



WILLOW GREEN SURGERY



Volume 14 Issue 11

NEWSLETTER

May 2009

PATIENT LINK

FORTHCOMING EVENTS:

Air Ambulance Talk
19th May 2009 7.30pm
Willow Green Surgery.

Festival Market – Thursday
11th June 10 to 11.30. East
Preston Village Hall. Patient
Link will have a stall there.

**East Preston Carnival
Float** Saturday 13th June

URGENT

Patient Link urgently
requires volunteer
Fundraiser Co-ordinator,
Publicity Co-ordinator
and Driving Co-
ordinators.

To apply telephone
01903 788142 leaving
your name and telephone
number.

PRESCRIPTION CHARGE INCREASE

On 1st April,
prescription charges
went up by 10 pence.
Also from that date, cancer
patients became eligible for
free prescriptions. Please
ask at Reception for
applications for exemptions.



VACCINE THAT PROTECTS AGAINST CERVICAL CANCER

More than four out of
five girls in West
Sussex have begun
their course of the HPV
(Human Papilloma Virus)
vaccine. The three course
dose of HPV vaccine
protects against the two
types of the virus that causes
the majority of cervical
cancer cases. Cervical
cancer is the second most
common cancer in women
aged between 15 and 44. In
the UK more than 2,800
women are diagnosed with
cervical cancer every year.
Of them 1000 die. 17 and 18
year olds have been offered
the vaccine through their GP
surgeries and if any girls
have missed the start of their
course or initially declined
the offer but would now like
to have the vaccines – it's
never too late. Ask at
Reception to book an
appointment.

PANDEMIC FLU

Swine Flu is a
respiratory disease
and has some
elements of a virus found in
pigs. There is no evidence

of this disease circulating in
pigs in the UK and scientists
are investigating its origins.
Swine flu has been
confirmed in a number of
countries and it is spreading
from human to human, which
could lead to what is referred
to as a pandemic. Because
it is a new virus no one will
have immunity to it. Flu
viruses are made up of tiny
particles that can be spread
through the droplets that
come out of your nose and
mouth when you cough or
sneeze. The best thing you
can do to protect yourself is
to follow good hygiene:

Always carry tissues;

Use clean tissues to cover
your mouth and nose when
you cough and sneeze;

Bin the tissue after use;

Wash your hands with soap
and hot water.

CATCH IT, BIN IT, KILL IT.

OUR SECRET SERVICE

It is National Carer's Week
8th to the 14th June and
the theme is that carer's
are the nations 'Secret
Service'. The huge impact
and contribution that carers
make is often unrecognised
by society. Willow Green

Surgery really appreciates its registered carers who do so much 'invisible work'. If you are a carer and registered as a patient at the Willow Green Surgery, Esporta Health Club in Rustington invites you to come and try their facilities for FREE. Further details and vouchers can be obtained by contacting Patricia Stevens, Receptionist and Carers Link Worker at Willow Green on 01903 785152.

Willow Green will also be offering Well Woman and Well Man appointments with the nurse during Carers Week. Please contact the reception desk for details.

NEBULISERS

Do you have one of our nebulisers on loan? If so could you please let Reception know? Sadly we have lost track of some of these machines and we need to recall them all for calibration.

CLICK IF YOU ARE SICK

NHSC Choices www.nhs.uk
This extensive site includes detailed medical information and a search tool that allows you to find your local health services – from doctors and dentists to gyms and hospitals. You can share hospital feedback, and read blogs by people with long-term conditions.



PROTECT

The surgery will be closed from 12.30pm on the following

Tuesdays for Protect Training Sessions.

- 15th September 2009
- 24th November 2009

We take the opportunity to close for protected time for GPs and staff to learn new skills and update their knowledge.

DRINK = CALORIES

Many of us will be thinking about going home after a busy week, relaxing with a glass of wine, a pint of lager or maybe a vodka and coke; but not many of us know how many calories will be in that drink. Figures from the Know Your Limits campaign show that two out of every five women surveyed (42%) didn't know that a glass of white wine has the same calorie content as a bag of crisps. Similarly two out of every five men (40%) aren't aware that a pint of lager has as many calories as a sausage roll. Two glasses of white wine is nearly a fifth of a woman's daily recommended intake. A beer drinker consuming five pints a week would add 44,200 calories to their intake over a year-equivalent to 221 doughnuts. The NHS recommends that men should not drink more than 3-4 units of alcohol a day while women should not regularly drink more than 2-3 units a day.

WHEN STROKE STRIKES ACT F.A.S.T.

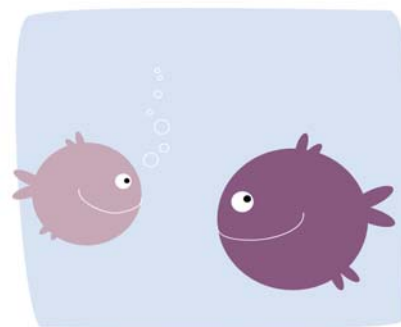
Strokes are the single largest cause of adult disability in England and the third leading cause of death in the UK. F.A.S.T stands for Face, Arms,

Speech, Time. Face- see if it has fallen on one side – check if they can smile. Arms- can they raise both arms and keep them raised? Speech- is their speech slurred? Time-if you see any single one of these symptoms then it is time to call 999

TO MAKE YOU SMILE

What is a successful perfume called?
A best smeller.

A lawyer and his brother were hunting. A mountain lion jumped out in front of them and started snarling. The brother said "What should we do?" The lawyer said "I'm gonna run for it." The brother said "You can't outrun a mountain lion!" The lawyer said "*I don't have to outrun HIM-- I only have to outrun YOU.*"



TRAVEL FORMS

We have put our travel Vaccination and Yellow Fever forms on our website. Choose Clinics & Services and the Travel Vaccination Clinic to download these forms.

Visit our website
www.willowgreensurgery.co.uk

to order your repeat prescriptions and find out more about the services we offer.

