**CRADLEY SURGERY NEWSLETTER**

**Dr Patsy Dye**

**Dr Chris Spruce**

**FEBRUARY 2019**

**Beast From The East**

Currently we are experiencing some quite mild weather this winter but the media are warning that we may have a repeat of the cold snap that gripped us last year.

Our Dispensary team would like to remind patients to always have 5 day medication in hand. This is especially important during the winter months when inclement weather might prevent you getting to the surgery to pick up your items from dispensary.

Nurse Jennifer would like to remind patients with COPD to make sure they have a “rescue pack” to use in case of exacerbation of their symptoms because of cold weather.

**Check In Screen**

Our automated check in screen now seems to be working without any of the teething problems we experienced when it was first installed. It will really help our busy receptionists so please do try to use it; if you are unsure about how to use it, we are more than happy to give you a demonstration.

**Joint Injection Clinic**

We are very excited to announce that Dr. Chris Spruce has completed training in carrying out joint injections. He is now able to carry out injections to shoulders and knees here at the surgery in clinics he will hold every Friday. Clinical assessment by Dr Chris is necessary and he will book patients into these appointments himself.

**New Staff**

We would like to extend a very warm welcome to our new team members who are taking up roles in the dispensary department. Lorraine Panter joins us as a dispenser with many years previous experience in this role. Matt Knight has taken on the post of dispensary assistant which is an exciting new role for him.

**Health Awareness Campaigns**

February is [National Heart Month](http://www.bhf.org.uk/).  There are about 2.6 million people in the UK living with Coronary Heart Disease (CHD).  Every single one of us has a heart which means every one of us is at potential risk.

Understanding heart conditions isn’t an easy task – there are lots of different types and knowing how the heart works is more helpful when trying to learn about these conditions.  But looking at the facts will benefit yourself and the people you love in the long run.

Managing your diet, keeping fit, and watching your blood pressure are just a few important factors.   The British Heart Foundation’s webpage has information about heart diseases and how you can beat them.

Cradley Surgery provides The NHS Health Check to everyone between the ages of 40 and 74 once every five years. This check helps identify potential risks of heart disease and other conditions early. We would encourage you to have your free NHS Health Check when invited so that you will be better prepared for the future and be able to take steps to maintain or improve your health.

**Protein Rich Diets**

A study in the British Journal of General Practice has found that a combination of a protein rich diet and muscle strengthening exercise is most effective in reversing frailty in older patients.

**Research Study Groups**

Cradley Surgery are current assisting CHESS in a research project centred on the self-management of chronic headaches. You may be contacted by the surgery on behalf of the research staff. We will never divulge any of your information to third parties without your express consent.

**Insulin**

It is nearly one hundred years since insulin was first used in the treatment of diabetes (11th January 1922). This drug would lead to life and hope for millions of people with diabetes. It is very sad therefore to see a recent study published by the Journal of the American Medical Association found that 1:4 people in the United States with insulin dependent diabetes underused or skipped insulin due to the costs, putting themselves at risk of problems associated with uncontrolled blood sugar. We are very fortunate in the UK that the all medication is free on the NHS to all of our patients with the condition and therefore such choices are not necessary.

**NO SHOWS**

There were 46 No shows for appointments in December. This equates to over 7 ½ hours consulting time that could have been used by others. Please call if you don’t need your appointment.