

Spring 2012



Dundonald Medical Centre

Practice News

Special points of interest:

- **Gluten-Free Foods**
- **No Smoking Day**
- **Belfast City Marathon**
- **Travel Vaccinations**

Gluten-Free Foods

Adherence to a gluten-free diet is essential for patients with confirmed gluten-sensitive enteropathies e.g. coeliac disease. This prevents long-term complications such as osteoporosis or other conditions.

The Health and Social Care Board supports gluten-free foods on prescription for those with a confirmed diagnosis.

Only bread, simple pasta, crackers, bread mix, flour mix and flour will be supplied on prescription.

Only 1 months supply will be issued at a time.

Items which are not consistent with healthy eating advice such as biscuits, cakes, muffins, pasties and sausage rolls will not be supplied on an NHS prescription.

There is also a recommended amount per month depending on age.

This guidance is supported by Coeliac UK.

No Smoking Day



No smoking day is on Wednesday 14th March 2012.

Smoking is the UK's number one cause of avoidable premature death and is linked to a range of serious and often fatal conditions.

If you have previously tried to

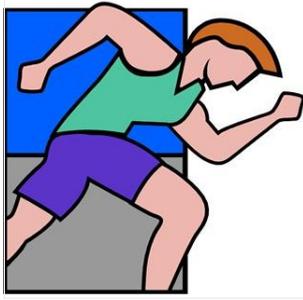
quit and failed you are not alone, most people who give up successfully have tried on a number of previous occasions.

Keep trying!!

Visit

www.nosmokingday.org.uk

Please feel free to make a donation at our Charity Book Stall in reception. All proceeds to Marie Curie.



Belfast City Marathon

This year a team from the surgery is entering the Belfast City Marathon on May 7th 2012.

The team includes

- ◆ Dr L Haslam
- ◆ Dr I Ryans
- ◆ Mary
- ◆ Jean
- ◆ Cheryl

The Team Relay Event follows the same route as the main Marathon Race. Please cheer as you see them pass.

All proceeds raised will be given to Marie Curie.



Travel Vaccinations

Most travel vaccinations are available at this practice.

To access this service contact reception and complete the travel risk assessment form. It is important to do this as early as possible, at least **6 weeks** before you travel.

You will be asked to call at the surgery a few days after the completed form is received to collect the necessary prescriptions and make an appointment for their administration.

Comprehensive personalised travel information including vaccinations will be given at this appointment. This service is not available at open surgery.

Most services provided by this practice are free under the

National Health Service, however not all vaccinations or prescriptions in connection with travel abroad are available on the NHS.

From December 2009, all private prescriptions for travel vaccines incur a fee of £10.00 per injection.

This includes the following:

- Hepatitis B
(3 injections per course)
- Rabies
(3 injections per course)
- Japanese B Encephalitis
(2 injections per course)
- Tick-Borne Encephalitis
(3 injections per course)

An additional administration fee of £10.00 will apply to advice and literature provided regarding Malaria.



“please contact us at least 6 weeks before travel ”