

# Deddington Health Centre Newsletter

Telephone: 01869 338611

www.deddingtonsurgery.co.uk



Autumn 2007 Edition

## **FLU JAB SEASON IS HERE**

### *Your Next Appointment*

*Date:*.....

*Time:*.....

*With:*.....

It's Autumn and for some of you that means an appointment to have your annual flu jab.

You are eligible if you are: 65 years old or over

Or suffer from:

Diabetes

Chronic heart disease

multiple sclerosis

Asthma if you use a steroid inhaler

COPD

Kidney Disease

Liver Disease

Have had a stroke

anyone who is a carer

anyone who works on a chicken farm;

anyone who has had a transplant operation;

### ***Dispensary Open on Saturday Mornings***

Just a reminder that our Dispensary is now open on Saturday mornings from 9am to 12 midday to make it easier for people to collect their prescriptions.

If you have any of the above then contact reception to book your flu jab. We have a variety of flu clinics for you to attend. The next Saturday clinic is on Saturday November 3<sup>rd</sup> from 9am to midday.

## **Private Services at the Surgery**

At Deddington Health Centre, a number of people offer private health related services to our patients. These include an acupuncturist Mrs Clare Ward, a physiotherapist Mrs Gill Randall and a hearing aid specialist (audiologist) Mr Nigel Tutton. We have asked each of them to explain a bit about the service they offer.

### **Traditional Acupuncture - An Ancient and Modern System of Treatment**

#### **What is Acupuncture?**

Acupuncture has been a complete system of treatment for at least 2,000 years. Acupuncture treatment is carried out by inserting a few fine needles into points on the body. The effect of the needles is to restore the balance of the patients' energy and thereby improve their health. Acupuncture treatment both addresses specific symptoms and has an overall effect whereby patients often "feel better in themselves".

#### **Does it Work?**

More and more research is demonstrating that acupuncture is proven to be a very effective treatment for back pain, joint pain, nausea in pregnancy, turning breech babies in pregnancy, regulating

menstrual cycles, aiding the conception process for couples trying for a baby, IBS symptoms, migraines, anxiety sufferers and many others.

### **Will Acupuncture help me?**

Acupuncture has helped millions of people over thousands of years find relief from a wide array of physical and emotional problems. To find out how a course of treatment might help you, call to book a free no obligation discussion with Clare Ward, the acupuncturist at the Deddington Health Centre.

**Telephone: 01295 721058 or 077663 70914.**

**Email: [clare@thenaturalhealthclinic.co.uk](mailto:clare@thenaturalhealthclinic.co.uk)**

**Clare Ward Lic Ac, BA Hons (Traditional Acupuncture), MBAcC**

### **HEARING CARE SERVICES**

Do you:

- Turn the TV up louder than others?
- Keep asking others to repeat themselves
- Have difficulty hearing in noisy surroundings



If the answer is yes then now is the time to have a hearing test.

Hearing difficulties can creep up on you, there is no sudden change. The only way to be sure is to have a hearing test. It is typical for someone to be unaware of a hearing problem if the loss is mild to moderate even though family and friends are aware of it. Hearing loss is invisible and almost always painless. There are no physical warning signs except in some cases where the person experiences ringing in the ears. Most hearing losses develop over a period of 20 – 25 years. Hearing loss restricts your ability to interact with others causing misunderstandings, stress and tiredness all of which are avoidable with the right diagnosis.

Nigel Tutton visits Deddington surgery every other Friday to conduct hearing tests and provide information on what to do if there is a problem hearing. He is a Hearing Aid Audiologist & has been assisting people with hearing problems for the past 30 years. Over that time there have been many changes to the type, size and quality of hearing aids available. Now the modern digital hearing aid need no longer be a talking point since it can be virtually invisible. Nigel can also help to select and fit the most effective hearing aid.

**FREE hearing tests are conducted at the surgery by appointment every other Friday morning. For appointments phone the surgery: 01869 338611, or 01608 810020 to speak directly to Nigel.**

### **PHYSIOTHERAPY SERVICE**

Private physiotherapy treatment is offered at the Health Centre on Mondays and Thursdays. It can help a variety of conditions. It is especially useful with acute problems, such as recent injuries of strains and sprains. Gill Randall can also treat a lot of people with neck and back pain. And physiotherapy can also be beneficial with longer term conditions, like osteoarthritis. The joint changes don't change, but the pain can reduce considerably. Post surgery rehabilitation is another area that is helped with physiotherapy.

### **What does it involve?**

Treatment may consist of manual therapy techniques, and joint mobilisations. Gill may also use electrical treatments such as ultrasound or interferential, and may tape, or massage an area, and nearly always gives you some exercises. You can have 1 treatment only, or you can have a course of treatments, whichever you feel more useful to you.

If you would like to contact Gill for a chat or an appointment, please give her a call.

**Telephone: 01295 812552 Gill Randall MCSP Grad Dip Phys**

**Email: [oaktree.cottage@btinternet.com](mailto:oaktree.cottage@btinternet.com)**