

Autumn 2015



Dundonald Medical Centre

Practice News

Seasonal Influenza Vaccination

Flu vaccinations are now available in this practice. They are recommended for the following groups.



All pregnant women at any stage of pregnancy

All people aged 65 or over

All children aged 2 or 3

Health and Social Care Workers

Long stay patients in Nursing Homes

All patients with:

- **Chronic lung disease**
- **Chronic heart disease**
- **Chronic kidney disease**
- **Chronic liver disease**
- **Neurological disease**
- **Diabetes**
- **Immunosuppression**

Carers

Saturday Morning Flu Clinic

03/10/15
OCT

Every year we have to vaccinate a significant number of patients to protect against seasonal flu. This year we aim to vaccinate over 2500 patients.

In order to try and keep our other patient services running without disruption, the doctors have decided once again to run a Seasonal Influenza Vaccination Clinic on Saturday 3rd October.

Those eligible to attend this clinic will be written to and invited to attend.

Those requiring additional Pneumococcal or Shingles vaccine will be called at another time. Children will be called to a separate clinic.

Please note other medical problems will not be dealt with at this clinic due to the numbers attending.

Dr Maria Callaghan retired from Dundonald Medical Centre on 30th September 2015 after 33 years working in this practice. We wish her well in her retirement.

Children's Vaccine Shingles Vaccine

Seasonal Influenza vaccination is now offered to all children aged 2 and over and those in at risk groups from age 6 months. This is effective in preventing the spread of flu among children and also to adults.



The vaccine is given by spraying a little liquid into the nose. No injection required!

Shingles vaccination is once again being offered to certain age groups.

If your date of birth falls between **02-09-1944 to 01-09-1945**

Or

02-09-1936 to 01-09-1937.

you will be written to and invited to attend for vaccination at this practice.

Diabetic Retinopathy Screening

If you have diabetes, it is vital that you have your eyes checked regularly.



All patients of this practice with diabetes will be offered retinal screening between Tuesday 27th October and Thursday 5th November.

The screening test involves taking 2 photos of the back of the eye using a special camera. If you are over 50 years you will

need drops put into your eyes about 15 minutes before the test. This helps get a good quality photograph. You will not be able to drive for at least 2 hours after the eye drops so please arrange transport.

Our last eye screening for those with diabetes detected patients with previously unknown problems

Stoptober

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!!

enge at:
stoptober.smokefree.nhs.uk



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