

Leen View Surgery

Patient Participation Group

February 2016 Newsletter

Hello every one. Once again the booking System to see a nurse or doctor has changed, due to the increase of phone calls in a morning that is unsustainable for the staff.. You can now ring up to book in advance. All patients that need to see a doctor with immediate health issues will still be seen.

We are also trying to encourage people to book in on the Automatic booking in machine. It will take pressure off the receptionists who need to answer telephones and sort queries out. Give it a go; ask for help, to do this if necessary.

Diabetes seems to be on every ones lips at the moment.

So a bit of info:

Common symptoms of Diabetes (**Type 2**):

- Going to the toilet a lot, especially at night.
- Being really thirsty.
- Feeling more tired than usual.
- Losing weight without trying to.
- Genital itching or thrush.
- Cuts and wounds take longer to heal.
- Blurred vision.

These symptoms occur because some or all of the glucose stays in the blood, and isn't being used as fuel for energy. The body tries to reduce blood glucose levels by flushing the excess glucose out of the body in the urine. . Changing your life style and keeping active help a lot.

If you have any of symptoms of diabetes, you should contact your GP. It doesn't necessarily mean you have diabetes, but it's worth checking – early diagnosis, treatment and good control are vital for good health. Being active will help you lose weight or maintain a healthy weight

- It increases the amount of glucose used by the muscles for energy, so it may sometimes lower blood glucose levels
- Being active helps the body to use insulin more efficiently, and regular activity can help reduce the amount of insulin you have to take. Losing any weight that may be necessary and maintaining a healthy weight will improve management of Type 2 diabetes
- Being active strengthens your bones
- You'll be more mobile, less out of breath and you'll sleep better
- Daily physical activity has been shown to reduce symptoms of depression and anxiety.

Diabetes in children is on the up, both obesity and type 2 diabetes are reaching epidemic proportions among children and teenagers. They have similar symptoms to adults. So if you are worried about your child go see your GP and put your mind at rest

Keeping Fit;

Swimming - There are classes at Ken Martin. Phone 0115 876 1600 for details

Walking United Reform Church Bulwell run a Healthy Walking Group they meet at the bus stop in front of Colin Broughton Court, Forest side, on Monday's at 10.00am. Ring the Rev. Colin Bones 0115 854 3907 for more information.

Bowling: Takes place at the Henry Mellish Sports Center on Monday's at 10.00am till 1-00pm. At the moment it is indoors in April it will move outdoors. Contact Alan Leonardi on 0115 9754896 for more details.

The Suns of Rest: run a club next door to the Forest Golf Club. They play Cards, Dominoes, Snooker and Bowls on Tuesday's and Thursday's from 1.00pm till 3.00 pm If you are interested ring Frank Billingham on 0115 9275438

Come on you men and women give it a shot - It will keep you active, and more to the point, company.

Holiday Immunisations

If traveling abroad, especially outside Europe, you may need extra vaccinations.

Please ask at reception for a travel vaccination form at least 4 weeks prior to travel. Once the form is returned, a pre-assessment will be undertaken by a nurse, you will then be contacted with an appointment if needed. They now have guidelines on offering a wide range of vaccinations which often need to be given a month or longer before traveling. Therefore, we advise you to make your appointment as least four weeks before your date of travel whenever possible. She will also discuss with you the risks involved in some countries with sun, food, water, hygiene, HIV, insect bites etc., and what medication and first aid items you should take with you.

Why not join the Patient Participation Group PPG

Would you like to influence decisions on the services you receive from the practice? If so please join our Patient Participation Group which exists to represent and voice the opinions of our patient population as a means of improving services that patients receive. Membership of the group is open to all.

*We meet 4 times a year on a **Thursday** afternoon at the surgery; the next date is **April 7th 2016 at 2pm**
We would love to see you.*

We would also like to hear your comments, tell us how our Doctors, nurses and receptionists are doing. What could they be doing differently, Are you happy with the services you receive. There are forms at the reception, why not fill one in while you are waiting.