

Leven Medical Practice Newsletter

Autumn 2013

► Welcome

Welcome to the Autumn edition of the Leven Medical Practice Newsletter. We use our 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.

► Vaccination Programmes 2013/14

INFLUENZA VACCINATION - If you fall into any of the undernoted categories, you are eligible to have a flu vaccination:

You are 65 years of age or over

You are pregnant

You have chronic respiratory disease, chronic heart disease, chronic kidney disease, chronic liver disease, a chronic neurological disease, diabetes, are immunosuppressed or are a carer.

Also, from 1 September 2013, children who are 2 and 3 years old on 1st September 2013 will be offered a nasal flu immunisation to help protect against flu this Autumn. The flu vaccine will then be offered every year to continue to protect your child against flu viruses.

Until now, only children over 6 months of age with underlying medical conditions such as asthma have been offered flu immunisation every year. However flu immunisation for all children aged 2–17 will be introduced in phases over the next 3 years.

SHINGLES VACCINATION – A new vaccination programme being introduced from 1st September 2013 by NHS Scotland will be the shingles vaccination. This is being offered to patients who are 70 OR 79 years of age.

Unlike other infectious illnesses, you can't catch shingles from someone else. Instead, if you've ever had chickenpox, the virus that causes shingles lies inactive in your body and can become active again later in life. Shingles (also known as herpes zoster) can be very painful and is more common among older people.

The vaccination can reduce your risk of getting shingles, or, if you do get shingles, it can reduce how serious the symptoms will be.

▶ **Scottish Bowel Screening Programme**

Bowel cancer is Scotland's third most common cancer, with almost 4,000 people diagnosed every year. However, bowel screening is the most effective way to find bowel cancer early, when it is most treatable and we encourage everyone who receives a kit to send their sample in as requested.

Everyone in Scotland between 50 and 74 will automatically be sent a bowel cancer home screening test every 2 years. If you are over 75 you can still take a bowel screening test every 2 years if you want to. If you have not received a kit in the last 2 years, or have misplaced it, you can order one via the Scottish Bowel Screening Helpline on 0800 0121 833.

More information about the Scottish Bowel Screening Programme can be found at www.bowelscreening.scot.nhs.uk

▶ **Staff News**

We would like to welcome Alison Campbell our new Practice Nurse. Alison joined us at the beginning of September.



▶ **Extended Hours Access**

Did you know that Open Surgery and Nurse Brough's clinic now start at 8.00am on a Wednesday? Dr Carroll & Dr Marshall also have pre bookable telephone appointments on a Wednesday morning between 7.30am and 8.00am. In addition Dr Carroll offers pre bookable telephone appointments on a Tuesday evening from 6.00pm to 6.30pm. Please contact the surgery for more information.

▶ **Protected Learning Time – November 2013**

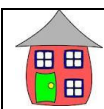


The practice will be closed from 12.30pm – 6pm on Wednesday 27th November. This allows all Doctors, Nurses and Practice staff to receive regular clinical and non-clinical training in protected time to enable the Practice to deliver the best possible care to all its patients.

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

▶ **Your Suggestions & Comments**

As always 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.



Please remember to let us know if you change your contact details

