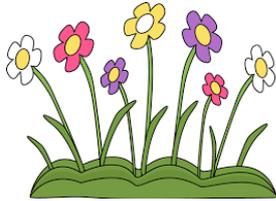


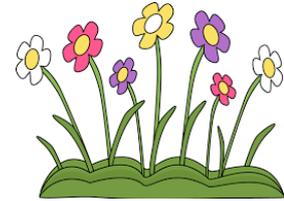
Fortrose Medical Practice

"Excellent care for our patients and community through working in a fair and happy environment"



NEWSLETTER

Spring 2019



Smiling is infectious
You catch it like the flu

When someone smiled at me today
I started smiling too

I walked around the corner
And someone saw me grin

When he smiled I realised
I had passed it on to him

I thought about the smile
And then realised its worth

A single smile like mine
Could travel round the earth

So if you feel a smile begin
Don't leave it undetected

Start an epidemic
And get the world infected

- Spike Milligan

Closures

The Practice will be closed on the following dates:

- Tuesday 2 April 2019 from 1pm
- Friday 19 April 2019 allday: Good Friday
- Thursday 2 May 2019 from 1pm
- Tuesday 21 May 2019 from 1pm for Protected Learning Time
- Tuesday 4 June 2019 from 1pm

If you need medical attention or advice when the surgery is closed, please contact NHS24 on 111. NHS24 is a 24 hour health service which has round the clock advice and support. In an emergency always dial 999.

Thank you

Thank you to those who have donated monies to Paddington Bear at the front of the surgery. A total of £700 has been donated to Action Medical Research.



Chronic Medication Service (CMS)

CMS allows patients with long-term conditions to register with a Community Pharmacy of their choice for the provision of pharmaceutical care. If your GP agrees that your condition is stable, then they will authorise a prescription for either 24 or 48 weeks that the chemist will then dispense to you regularly (4 to 8 weeks). This saves having to submit a prescription request to the surgery.



Breast Screening

About one in eight women in the UK will be diagnosed with breast cancer during their lifetime. There's a good chance of recovery if it's detected in its early stages. Screening does this by finding breast cancers at an early stage when they are too small to see or feel. As the likelihood of getting breast cancer increases with age, all women who are aged 50-70 and registered with a GP are automatically invited for breast cancer screening every three years.

Key points:

- There are six breast screening centres in Scotland that invite women for screening by GP practice as part of a planned three-year rolling programme.
- All invitations are sent with a patient information leaflet *Breast screening: helping you decide*, which gives an overview of the process, benefits and risks.
- An appointment time and location are given with the invitation which can be rearranged if not suitable.
- If a woman does not attend, a reminder letter is sent. A follow-up letter is then sent if she still does not attend, advising her that she can self-refer at any time up to six months before her next screening appointment is due.
- All mammograms are taken by women. The appointment will usually take no more than half an hour and the mammogram itself only takes a few minutes.

Travel Vaccinations

If you are planning a holiday please ensure you contact the Surgery **at least 6 weeks before** your date of travel to allow us sufficient time to arrange any vaccinations required. Our process for travel vaccinations is:



1. Complete the travel questionnaire which can be found on our website. Copies are also available for collection at reception.
2. The surgery will then contact you to arrange a telephone consultation with the nurse, who will call you at the arranged time to inform you what vaccinations you require.
3. If you require NHS Vaccinations then an appointment will be made for you with the nurse to receive these. NHS vaccinations include diphtheria, polio & tetanus, typhoid, hepatitis A and cholera.
4. If you require non-NHS vaccinations, a prescription will be prepared for you to collect and source from a chemist. Once you have the vaccinations, you must then make an appointment with the nurse in order to have these administered (at least 2 weeks before travel). Please note that there is a charge for both the private prescription (£11) as well as the administration of the vaccine (£20). Non-NHS vaccinations include Hepatitis B, Rabies and Men ACWY.

Further information on travel vaccines can be found at www.fitfortravel.scot.nhs.uk

With our best wishes for a Happy Easter.

The Practice Team
Fortrose Medical Practice