



# The Prescription

Countesthorpe Health Centre News

Issue 9

November/December 2010



[www.countesthorpehealthcentre.co.uk](http://www.countesthorpehealthcentre.co.uk)  
*Book your appointments online*

**Countesthorpe  
Health Centre**

Appointments: 0116 277 6361

Enquiries: 0116 277 6336

Prescriptions: 0116 277 9265

## **NEW – Text message reminders for your appointments**



We've unfortunately had to delay the launch of our text message appointment reminder service until **1<sup>st</sup> December.**

From that date we will be sending SMS text message reminders of appointments to everyone who has given us their mobile phone numbers to include on their records.

**If you do not wish to be contacted by text message**, please let us know by calling the Health Centre on 0116 277 6336 or letting us know at reception before 1<sup>st</sup> December.

If you would like to receive text message appointment reminders but have not yet given us your mobile phone number, please let us have this detail, again by calling 0116 277 6336 or letting us know at reception before 1<sup>st</sup> December.

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## **Christmas and New Year opening hours**

Christmas: Closed from 4.00pm on Friday 24<sup>th</sup> December 2010  
Re-open from 8.30am on Wednesday 28<sup>th</sup> December 2010

New Year: Closed from 5.00pm on Friday 31<sup>st</sup> December, New Year's Eve  
Re-open from 8.30am on Tuesday 4<sup>th</sup> January 2011

While we are closed you can contact the Out of Hours service by ringing the surgery number 0116 277 6361 and pressing 1 which will transfer your call automatically.

### ***Other useful resources:***

NHS Direct: 0845 46 47

NHS Choices: [www.nhs.uk](http://www.nhs.uk)

Our web site: [www.countesthorpehealthcentre.co.uk](http://www.countesthorpehealthcentre.co.uk)

## **Repeat Prescriptions for December**

If you have a repeat prescription that will become due during the holiday period, we would like to encourage you to order your repeat prescription early in December.

## **Patient Participation Group Survey**

Our Patient Participation Group would like to thank everyone who took part in their survey in the last week of October. They are currently collating the results which will be available in January 2011.

Find out who is part of the Patient Participation Group at  
[www.countesthorpehealthcentre.co.uk/patient\\_participation\\_group](http://www.countesthorpehealthcentre.co.uk/patient_participation_group)

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## **Health Centre Expansion**

Many of you will know that we have submitted plans to extend the Health Centre to add three new consulting rooms and create more spaces in the car park.

This process will take some time as, once we have planning permission and cost estimates, we also need approval from the Primary Care Trust and to submit our plans to Blaby District Council as a bid for funding from the new housing developments in Countesthorpe but we are looking forward to seeing these improvements completed and will keep you up-to-date with developments.

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## **Are you taking calcium tablets?**

Calcium tablets are often taken by people who suffer from bone thinning (osteoporosis).

Recent research, published in the British Medical Journal, showed that people taking calcium supplements can face around a 30% increase in risk of heart attack and a smaller increase in the risk of stroke.

This research applied to calcium supplements which *were not* combined with Vitamin D or a biphosphonate which is a drug that helps to reduce the loss of bone mass.

We will be identifying all patients who might be taking a calcium supplement alone and contacting them directly to advise them about this new evidence.

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## **Staff News**

Shortly we will see more changes in staff as we say goodbye to **Dr Badiani**, **Dr Kuhan** and **Dr Chawda** at the end of November.

From 1<sup>st</sup> December until early April we'll see the return of **Dr Adnan Abdulali** and **Dr Qasim Shoaib** (who, you may remember, were at the practice between April and August this year).

There will also be a new Foundation Year registrar called **Dr Danny Fleet**.

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## **Look After Your Health – New Year’s Resolutions**

No, it isn’t too early to think about your New Year’s Resolutions – especially if you want to kick start the New Year with some positive new habits for good health.

You can get a head start by dropping in to the Health Promotion display that will be running in the Health Centre reception during November and December to help make 2011 the year you really do stick to your health resolutions.

The Live Well hub on the NHS Choices web site is a great resource to help you stick to your resolutions. You can find plenty of health tips at [www.nhs.uk/livewell/Pages/Livewellhub.aspx](http://www.nhs.uk/livewell/Pages/Livewellhub.aspx). Here’s a taste of what you can find there...

### **Want to stop smoking?**



- 10 health benefits of stopping smoking
- How your GP can help you quit
- Self-help tips to stop you smoking
- Quit Smoking iPhone app
- 7 top excuses smokers make and how to overcome them

### **Want to eat more healthily?**



- 5-a-day recipes
- How to beat common digestive problems
- Healthy vegetarian and vegan diets
- Is it a food allergy or intolerance?
- Support for people with eating disorders

### **Want to lose weight?**



- What to do if your child is overweight
- Understanding calories
- How to buy healthier food and understand food labels
- Healthy food swaps
- How to keep weight off

### **Want to take more exercise?**



- Benefits of exercise
- Get fit your way – build exercise into your day
- How much exercise do you need?
- Low impact exercise
- Exercise without a gym

Don’t forget that you can also find plenty of useful health information on our web site at [www.countesthorpehealthcentre.co.uk](http://www.countesthorpehealthcentre.co.uk).

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## **Drink Safely to Enjoy the Festive Season**

At Christmas and New Year it's very tempting to enjoy an extra glass or two to celebrate. But did you know that, even when we're not celebrating, about 1 in 5 adults regularly drink more than the recommended limits? In fact excessive alcohol consumption affects all age groups and classes.

- Teenagers are drinking twice as much as they did in 1991.
- Alcohol-related deaths have risen most sharply in middle and older age groups.
- Liver-related deaths in the under 65s are five times the level they were in 1991.

Because alcohol units can easily build up over a week, many people do not realise that their alcohol consumption is too high. They do not appreciate that this could be the cause of their tiredness, poor sleep and depression.

You can take a closer look at your own drinking habits using this online tool which will help you assess your alcohol intake and the effect it might have on your health. It only takes a couple of minutes to complete.

Take the test at [www.nhs.uk/Tools/Pages/Alcoholcalculator.aspx](http://www.nhs.uk/Tools/Pages/Alcoholcalculator.aspx).

You can also find useful information on alcohol and drinking habits at [www.drinkaware.co.uk](http://www.drinkaware.co.uk).



- Is alcohol making me fat?
- What is an alcohol unit?
- Am I drinking too much?
- How will alcohol affect my appearance?
- The facts on alcohol and your long term health.