOMACH	LIVER	EPIDERMIS
PECTORAL	BRONCHI	NEURON	PORE
SPINAL CORD	WHITE BLOOD CELL	BRAIN	THYROID

Townhead Practice Public Holidays

Wednesday 25 December
Thursday 26 December

Wednesday 1 January 2014
Thursday 2 January 2014

Townhead Extended Hours

Please note that the practice provides an extended hours surgery every week on a rotational basis. Booked appointments only.

Wednesday 23 October
Thursday 31 October
Tuesday 5 November
Wednesday 13 November
Thursday 21 November
Tuesday 26 November
Wednesday 4 December
Thursday 12 December
Tuesday 17 December
Monday 23 December
Monday 30 December

A call to the women of Townhead Practice!

With Halloween and Bonfire Night fast approaching and Christmas on their coat tails, it might be easy for the woman in the household to put all your own health needs on the back burner.

Firstly remember about your smear check (10 minutes of your time every 3 years) with a nurse or a doctor in the Practice. If you have had one in the past 3 years, you will automatically receive an invitation in the post from the Scottish cervical smear recall system. This is sent to women from the age of 20-64 years of age (once every 5 years in older women). See www.patient.co.uk/health/cervical-screening-test for more details . Even if you have never had a smear, or have not had one for many years, now might be the time to consider this. If you are very anxious about this test, it would be worthwhile talking over your concerns with your usual doctor, so that we can see how to help. In Tayside some of you miss out on this important screening test, and we are very keen that you benefit from it, as it can detect changes in the cervix that appear before cancer ever gets a chance. Smears prevent 8 out of 10 cases of cervical cancer in Scotland. See link for more information: (<http://www.bbc.co.uk/news/uk-scotland-scotland-politics-20666847>)

Secondly, the clinical staff at Townhead Practice are always happy to talk over any contraceptive issues that you may have. We offer long acting reversible contraception (or LARC) in the Practice. These are at least 10 times more effective than the various contraceptive pills, and we know that if more of you use LARC, you will have fewer unwanted pregnancies. However, if you are happy on the pill, that is also fine, but make sure you still come in every 12 months, as your doctor or some of the nurses can talk over concerns with you and check things like your blood pressure.

If you are considering having a baby, it is very important to discuss healthy options to give both of you the best chance of becoming parents. Taking a folic acid supplement BEFORE you get pregnant is very important for the baby and can be prescribed. Please ask your doctor or nurse about this. If your baby days are past, we can still offer support and information for menopausal problems, irregular periods, and so on. Remember that breast screening is also offered to women in Angus when a mobile unit comes to Links Health Centre Car Park.

Please remember that if you really do not wish a screening service, and you keep getting invited in for them, you can let us know at the Practice in writing or by telephone and we will ensure that you do not get further requests to attend. This is your choice and we will respect your decision. We will also share that information with those who offer the screening service.

And finally, we hope that you have fulfilling and positive autumn, and keep positive as the daylight hours shorten ever more!