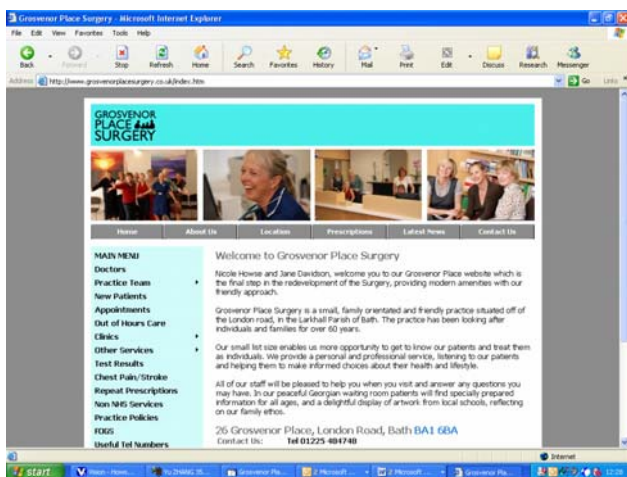


❖ We are now live!

The Surgery has a new website, providing information for patients. You may also use the website to order repeat prescriptions or to give us feedback (but not your medical problems) Have a look!

www.grosvenorplacesurgery.co.uk



❖ Christmas Thank you's

Each year at Christmas a number of our patients drop off chocolates, biscuits and other delights for the Doctors and Staff as a thank you for the care they have received over the past year.

We usually like to thank them personally with a short letter of appreciation.

Unfortunately this year, the list of patients has gone missing so we are unable to thank you individually.

We are sorry we are unable to convey our thanks in the usual way but hope you all had a lovely Christmas, your gifts and good wishes were as always, very much appreciated.

❖ Cardiovascular Disease Risk- Suitable for everyone over 40

Robin Latham a Final Year Medical Student at the University of Bristol has done a research project to improve prevention of Cardiovascular Disease, CVD, here at Grosvenor.

We intend to identify all patients with over 20% risk of developing CVD in the next 10 years and seek to reduce their risk.

You may already know this, but it is possible to estimate whether or not you are at high risk of developing CVD by measuring your blood pressure and taking a small sample of blood to find your cholesterol level. If necessary, the risk of CVD can be reduced substantially by changes to diet and exercise, stopping smoking, or by using medications to lower high blood pressure or high cholesterol.

We will be writing to many patients, as some information we have, *may* suggest you have an increased risk, but we don't have all the measurements we need to calculate your level of risk.

This has been a hugely valuable research study by Robin and we wish him well with his forthcoming final exams.

We regularly have students from the University of Bristol here in the surgery and would like to thank all patients who help in their education.



❖ Could you have Chlamydia?

The Chlamydia screening programme is a diagnosis and prevention programme for young people under the age of 25. This group is at highest risk - 1 in 10 who are tested have Chlamydia. A higher number actually have Chlamydia but are unaware.

Chlamydia is a sexually transmitted disease that does not always cause symptoms, so people often remain undiagnosed. It can however cause infertility but, it is simple to test and effective treatment is easy to take.

Young people can do the test themselves, and no medical examination is required.

If you would like to test yourself, please ask the Receptionists, Drs or Nurses for a kit. You can find more information on www.chlamydia-screening.nhs.uk

❖ MMR Catch-up

The previous success of the MMR vaccination programme reduced the number of cases of measles to very low levels. However due to low take-up of the vaccination over the past 10 years the levels are now rising. The large number of unprotected children means that there is a real risk of an epidemic.

Measles is serious. It can lead to pneumonia and encephalitis and it can be fatal. Around 10% of cases require hospital admission. These children and young people will also be susceptible to mumps and rubella.

Over the next year, we will be offering the chance of receiving the MMR vaccine to our patients who were not immunised previously.

Some patients, will only require a booster and others two injections, 1 month apart. If you think you or your child, have not received this jab or you would like more information, please call our nurses Bridget Playfair or Sharon Carling or have a look at the Dept of health website

<http://www.immunisation.nhs.uk/Vaccines/MMR/Resources>

❖ I only need the doctor's signature - what is the problem?

We are often in a position where patients and their relatives ask us to sign forms for all sorts of things both medical and non medical, including parachute jumps!

When a doctor signs a certificate or completes a report, it is a condition of remaining on the Medical Register that they only sign what they know to be true. In order to complete even the simplest of forms, therefore, the doctor might have to check the patient's entire medical record. Carelessness or an inaccurate report can have serious consequences for the doctor with the General Medical Council or even the Police.

The Receptionists may also inform you there is a charge for this service and we have a schedule of charges for **non-NHS** services including accident/sickness insurance certificates, certain travel vaccinations and private medical insurance reports.

We review records to sign these forms outside normal consulting hours too, so please don't expect us to sign forms in consultations.

