



# Practice News

## Special points of interest:

- No Smoking Day
- Exercise
- Retinal Screening
- Travel Vaccinations

## No Smoking Day

No smoking day is on 10 March 2010.

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

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 [nosmokingday.org.uk](http://nosmokingday.org.uk)



| Benefits after |  |
|----------------|--|
| 20 minutes     | Blood pressure and pulse return to normal              |
| 8 hours        | Nicotine levels halved, oxygen levels return to normal |
| 24 hours       | Lungs start to clear out the build up of tar           |
| 48 hours       | No nicotine left in body, taste and smell improve      |
| 72 hours       | Breathing becomes easier, energy levels increase       |
| 2-12 weeks     | Circulation improves making exercise/ walking easier   |
| 3-9 months     | Breathing problems improve as lungs improve            |
| 15 years       | Risk of heart attack same as non smokers               |

## Regular exercise



Only 1/3 of men and 1/4 of women take enough exercise.

To avoid obesity, heart disease and other health problems adults should exercise for 30 minutes 5 times a week.

The exercise should be enough to make you a little warm and sweaty and slightly out of breath

You don't have to do it all in one go, you could do 3 lots of 10 minutes each.

Think of ways in which it can fit it into your normal daily activities, such as walking to the shops, walking the dog, or taking the stairs in work.

As the better weather returns go

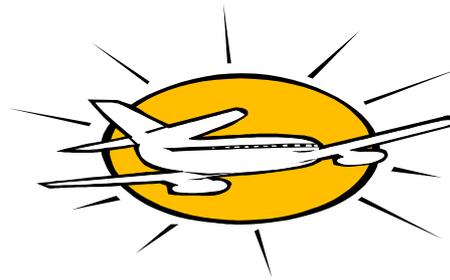
**Dr McCourt is returning to the practice after the birth of her daughter and is available on Mondays and Thursdays by appointment from 1 March 2010.**

## Retinal Screening



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

Retinopathy (damage to the back of the eye) is a common complication of diabetes. If left untreated, it can get worse and cause some loss of vision, or blindness in severe cases.



## 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.

**“please contact us at least 6 weeks before travel ”**

All patients of this practice with diabetes will be offered retinal screening between Mon 7th - Wed 16th June.

The screening test involves taking 2 photos of the back of the eye using a special camera. The test is painless.

If you are over 50 years you will need drops put in your eyes about 15 minutes before the test. This helps get a good quality photo. **You will not be able to drive for at least 2 hours after eye drops so please arrange**

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 will 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