



# Leven Medical Practice Newsletter

Winter – January 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.

## ▶ Dates for your calendar

The practice will be closed from 12.30pm onwards on Wednesday the 27<sup>th</sup> February and Wednesday the 20<sup>th</sup> March 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 who will be able to help you.



## ▶ 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 & Dr Lewis 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.



## ▶ Your Test Results

As the telephones are busiest in the mornings, please contact the surgery **after** 3.30pm for the results of any tests. Remember we are open until 6 pm.

## ▶ Repeat Prescriptions



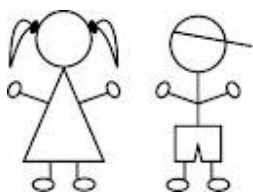
Did you know you can e-mail us your repeat prescription requests?

The e-mail address below is for ordering repeat prescriptions only:  
[prescriptions.s70107@lothian.scot.nhs.uk](mailto:prescriptions.s70107@lothian.scot.nhs.uk)

Please quote your name, date of birth and medication required.

Please remember to allow 48 hours between request and collection.

## ▶ Chaperones



It is the policy of this practice to respect the privacy, dignity, religious and cultural beliefs of our patients.

If you feel that you would like a chaperone to be present during a physical examination by a doctor or any other health professional who may be consulting at the surgery (or if you would prefer to be examined by a doctor or health professional the same sex as yourself), please let us know and we will do our best to comply with your wishes.

## ▶ 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.



Please remember to let us know if you change your mobile phone number



## ▶ 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.