

Easter Opening Times for Pharmacies

Good Friday-Boots

Sainsbury's
Superdrug

Easter Sunday- Cranleigh Gardens Pharmacy

Bank Holiday Monday- Boots

Sainsbury's Pharmacy

Do you have a Prescription to collect from Rowlands Pharmacy?

Then why not leave it until a Saturday morning.

The surgery is closed so there will be plenty of parking available and the pharmacy, open 9am to 12.30pm on a Saturday, will be less busy so you will have less time to wait.

Mosquito bite avoidance for travelers

You can find a leaflet with advice on reducing the risk of mosquito-borne infections such as dengue, chikungunya, West Nile, malaria, yellow fever and Zika on

<https://www.gov.uk/government/publications/mosquito-bite-avoidance-for-travellers>

Take Care of Your NHS

If you can, help the NHS by buying simple remedies over the counter at pharmacies

Painkillers, laxatives, hayfever treatments, steroid creams, emollients, fungal creams etc etc, can all be bought in pharmacies

Help us make more of your local NHS

- Don't stockpile medicines
- Only order what you need

Thank you

Wednesday 9th March is No Smoking Day

Be Proud to be a Quitter!

I wanted my kids to look up to me, and not through a cloud of smoke....Hamad, proud to be a quitter, gave up 30 a day

I wanted to stop looking like a smoker, so I stopped smoking....Lisa, proud to be a quitter, stopped smoking 30 a day

Be Proud to be a Quitter....contact the Somerset NHS Stop Smoking Service for help

Call 0303 033 9840

**BE PROUD TO
BE A QUITTER**
NO SMOKING DAY 9 March 2016

Reception: 444666

Prescriptions: 446006

www.eastquaymedicalcentre.com

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

The 'Friends and Family' test

The 'Friends and Family' test is now running in all GP surgeries. In the waiting room, and at front reception, there are sheets you can complete to help us. There is also a 'tablet' by the exit from the waiting room which you can use too. If you have time, please do complete it – it is quick! It is an anonymous, single question and a follow up, optional question:

How likely are you to recommend our GP practice to friends and family if they needed similar care or treatment?

- Extremely likely
- Likely
- Neither likely nor unlikely
- Unlikely
- Extremely unlikely
- Don't know

In just a few words could you tell us why you chose this option? Then pop it on the box

How does it work?

We will then use the scores to calculate our 'Net promoter' score.

This is a standard formula that classes those who tick:

- 'extremely likely' as 'promoters'
- those who tick 'likely' as 'passives'
- those who tick 'neither likely or unlikely' or below are classed as 'detractors'.

We then take the number of 'promoters' deduct the number of 'detractors' to come up with a 'Net promoter score'. We will publicise the score every month and use the feedback in designing and improving our services so we can do the best possible to offer you a responsive patient-focussed service within the resources we have.

What is cholesterol?

There are two types of cholesterol. LDL, or 'bad' cholesterol, clogs arteries, which in turn increases the risk of a heart attack or stroke. Ideally, this level should be below 3mmol/l.

HDL, or 'good' cholesterol, does the opposite and the level should be greater than 1.

Exercise can boost HDL levels, help you lose weight and make you fitter, so it's an important way to help reduce your risk of heart disease. You can help lower your LDL levels by eating oats and almonds, and also at least 1.5 grams of plant stanols (found in Benecol products) every day.

Find more information on managing cholesterol levels at Heartuk.org.uk

DIY Checks for MEN!

Testicular cancer most often strikes men under 45. Men need to get to know their testicles and what's normal for them, by checking monthly.

The bath or shower is a good place to do this. Check each testicle using one or both hands, rolling not squeezing each gently. They should be roughly an even size and smooth to touch, though it is normal or one to hang slightly lower or be slightly bigger.

If you feel a lump, make an appointment with you GP. Nine out of ten men are cured if the cancer is caught early.

Men's health

Faecal Occult blood test

This is a test that analyses a sample of faeces for 'occult' (hidden) blood, which could be an early sign of bowel cancer.

The test involves three separate samples of faeces to be smeared on to a special card and posted off for analysis.

This should happen every two years between the age of 60 and 69. If you are over 60 and haven't been sent the bowel testing kit please call 0800 707 6060.