

## Know Your Numbers

High Blood pressure is a silent killer. As many as 7 million people are living with undiagnosed hypertension within the UK. There are few warning signs alerting you to the fact you may have high blood pressure which is why regular blood pressure checks are so important.

If left untreated high blood pressure puts the heart under unnecessary stress

**Q: What did the leg bone say to the foot?**

*A: Stick with me you'll go places!*

**Q: How did the skeleton know it was raining?**

*A: He could feel it in his bones!*



which can lead to health complications like heart disease and stroke.

At Stanford Medical Centre and at our branch surgeries, we have blood pressure machines in our reception areas for use at your convenience.

Alternatively our nurses will be happy to assist you within an appointment.



A reminder to all patients who choose to park in the front car park at 175 Preston Rd, please enter your registration number in at reception.

## Summary Care Records

The NHS is changing how patient information is stored and shared in England, to provide better care for patients. Summary Care Records provide healthcare staff treating patients in an emergency or out-of-hours with faster access to key clinical information.

From the 1st of April 2016 patients will be able to apply to access their Summary Care Records online. This will include access to current medication, test results, immunisation history and on information relating to previous consultations with clinicians.

To apply for access please visit our website or pick up a application form from reception.

**Summary Care Records**

# Stanford Medical Centre

Spring Newsletter 2016

## NEWS and UPDATES

WE HAVE A NEW DOCTOR. WELCOME TO THE TEAM. DR C KOKA

THE PATIENT SURVEY 2016 IS NOW CLOSED. THANK YOU TO ALL WHO TOOK THE TIME TO COMPLETE THE SURVEY. RESULTS ARE CURRENTLY BEING REVIEWED AND WILL BE PUBLISHED SHORTLY.

SUMMARY CARE RECORDS ARE NOW AVAILABLE. PLEASE ASK RECEPTION FOR MORE INFORMATION

## Meningitis B: Know the Symptoms

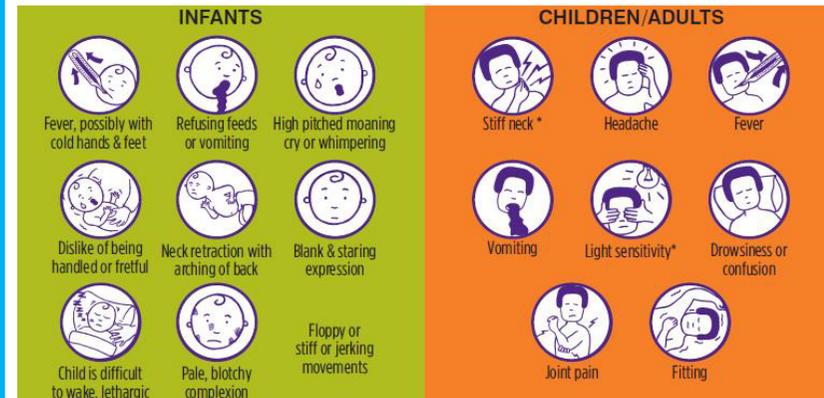
Meningitis B is a highly aggressive strain of bacterial meningitis that attacks the protective membranes surrounding the brain and spinal cord. It is very serious condition and should be treated as a medical

emergency. If the infection is left untreated, it can cause severe brain damage and lead to infection of the blood (septicaemia).

It is important for all parents and carers to

recognise the signs and symptoms of Meningitis B, to ensure early diagnosis.

Symptoms of Meningitis B can appear in any order and it is important medical help is accessed should any present.



There are approximately 1,200 cases of Meningitis B in the UK each year. Each case ranges in its severity.

With early diagnosis and treatment most children will make a full recovery, however approximately 1 in 4 children are left with long-term health

problems such as; amputation, deafness and epilepsy.

Thanks to an increased awareness of the illness and the introduction of meningitis vaccines, thousands of children are alive today who

would otherwise have died or been left seriously disabled from these deadly diseases.

Ensure your child's vaccinations are up to date and stay aware.

See inside for more information on the Meningitis B vaccination.



## FOR FURTHER NEWS AND UPDATES TO OUR SERVICES

YOU CAN FIND US ON-LINE AND ON FACEBOOK!



[www.stanfordmedicalcentre.co.uk](http://www.stanfordmedicalcentre.co.uk)



Main Surgery	Islingword Surgery	Cockcroft Surgery
175 Preston Road Brighton BN1 6AG Tel: 01273 506361 Fax: 01273 552483	79 Islingword Road Brighton BN2 9SL Tel: 01273 681971 Fax: 10273 667910	University of Brighton Lewes Road BN2 4GN Tel: 01273 642 864 Fax: 01273 645953175

## Did You Know?

.....that we send out reminders 48 hours before your appointment (to all whom we have a mobile number on record)

.....that you can book appointments online 24/7, just visit our website

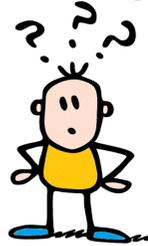
.....that you can pre-book appointments up to 8 weeks in advance

.....we offer late night Doctors appointments every Monday evening (unless a bank holiday) and Saturday mornings

.....although you can't request repeat medication over the telephone you can however do so via our website

.....we are now on Facebook!

.....you can request to speak to a member of reception in private



### FUN FACT:

Every single muscle fibre is thinner than a human hair strand, and can hold up to 1,000 times its own weight.

## Meningitis B: The Vaccination

Children who are born **on or after 1st May 2015** are eligible for the Meningitis B Vaccination. The vaccination will be given as part of their routine NHS childhood immunisation programme, and will be given at 8 and 16 weeks and then again at 1 year old.

The vaccine has the brand name Bexsero, and is given as a single injection into the baby's thigh. Your child should not suffer any side effects following the vaccine, however the nurse will discuss all possibilities with you in your appointment.

Currently children who were born before the 1st of May 2015 are not eligible to receive the vaccination on the NHS. Parents can however choose to pay to have their children vaccinated privately.

Both the **Sussex Travel Clinic** (Hove and Worthing) and **St Peters Travel Clinic** (Brighton) offer the service to have the Hepatitis B Vaccination privately to anyone aged 2 months and over.

Prices and further information can be found on the clinics websites. And via our Facebook page.

Further information on Meningitis B and the Bexsero Vaccination via the NHS website.

<http://www.nhs.uk/Conditions/vaccinations/Pages/meningitis-B-vaccine.aspx>



## NHS Health Checks



Are you aged between 40 and 70 years with no pre-existing medical condition? If so you are entitled to a **FREE NHS Health Check**.

As we get older, we have a higher risk of developing something dangerous like high blood pressure, heart disease or type 2 diabetes. Your NHS Health Check can spot early signs and help prevent these happening to you, which means you'll be more likely to enjoy life for longer.

Everyone is at risk of developing a chronic disease but the good news is that they can often be prevented.

During the appointment you will be

asked some simple questions relating to your personal health and family history, the nurse will take your blood pressure and a blood sample, and record your height, weight, sex, age and ethnicity. All of which will determine your risk for developing a chronic disease in the future.

Book your appointment for your free NHS check, and be better prepared for the future ensuring you don't miss life's precious moments.

Please note, NHS Health Checks are available every 5 years, so if you have had one within the last five years you will not be contacted until your next health check is due.

## Patient Participation Group

Here at Stanford Medical Centre we believe that the greater the patient involvement in personal healthcare needs and also in the development of healthcare provisions is an integral part of the development of the practice.

We have a dedicated group of patients and practice staff who form our Patient Participation Group (PPG). The PPG meet every three months to discuss the services on offer, and how improvements can be made for the benefit of patients and the practice.

If you feel strongly about developing the future of Stanford Medical Centre or would like your say on patient services and care we would like to hear from you.

If you would like more information about the Patient Participation Group or would like to find out how you can get involved please contact the surgery on [hhccg.stanfordmedicalcentre@nhs.net](mailto:hhccg.stanfordmedicalcentre@nhs.net) or speak to a member of reception.

**PPG Cluster EVENT**  
**Thursday 19th MAY\***

## Blood Tests

A patient may only attend for a blood test for the following reasons, blood tests may not be made at the patients request as they require authorisation on the system before a nurse can carry out the procedure.

- A) Requested by your Doctor
- B) Requested by a clinician at the hospital
- C) As part of a routine health check
- D) You require regular blood tests as documented in your notes