

ABINGDON MEDICAL PRACTICE



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www.abingdonmedical.co.uk
NEWSLETTER - SUMMER 2017

STAFF CHANGES

Congratulations to Dr Jacks on the birth of her baby.

Sadly Dr Corbett has now retired and will be replaced by Dr Dharshika Srikantharajah in September. Dr Khaleeda Siraj will manage her patients till then.

Meanwhile Dr Hajra Siraj and Dr Siobhan MacTavish will continue to manage Dr Jack's patients while she is on maternity leave.

SYSTMONLINE ACCESS

We now have over 20% of our patients registered for SYSTMONLINE services. These services enable patients to book GP appointments and request repeats via their computer, smartphone or tablet at a time that suits them. Last month 108 appointments were booked online. The online bookings have fewer DNAs as they are easier to cancel. Last

ESSENTIAL INFORMATION

Opening Times:- Mon-Fri 8.00am-6.30pm Sat 8.30am-12.30

Telephone Reception:- 020 7795 8470

SMS to cancel appointment:- 07785582798

Email prescriptions:-
abingdonmedical@nhs.net

Sign up for internet appointments and all other information:-
www.abingdonmedical.co.uk

month there were 174 wasted appointments as people did not arrive.

ACUPUNCTURE

Unfortunately with the retirement of Dr Corbett, we will no longer be able to offer acupuncture. If any of you have any other recommendations please pass them on to Reception and we will put details on the web site.

THE MenACWY Vaccination for 18 to 25 year olds

Aged 13-18 years or starting university?
Protect yourself against meningitis and septicaemia.



Meningitis leads to a red rash that doesn't fade when a glass is rolled over it

There has been a year-on-year increase in the number of meningitis cases caused by MenW since 2009, and infection has been associated with particularly severe disease and high fatality rates in teenagers and young adults. The increasing trend looks set to continue unless action is taken, so the government has advised that immunisation against MenACWY should be routinely offered to all 14 to 18 year-olds. This should be booked with our nurse who will be contacting all our eligible patients.

HAY FEVER

When to seek medical advice:

Most cases of hay fever can be treated using “over the counter” medication. Your local pharmacist can advise you on treatments for you or your children. You usually only need to see your GP if:

- You can't control your symptoms with over-the-counter medications, or you have troublesome side effects caused by the medication
- You're experiencing persistent complications, such as worsening of asthma or repeated episodes of sinusitis
- The pattern of your symptoms is unusual, such as occurring during the winter or only at your workplace (it's likely that another substance other than pollen is responsible).

TRAVEL VACCINATIONS

If you are planning to travel outside the UK, you may need to be vaccinated against some of the serious diseases found in other parts of the world. Vaccinations are available to protect you against many travel related infections, such as yellow fever, typhoid and hepatitis A.

You don't always need vaccinations to travel abroad. If you do, the type of travel jobs you need depends on which country you are visiting and what you are doing.



There is more advice on our web site or the NHS Choices web site www.nhs.uk or ring Reception and they will give you an appointment with the nurses to discuss and give you the vaccinations required for your destination. Please allow at least 6 weeks before you are due to travel, because some vaccinations need to be given well in advance to allow your body to develop immunity and some involve multiple doses spread over several weeks.

BREAST SCREENING

The National Breast Screening Programme was introduced in 1988 as an early detection service for breast cancer. It states that all women who are aged between 50 – 70 years of age will be

routinely invited for free breast screening every three years. The programme is very successful and currently saves around 1,400 lives per year.

Breast screening aims to find breast cancer at an early stage, often before there are any symptoms.

To do this, an x-ray is taken of each breast (mammogram). Early detection may often mean simpler and more successful treatment.

When women are invited for their mammogram depends on which GP they are registered with, not when their birthday is.

The screening office runs a rolling programme which invites women by area. The requirement is that all women will receive their first invitation before their 53rd birthday, but ideally when they are 50.