

Western Elms Newsletter January 2018

Happy New Year from the team here at Western Elms we hope you have had a great start to 2018 and will have an even greater year ahead.



There are exciting things to come for us here at Western Elms in 2018 as this year we will be getting an extension on the surgery to improve patient care.

Getting to know you - Dr Haldane

I joined Western Elms Surgery in October 2011 having moved from South London. I completed my medical training at Cambridge University and St. Mary's Hospital Medical School, London. I job-share with Dr Oji and we are both GP trainers. I have two daughters who keep me busy. When time allows, I like to put on my walking boots and get outdoors. I also enjoy swimming, playing badminton and exercise classes at the gym.

Antibiotics

Have you seen the new NHS Antibiotics advert on the television?

Antibiotics are important medicines for treating bacterial infections in both humans and animals. However, bacteria can adapt and find ways to survive the effects of an antibiotic.

This means antibiotics are losing their effectiveness at an increasing rate. The more we use antibiotics, the greater the chance bacteria will become resistant to them and they can no longer be used to treat infections. Antibiotic resistance is one of the most significant threats to patients' safety in Europe. It is driven by overusing antibiotics.

Around 50000 people in England die each year because antibiotics have become useless against some infections and experts predict resistance will kill more people than cancer and diabetes combined within 30 years.



Prescriptions..

Please allow 48 hours for your prescription to be processed and ready for collection. Please ensure you are putting your repeat request in time so that your request is not urgent and therefore could face the possibility of not having the prescription processed in time. If you are not already aware—**we do not take repeat prescription requests over the telephone** you will need to get your pharmacy to request your medication, order repeats online or fill out a repeat prescription request at the reception desk.

Cervical Cancer Awareness Month

#SmearForSmear 2018 takes place from Monday 22 - Sunday 28 January during Cervical Cancer Prevention Week.

Smear tests save lives, yet the number of women attending this potentially life-saving test is falling. Help us change this. We want every woman to know that smear tests can prevent cervical cancer. So grab a lipstick and share your #SmearForSmear selfie to help us reach as many women as possible.

Smear test **prevents 75% of cervical cancers** from developing and yet **1 in 4 women don't attend when invited...** This drops to **1 in 3** women aged 25-29.

2 women lose their lives to this disease every day. 9 women are diagnosed with cervical cancer every day. Cervical cancer is the most common cancer for women under the age of 35.

Practice Pharmacists

As you will be aware we now have 3 practice pharmacists here at the surgery—Sally, Richard and Sofia.

They are able to:

- Respond to acute/urgent medication requests
- Respond to medication queries
- Carry out medication reviews
- Manage and review repeat prescriptions and liaise with community pharmacists as necessary
- Provide minor ailment advice
- Reconcile/alter and add new treatments upon discharge from hospital
- Run clinics to manage long term conditions such as hypertension, COPD, asthma and diabetes.



**#Smear
For Smear**

Patient Participation Group

We would love to see some new faces at our next Patient Participation meeting where you can have your say with suggestions, comments and find out what's going on at the surgery behind the scenes. Our next meeting is on Wednesday 24th January at 1.30pm we would love to see you there! Please email us on we.patientgroup@nhs.net or let us know at reception if you would like to attend. Your comments and suggestions can make a difference.



Please let us know if you change your mobile number so we can update our records and ensure you continue to receive appointment reminders!

BOOK AN APPOINTMENT OR ORDER REPEAT PRESCRIPTIONS BY REGISTERING AT <https://www.patient-services.co.uk/register>

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