

W I N T E R 2 0 1 0

Newsletter

Forestsides Medical Practice

Welcome back!

Welcome to the second edition of your practice newsletter, which helps keep you up to date with news about the practice and current issues concerning your health.

We are delighted to announce our new practice website:

forestsidedmedicalpractice.co.uk

We hope you find the website useful especially as you can request repeat prescriptions by logging on.

If you have any suggestions about what you would find helpful on the website please do not hesitate to let us know by posting your ideas in the suggestion box at reception.

If you normally have a seasonal flu vaccine please book your appointment now

Latest Swine Flu Advice

Swine flu is a respiratory disease caused by a new strain of influenza virus. For most people, swine flu is a mild illness and lasts about a week. It causes a high fever, aches and pains in your muscles, runny nose, sore throat, tiredness, headache and cough. Some people are more likely to become very ill with swine flu and may require admission to hospital. The people most at risk of becoming very unwell with swine flu are young children, pregnant women and those with long-term health problems such as: chronic lung disease (for example asthma), heart disease, neurological problems, diabetes, kidney disease and liver disease. People with diabetes and people whose immune systems are affected by illnesses or drugs, such as long-term steroids, are also more at risk. People most at risk of becoming very unwell with swine flu have been offered the vaccine first. It is recommended that children over the age of 6 months and under the age of 5 have the vaccine. The European Medicines Agency has said that pregnant women can be given the vaccine. People who aren't in the priority groups may be offered the vaccine later on. As we approach summer, the virus may affect fewer people however it may well become more active again in the winter and vaccination will help protect you.

Swine Flu

The seasonal flu vaccine does not protect against swine flu.

If you are in a 'high risk' group for swine flu

complications (see details above) please contact reception for a swine flu vaccination appointment.

If you think you have swine flu please dial the swine flu helpline or telephone the surgery. Do not visit the surgery.

We appreciate there have been several changes in the doctors at the surgery in recent years and we thank you for your continuing support.

Our new dynamic team of doctors will provide you with top quality medical care and we hope these doctors will be at the practice for many years to come. Over time we hope you'll be able to build excellent rapport with your doctor and get the service you wish for. You can see any doctor in the practice; they do not have to be your registered doctor. We encourage you to try see the same doctor each time you visit the surgery for non urgent problems as this helps the doctor understand your health needs better.

Welcome to our new Partners:

Dr Simon Grewcock &

Dr Bridget Pemberton

Dr Grewcock started as a new partner at the practice on 1st January this year. He is already well known to many of you as he's been locuming at the practice for over a year and, prior to this, he was our GP Registrar for a year.

Dr Grewcock trained at Leeds University. He currently lives in Winchester, he's a keen sportsman and enjoys golf, skiing and walking. He recently spent time in Borneo working for the charity 'Raleigh' as a volunteer doctor.

Dr Grewcock will be based at the Dibden Purlieu main surgery. We are delighted Dr Grewcock has joined our practice team and wish him many years of happiness at the practice.

Dr Pemberton will be joining the practice team as a new partner in May 2010. She has recently had her second child and will be based at the

Marchwood branch surgery.

We are pleased to announce Dr Wilson is expecting her first child. She is due to go on maternity leave in June 2010 and we wish her all the very best. Dr Camilla Janssen will be temporarily replacing Dr Wilson's surgeries.

We are sad to say farewell to Dr Lucy Davies who has been at the practice for several years. Dr Davies has moved to Devon so she can spend more time with her partner.

Patient forum

Recently, we have set up a patient forum – this is a group of patients who meet to discuss the practice and suggest ideas which help improve your patient care. If you have any issues you would like discussed at the next patient forum please leave a message in the practice suggestion box.

Specialist Clinics

Our two most senior nurses in the practice are Sister Prestage and Sister Swinburn. Both are highly experienced in the management of chronic diseases and have many years of nursing experience.

Sister Prestage specialises in the management of chronic lung problems: chronic bronchitis, emphysema and asthma. Sister Prestage also runs the travel clinics.

Sister Swinburn is qualified in diabetes care and has many years of experience in this field, in particular with Insulin users. The diabetic team at the practice provides useful information and support to diabetics as well as important annual check ups. This helps to keep your diabetes well controlled and reduces future problems.