

How To!

Stay Healthy

Registering with a new surgery is always an opportunity to turn over a new leaf.

If you would like an appointment for a general health check, feel free to ring the surgery to book an appointment with one of our practice nurses.

High blood pressure and diabetes are silent killers, and major problems are so easily avoided by detecting them at an early stage.

If you need help and advice about **stopping smoking**, we can help you move in the right direction and support you afterwards.

If you are already known to have:

- Heart disease
- Diabetes
- COPD
- Asthma

You need to be aware that we run **special clinics** for these. If you do, then we would like to invite you to attend one of these sessions. In this way we can ensure we know as much as possible about your problem, so that we may be best able to help you cope with it.

If you would like to access any of these services, just ask at reception.

For useful information you can visit www.nhsdirect.nhs.uk.