



Leven Medical Practice Newsletter

Summer 2013

► Welcome

Welcome to the summer edition of 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.

► MMR catch up campaign



The Scottish Government announced on 24 April 2013 that it will run a catch-up immunisation campaign for children and young people aged between 10 and 17 who are not vaccinated or partially vaccinated. The campaign has just begun and vaccination will be offered either in secondary school or via local GPs.

While measles will continue to circulate throughout the UK, risks in Scotland are much lower due to our higher vaccination uptake rates. Vaccination is the best way to protect children against serious disease and parents are urged to ensure their children are protected.

More information can be found at:
<http://www.immunisationscotland.org.uk/>

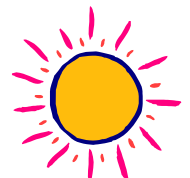
► Car Parking

Our car park is now managed by a private parking company, Parking Eye. If you use our car park when visiting the surgery you **MUST** enter your vehicle registration details in the terminal at the reception desk. Failure to comply with this may subject you to receiving a Parking Charge Notice.

Please see the signage within the car park for full details.

► 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.



▶ 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.

▶ Stop Smoking Service



Did you know there is support available across Lothian to help people stop smoking? You can find out details of the weekly support sessions by checking out their website or you can call the Stop Smoking Support office on 0131 536 0759 to find out more.

<http://www.nhslothian.scot.nhs.uk/HealthInformation/HealthAwareness/Smoking/Pages/default.aspx>

▶ 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.



▶ Staff news



Sadly Practice Nurse Dorothy Burns Brown left the practice in May – she has joined another local practice – we all wish her well in the future.

Dr Lewis had a little girl at the beginning of June – she plans to come back to the practice after her maternity leave in March 2014.



▶ 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.