

### Collection time for Repeat Prescriptions will be three working days from 1 January

For safety reasons and to reduce the delays you may incur when you collect your repeat prescription, we are changing the time between ordering and collecting prescriptions to **three working days** from the **1 January**.

We recommend that you always ensure that you have a week of medication in stock at all times. This means that if there are any problems with the supply of the medication, this can be resolved before your current supply runs out.

Therefore, please:

- Order to allow a week before your medication runs out
- Allow **AT LEAST** three working days between ordering and collecting your repeat prescription



### BRIDGWATER NEWS: Town centre bus service under threat?

A BUS service for passengers using Bridgwater town centre – including a potential lifeline of a stopping point at the **East Quay Medical Centre** - could be scrapped under possible Somerset County Council cutbacks.

The Bridgwater Town Service is run by Bakers Dolphin from Monday to Friday on an hourly basis from 9am to 2pm, but is subsidised by the county council.

People who use the services – subsidised by Somerset County Council – are being asked to have their say on proposed changes.

A consultation opened today (Monday, November 9, 2015) and will close on Monday, January 11, 2016. If approved, they will come into effect in Spring 2016.

For full details of the consultations and to complete a survey online, please visit [www.somerset.gov.uk/bussubsidysurvey](http://www.somerset.gov.uk/bussubsidysurvey) .

### Please remember that our receptionists are people too...

Our receptionists are here to help you and have to work under the instructions set out by the Doctors. We all work hard to provide good quality care and access to our team.

This is very challenging in the NHS today where demand and need is really high and resources are more limited than ever before.

So, please don't take your frustrations out on our receptionists - they really are doing their best.

...and treat them as you would like to be treated.

### Repeat Prescriptions for the Christmas Period

**Please ensure you order your repeat prescription by 15 December to make sure you have your medication to cover Christmas and the New Year period.**

**Please remember this is a very busy time of year for both the surgery and the pharmacies so there may be a longer wait than usual to get your prescription**

**Thank you**

**Reception: 444666**

**Prescriptions: 446006**

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

**Onsite Opticians : 440440 Onsite Pharmacy: 423015 Onsite Dentist: 411141**

## Abdominal Aortic Aneurysm Screening

Abdominal Aortic aneurysm screening (AAA screening) is being offered free of charge by the NHS to all men during their 65<sup>th</sup> year.

An abdominal aortic aneurysm can occur if the wall of your aorta – the main blood vessel that supplies blood to your body – gets weak and starts to expand. The condition can be serious. Screening can help to find an aneurysm early so that it can be monitored or treated.

If a gentleman has an aneurysm they will not generally notice any symptoms. The easiest way to find out if a patient has an aneurysm is to have an ultrasound of the abdomen.

As a programme we automatically invite men in the year that turn 65. This is because men are six times more likely to have this type of aneurysm than women, and the chance of aneurysm increases with age.

The chance of having an aneurysm can also increase those who:

- smoke
- have high blood pressure
- have a brother, sister of parent has, or has had, an abdominal aortic aneurysm.

It is estimated that around 1 in 25 men aged between 65 and 74 in England have an abdominal aortic aneurysm; this is about 4% of men in the age group.

If you are male and over 65 who may benefit from the screening programme, you can ask for a scan by contacting us on 01823 344567.



### Over 60 and feeling under the weather?

A minor illness can get worse quickly

This winter see your local pharmacist for quick health advice or visit [www.nhs.uk/asap](http://www.nhs.uk/asap)

### Is your medicine cabinet fit for the winter?

Most common winter ailments, such as colds, sore throat, cough, sinusitis or painful middle ear infection (earache) can't be treated with antibiotics.

#### What works instead?

Rest, drink plenty of fluids, take pain relievers, such as paracetamol or ibuprofen, and talk to your pharmacist for advice on getting the relief you need.

#### How long can I expect to suffer?

Middle ear infection-4 days

Sore throat-1 week

Cold-1.5 weeks

Sinusitis-2.5 weeks

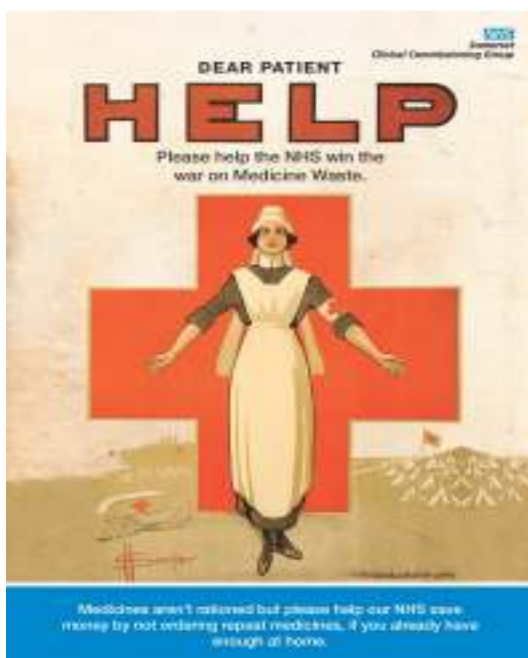
Cough-3 weeks

#### What should I do now?

Ask your pharmacist what medicines should be in your cabinet to help get you and your family through the winter season.

#### Where can I get more information?

Visit [www.treatyourselfbetter.co.uk](http://www.treatyourselfbetter.co.uk) for more information on how to treat yourself without antibiotics.



Merry Christmas and a very  
Happy New Year  
to all our Patients from the  
Doctors and Staff at East  
Quay