



## Ask Dr Gardiner...

Our new monthly readers' medical questions feature.

*I have been referred to hospital but haven't heard anything back I am worried that they have forgotten me. What should I do?*

Please pop in or call Chris Leonard. She is our support service for navigating the NHS when it gets a bit complicated.

Chris has been a member of the team at East Quay for nearly ten years. She works closely with the other GPs and I when patients need care outside of the practice – for example treatment at hospital. Her experience means she knows the NHS really well and this makes sure we get the best possible care for our patients.

If you have been referred for further care and are finding it difficult to understand or if you are experiencing an obstacle in accessing the service you need, Chris may be able to help. She is available at the practice from Monday to Friday 9am to 4pm. She usually can be found for drop in in Room 17 (just off the waiting room).



To send in a question for next month's edition e-mail [Rachel@eastquaymedicalcentre.com](mailto:Rachel@eastquaymedicalcentre.com)

Note, we cannot give personal advice. This is intended for general advice only.

## Dr Aird

We are sorry that Dr Aird is currently unavailable. He is being treated for a suspected heart valve infection and is now showing signs of recovery.

However he is not expected to be able to return to work for a couple of months (around May). We are arranging for Dr Macmillan to look after his patients in April.

Meanwhile we are sorry that the waiting time for routine appointments for all doctors is at present longer than we would like as we all work to cover him.



## Caring from a Distance

Do you live apart from an older relative who might need assistance?

[www.myageingparent.com](http://www.myageingparent.com)

Can offer advice on how to deal with this situation

Advice on all aspects from shopping on line, help from the GP and local authority, making sure their environment is safe, dealing with sibling rivalry and hospital visits.

## Ordering your prescription online

In August we launched a new improved online ordering system for all our patients on repeat medication. We initially targeted patients who used the old online ordering system but now it is available to everyone. 975 people now use it every month and it saves them time as well as reducing problems with items not being ordered or the wrong items being ordered.

Once you have registered you can log in and see all of the repeat medications currently authorised for you and then you just tick the items you need. We receive it in the practice and the administrative process is more automated so it is quicker and more accurate too.

If you have repeat medications and have access to the internet, you should consider registering for this service. It is available longer hours than our prescription line and doesn't get engaged either!

To register you need your unique registration information. Reception can print this off for you so please ask for it next time you visit us or telephone.

## Too much salt is bad for you!!!

Many of us in the UK eat too much salt. You don't have to add salt to food to be eating too much-75% of the salt we eat is already in everyday foods such as bread, breakfast cereal and ready meals.

Too much salt can raise your blood pressure, which puts you at increased risk of health problems such as heart disease and stroke.

Cutting down on salt lowers blood pressure, which means that your risk of having a stroke or developing heart disease is reduced.

Adults should eat no more than 6g of salt a day-that's around one full teaspoon. Children should eat less.

One easy way to eat less salt is to stop adding salt to your food during cooking and at the dinner table. You'll rediscover the real tastes of your favourite foods.



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**The New Bridgwater Community Hospital!  
is Opening on 30<sup>th</sup> April**

If you have an appointment at Bridgwater Hospital from 30 April, it will be at the NEW hospital site. Please don't go to the old site.

## PARKING

**WE HAVE FOUR DISABLED PARKING BAYS AVAILABLE. IF YOU ARE NOT DISABLED, PLEASE DO NOT PARK IN THESE AREAS**

**PLEASE BE AWARE THAT PARKING IS NOT AVAILABLE ON THE PAVED AREAS IN FRONT OF THE BUILDING AT ANY TIME. THIS AREA IS FOR PEDESTRIANS ONLY**

## Social media - Facebook

Please do not be offended if any of our team doesn't accept friend requests on Facebook. For a number of reasons, it is standard practice for Doctors not to use Facebook and other social media.

**Reception: 444666**

**Prescriptions: 446006**

[www.eastquaymedicalcentre.com](http://www.eastquaymedicalcentre.com)

**Onsite Opticians : 440440**

**Onsite Pharmacy: 423015**

**Onsite Dentist: 411141**



## Dr David Rooke retires

On 31 March 2014 Dr David Rooke, Chair of the Somerset Clinical Commissioning Group (CCG) and representative for Bridgwater retired from his post. Dr Rooke has been a GP in Bridgwater since October 1981 and has given excellent care to his patients as well as working hard to ensure good quality services are provided for the people of Somerset both in hospital and community settings. Dr Rooke will be missed by us all and we thank him for being a superb GP and colleague. We wish him a very long, very happy and very healthy retirement.