



DEDDINGTON HEALTH CENTRE NEWSLETTER

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www.deddingtonsurgery.co.uk

Merry Christmas & Happy New Year
December 2013

CHRISTMAS 2013

Just a reminder about our surgery opening hours over Christmas.
They are as follows:-

Date	Opening Times
Monday and Tuesday 23rd -24 th December	Open 08:00am to 6:30pm
Christmas Day	Closed
Boxing Day	Closed
Friday 27 th December	Open 08:00am to 6:30pm
Saturday 28 th December	Surgery Closed, Dispensary open 9am –12 midday
Sunday December 29 th	Closed
Monday and Tuesday 30 th - 31 st December	Open 08:00am to 6:30pm
Wednesday January 1st 2014	Closed
Thursday January 2nd 2014 onwards	Opening hours as usual

Our new website is now live
www.deddingtonsurgery.co.uk

The new website is up and running using the same web address as before. Thank you to all those who submitted photos, some of which you will see on the website. We will ring the changes and put some of the wintery photos that you sent us on in January.

There are facilities from the Home page of the website to 'Order Repeat Medication' and to 'Ask your Doctor a question'. The online facilities do not work in the same way as they did on our previous site. You need a password to use them, so the first time you use the site you will have to register your details, and will be given a password. This can then be changed to one you can remember more easily. The same password should be used whether you are ordering Repeat Medication or Asking a GP a question.

For the section on 'Ask your doctor a question' you will not be emailing the doctor directly. Once you have submitted your question and the GP has answered, you will have to go back onto the website to get the answer to your question. This makes the process more secure. If you request one, you will be sent an email to tell that you the Doctor has replied, which will remind you to go and retrieve the doctor's reply from the website.

The first time you order Online Repeat Medication via our website, you will be required to enter all the details of the medication you're requesting. In order to make that first request, it is useful to have the right hand side of your prescription to hand so that you can see what medication you have on repeat prescription. After that, your log in site (which you access with your password) keeps a record of each repeat request you send to Dispensary, so you can re-order by re-sending an order you have sent in the past.

Flu Vaccination Campaign

It's not too late to have a flu jab if you are someone who is due one: you are 65 years old or more, have a chronic medical condition, are pregnant, or are a carer. Phone our Reception to book an appointment with one of our nurses. And if you are due a flu jab but don't want one, tell us that too.

DISPENSARY ISSUES

- ✿ Please don't leave it till the last minute to order your repeat prescriptions. Put your repeat request in the week before Christmas so that you have medicine to cover over the Christmas period.
- ✿ Are you on regular repeat medication every month? Would you like to try our Automatic Repeat medication ordering? It would mean you don't have to contact the surgery each time you want more medication, it is automatically ordered for you at the same time each month. If you are interested in this, speak to one of our dispensers next time you come up to the surgery.

Now something medical

Why we might prescribe a drug to lower your cholesterol level



Preventative measures can be taken in people who are at a high risk of developing cardiovascular disease (heart attacks, angina or strokes). You are likely to be at HIGH risk if you:-

- Already have some illness that shows your blood vessels are becoming blocked (atherosclerosis).
- You are a diabetic over 40 years old
- You have a family history of high cholesterol
- Risk increases with age and over 75 years the risk is high.

Your risk is assessed using blood cholesterol levels, smoking status, blood pressure, age and gender plus some other more specific things such as obesity and ethnicity. The risk is then calculated as a percentage (%). If your 10 year risk of cardiovascular disease is 20% or more then you will be offered a "statin".

In people who have already suffered one of these events, measures can be taken to reduce the risk of further episodes, by using statins plus other drugs as appropriate. Taking a statin regularly, as prescribed, will reduce your risk by a quarter. It does not guarantee that you will not suffer from a heart attack or stroke and the benefit will depend on your initial level of risk.

You can lower your risk of heart disease yourself by stopping smoking, controlling your blood pressure, eating a healthy diet, losing weight if you are overweight and taking regular exercise.

Please ask your doctor, nurse or our pharmacist if you would like more information or help.

Please be aware :



Dr Winpenny is currently unwell due to an accident and we do not know when she will be back at work. We wish her a speedy recovery. Dr David Chidwick, a locum, is covering 4 of her sessions each week.

BABY CLINIC will go ahead on as normal on the afternoon of Tuesday, December 24th and 31st 2013, for baby immunisations, checks with the GP and our Health Visitor will be available at the surgery if you have things you want to discuss.

And last but not least.....Please take great care when there are icy conditions, both when walking and driving as we want everyone to enjoy a healthy and happy Christmas.

