



## Leven Medical Practice Newsletter

Spring – April 2013

### ► Welcome

Welcome to the Leven Medical Practice Newsletter. As always we use this Newsletter to keep you up to date with new developments at the Health Centre, with new ideas for improving our services to patients, and also to let you know about the full range of medical services we provide.

### ► Improving your Health Centre

If you have visited the Health Centre recently, you will have noticed that the carpets in the waiting areas have been replaced with vinyl flooring. We apologise for any disruption the work caused.

### ► May Public Holiday 2013

The practice will be closed on:



**Monday, 6<sup>th</sup> May 2013 – MAY HOLIDAY**

Please make sure you order and collect your repeat medication in plenty of time before the holiday.

Remember if you need to see a doctor when the surgery is closed, please contact NHS24 on 08454 24 24 24 or online at [www.nhs.24.com](http://www.nhs.24.com)

### ► Dates for your calendar – Staff Training

The practice will be closed from 12.30pm onwards on Wednesday the 17<sup>th</sup> April, Wednesday the 15<sup>th</sup> May & Wednesday the 5<sup>th</sup> June 2013 for staff training.

If you need to see a Doctor or get medical advice during this time please telephone NHS 24 on 08454 24 24 24.



## ▶ Family Planning Service

Dr Marshall offers an intrauterine contraceptive device fitting service. This form of birth control can be particularly useful for women who feel they may have completed their family or who wish to leave a gap of a year or more between their pregnancies.

Dr Marshall will offer Nexplanon (contraceptive rod) fitting and removal.

Please ask to see Dr Marshall either in open surgery or by appointment if you would like to consider either of these long-acting reversible methods of contraception.



## ▶ Steroid Joint Injections



Steroid joint injections are given to help reduce pain and swelling, and to help joints move more freely. Many people have steroid injections into their shoulders, knees, elbows or hands, or joints that are affected by arthritis. Small amounts of steroid can treat conditions such as tennis elbow or carpal tunnel syndrome.

If you wish to discuss the possibility of having a steroid joint injection you can speak to Dr Carroll at telephone time: 11am-11.15am or 3pm-3.15pm Monday to Friday.

## ▶ Dr Lewis

Dr Lewis will be going on maternity leave in mid April, she will return to the practice in early 2014.

## ▶ Travel Vaccinations

If you require travel advice and immunisations, please collect a form from reception and make an appointment with the Practice Nurse, at least eight weeks before you go on holiday. This will give you adequate time to discuss any vaccinations that you might need.



## ▶ Your Suggestions & Comments

We welcome and appreciate any views or suggestions you may have regarding any aspect of our service. We are always looking for ways to improve the service we provide you. Please direct any suggestions/comments to Fiona Gilbert, Practice Manager.