**CRADLEY SURGERY NEWSLETTER**

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**August 2019**

This month we are concentrating on steps we can take to keep ourselves healthy and happy.

As you lie in your deck chair in the sun (with lots of SPF of course), perhaps you might ponder how you will stay well as you get older:

**Immunisations**

**The pneumonia jab**

This is available for anyone over the age of 65. It is given once and lasts for the rest of your life. Why wouldn’t you have it? Please make a nurse appointment

**The shingles vaccination**

This is available for anyone 70 or over, please make a nurse appointment

**The Free NHS Health Check**

Health checks for anyone aged 40 to 74 and are offered every 5 years. We send out invitations for these checks as you become eligible for them. You will be asked questions about lifestyle (as it affects health) and a blood test to check cholesterol. Our computer algorithm will then do complex number crunching and give you the statistics on your future cardiovascular health risk. And you get to chat to our wonderful health care assistant for 30 minutes about your concerns. What’s not to like? Please book in at reception or by phone if you have had an invitation recently. If you are not sure whether you are eligible please also ask at reception.

**Urinary Infections**

Don’t forget we have a service where you can drop off a (please put your name on it!) urine sample, with a note outlining your symptoms and for how long, and our nurses will test it and, if an infection is likely, the doctors will prescribe antibiotics. This is not an instant service and might mean two visits to the surgery (the second to pick up the antibiotics), but you don’t have to make an appointment. We do need you to bring down your sample before 11am, however, so that, if necessary, we can send it to the lab for further testing.

**ED Medication**

Gentlemen of Cradley! Medication for erectile dysfunction is now available on the NHS and is free if you are over 60. Please come and discuss this with any of the doctors if you wish.

**Weight Gain**



Here is the average weight gain of our patients as they move into middle age. The vast majority of our patients are surprised and horrified that this is happening. Evolution has given us a fascinating, complex and normally robust human body. Please don’t weigh it down. Medicine can only go so far in helping to deal with the many consequences of this.

***And just to lighten the message…***

A man wasn’t feeling well so he went to the doctor. After examining him the doctor took his wife aside, and said, “Your husband has a very sensitive heart. I am afraid he’s not going to make it, unless you treat him like a king, which means you are at his every beck and call, 24 hours a day and that he doesn’t have to do anything himself. On the way home the husband asked with a note of concern “what did he say?” “Well”, the lady responded, “he said it looks like you probably won’t make it.”

**NO SHOWS**

There were 30 No shows for appointments in May. This equates to around 5 hours consulting time that could have been used by others. This is actually a huge improvement on previous months but it is still too much wasted consulting time. Please call if you don’t need your appointment.

If you have a mobile phone please do let us know the number as we can send appointment reminders by text. Also if you have email address let us know as it is a good, fast way of us communicating information to you.