

# OKEHAMPTON MEDICAL

## CENTRE

Summer 2010



### PRACTICE INFO

To date, the practice has 12,155 registered patients.

Most patients ring us if they need to cancel an appointment and this is really helpful. If you are unable to make an appointment, please contact us to cancel it, as this then frees up appointments for other patients.

Unfortunately **112** appointments were unattended in June.

Inside this Summer edition of the Okehampton Medical Centre newsletter, we have the latest news from the surgery....

### *Summer is here...*



#### *How to stay SMART in the Sun*

*Stay in the shade 11-3. The sun is the most dangerous in the middle of the day - find shade under umbrellas, trees or indoors*

*Make sure you never burn - sunburn can double your risk of skin cancer*

*Always cover up - wear a t-shirt, hat and sunglasses*

*Remember to take extra care with children - young skin is delicate. Keep babies out of the sun completely*

*Then use factor 15+ sunscreen - apply every 15-30 minutes before going outside and reapply often.*

**Also report mole changes or unusual skin growths promptly to the Doctor**

#### ☺ Did you know?

Just one bad burn in childhood increases the risk of developing skin cancer later in life?

### Staff Changes



We would like to congratulate Dr Sarah Fagg on her wedding, she will be taking her husbands name and now be Dr Sarah Bentley. We would like to welcome Dr Charlie Hamilton who will be starting in August to take over from Dr Goult as Associate Doctor. Also we would like to wish Polly Callan a happy retirement after 21 years with the Medical Centre. She will be missed.

### Blood Pressure Machine



You can now check your own blood pressure whilst using the waiting room. The machine will provide you with a paper print out of your reading. Please follow the instructions on the machine.

# You, your health, and well-being...

## Well Man Appointments....

The Medical Centre will now offer appointments specifically for men who wish to see a male doctor.

These appointments will be held during the Saturday surgery with a male doctor.



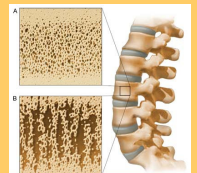
If you wish to use one of these appointments, please contact the surgery using the appointments telephone number and let the receptionist know that you require a Well Man appointment.

Appointments telephone number - 01837 52233

## Osteoporosis

About three million people in the UK have osteoporosis, and every year more than 230,000 fractures occur because of it. One in two women and one in five men over the age of 50 will have a fracture mainly as a result of the condition.

Osteoporosis is a condition where the bones become thin and weak, and break easily. It frequently goes undiagnosed until a fracture occurs, as there are no warning signs. The spine, wrist and hips are particularly vulnerable to fracture. Ask yourself the following questions:



- If female, have you had the menopause?
- Was it premature, before the age of 45?
- Did you have an eating disorder severe enough to stop your periods?
- Have you had low trauma or spontaneous fractures in the past?
- Have you been told that previous x-rays suggest thinning of the bones?
- Have you lost height in the past ten years?
- Have you been on steroids for more than six months?
- Is there a family history of osteoporosis, easy fractures or 'dowager's hump'?
- Do you have chronic illness, such as thyroid disease, arthritis or bone disease, renal disease or hormonal problems?
- Have you been immobile for any reason?
- Do you smoke or drink a lot?

If you would like to discuss any of the above The Medical Centre runs an Osteoporosis Clinic every Thursday morning between 9.00am—12.00pm. Our osteoporosis nurse Pip Rubbra will be able to discuss and assess your clinical risk factors and treat appropriately, whether it be with lifestyle advice or medication. If you have not had a dxa scan (bone density scan) and we feel this is necessary before commencing treatment, this can be arranged.

We can all help protect our bones by eating a healthy well balanced diet rich in calcium, such as, dairy foods, broccoli, dried apricots.

Weight bearing exercise - like walking, dancing, running helps build stronger bones. A DVD "Improvement through Movement" is available through the osteoporosis clinic. It is a new dance programme for people with osteoporosis, put together by the International Osteoporosis Foundation.

# Living Free...

Would you like to be free from addictions such as:

Self-Harm?

Drugs?

Gambling?

Alcohol?

Food?

Work?

Living free is a new support structure, designed especially to help people live an addiction free lifestyle.

Every Wednesday, 7:30pm in Okehampton. For more information or to register please contact:

**Laura Alm - 01837 851240**  
**Laura.alm@gilead.org.uk**

## LINK Devon

**'Your voice on health and social care in Devon'**

LINK is a network of individuals, groups and communities working together to improve local health and social care services.

**For more information on joining LINK please contact Alison Shelton (Practice Manager) Okehampton Medical Centre**



## Minor Illness Nurse

We now have clinics with our Minor Ailments Nurse. These run every afternoon. This clinic is suitable for patients who feel that they can be treated by a nurse who can prescribe and do not wish to take up our emergency surgery or doctor appointments.

Just a reminder...

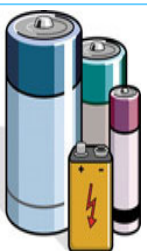


Don't forget to order your hayfever medication and start treatment (especially nasal spray) 4 weeks before your symptoms usually start.



## Triage Clinic

From August patients that telephone in the mornings requesting an appointment on the same day as an emergency or seeking advice, will be booked in to the Triage Clinic. They will then be contacted during the morning by the doctor running that clinic to assess where the most appropriate place is for them to be seen or the doctor will give advice over the phone, which may mean that an appointment is not necessary. This saves patients unnecessary trips to the surgery. Patients walking in having not telephoned may be asked to leave and await contact from the doctor.



Please bring in any of your used and expired household batteries as we can recycle them for you.



Help beat breast cancer by recycling your old mobile phone. Please ask at reception for your mobile 'beat cancer' recycling bag.



Please be sure to give us your new contact details if you move house or have changed your name or telephone number so we can update our records.



### Patient Library Books

Now back in the waiting room. If you would like to borrow a book there will be a returnable deposit of £2. Please can we remind people to return the books by the agreed due back date to allow other patients to borrow and read them.

### Mobile Numbers



We try to keep your records as up to date as possible but we need you to tell us if there are changes. We are working at getting mobile phone numbers on to records so that it is easier for us to contact you. Please let us know your mobile phone number (and also changes to that number) by completing a form which can be collected at reception.



### Art Work on Display

If you wish to exhibit your art work in the waiting room, then please contact Tina or Ruth on the Medical Centre number

### Friends of the Practice



### Dispensary

Prescription charges are now £7.20 per item.

Telephones are open from 8.30am until 4.30 pm for repeat prescriptions.

Prescriptions can be collected up until 6.30 pm.

Dispensary will not be opening

We appreciate that the Medical Centre car park does get extremely busy but please do not park your car on the pavement running up the drive. Doing so means that wheelchair users and people with pushchairs have to walk in the road to reach the surgery. If there are no parking spaces available, please park elsewhere. There is a public car park at Mill Road.

There is one designated car parking space for a blue disabled badge holder.



The parking outside the surgery is for patients who have an appointment only. Cars are not to be left here for those walking into town. Any cars left here in out of surgery hours i.e. at the weekend or in the evenings after the surgery has closed are at risk of being fined.

The Friends of the Practice Group are registered patients of the practice. They meet at 7.30pm on the last Thursday of every month at the Medical Centre to discuss a variety of issues concerning patient care and upcoming changes within the Medical Centre. The aim of the group is to represent patient views and their concerns. If you are Interested in becoming involved in this group, then please contact the Practice Manager, Alison Shelton on the Medical Centre telephone number.

**Okehampton Medical Centre**  
East Street  
Okehampton  
Devon  
EX20 1AY

**Tel: (01837) 52233**

### Opening Hours

**8:15 am - 6:30 pm Monday to Friday**

**Phone lines open from 8:30 - 6:00 pm**

**[www.okehamptonmedicalcentre.co.uk](http://www.okehamptonmedicalcentre.co.uk)**