Keeping you updated with information about the Practice

11,240 patients are registered with the Practice

1,430 patients have signed up to use our on line appointment and repeat prescription system

71,230 unique visits in the last twelve months to our Practice website.

- You can order a copy of our Practice News to be delivered to your e mail in box
- The site is available in different languages
- There is a wealth of health information available
- And so much other information
- Find us at http://www.parkfarm-medical.net
1,842 patients have been diagnosed with hypertension
740 patients have been diagnosed with asthma
540 patients have been diagnosed with diabetes

5,600 patients have their blood pressure checked every year

2,735 flu vaccinations given in the 2012/2013 flu season

8 GPs, 2 GP Registrars, 4 Practice Nurses, 1 Healthcare assistant, 1 phlebotomist, 2 midwives, 1 physiotherapist, a team of District Nurses, 11 receptionists and 5 administrators—all provide care to our patients.

LOOKING AFTER OUR PATIENTS

1) do you know your numbers?

* Have you had your blood pressure checked in the last 12 months? Give us a call and book in for a bp check.

2) 65+ and male?

A free and quick NHS scan can tell if you have an abdominal aortic aneurysm. Most men have never heard of abdominal aortic aneurysms and there are usually no symptoms. Each year many men may die after an aneurysm bursts.

For more information call
3) Are you pregnant?
All pregnant women should have the flu vaccine to protect themselves and their babies. The flu vaccine can be safely given at any stage of pregnancy, from conception onwards. Pregnant women benefit from the flu vaccine because it

* Reduces their risk of serious complications such as pneumonia, particularly in the later stages of pregnancy
* Reduces the risk of miscarriage or having a baby born too soon or with a low birth weight because of flu
* Will help protect their baby who will continue to have some immunity to flu during the first few months of life.
* Talk to your GP or midwife if you are unsure about the vaccination
* We will be starting our flu vaccination programme early in October
* Don’t forget to ask your midwife about the pertussis immunisation

4) Know your prostate
1 in 8 men in the UK will get prostate cancer (Prostate Cancer UK)
What is prostate cancer? Prostate cancer can develop when cells in the prostate start to grow in an uncontrolled way. Most prostate cancer grows slowly to start with and may never cause problems. But some men have prostate cancer that is more aggressive. This needs treatment to prevent or delay it spreading outside the prostate gland.

More information is available from
www.prostatecanceruk.org
Or you may like to pick up a leaflet from our waiting rooms or in the gents toilets.
5) Here comes the sun
WARNING: SUNBURN CAN DOUBLE YOUR RISK OF SKIN CANCER

Be Sunsmart.
Some helpful tips to prevent harm from the sun.

* Stay in the shade between 11am and 3pm
* Make sure you never burn
* Always cover up
* Wear a hat and loose clothing
* Remember to take extra care with children
* Use factor 15+ sunscreen
* Report mole changes or unusual skin growths promptly to your doctor.
* Take care not to burn.
* Keep hydrated

6) Helping our patients
All our receptionists are here to help our patients. They do have a difficult job to do, and at times need to ask questions. They have been trained to make enquiries so that they can help you in the most appropriate way. Please help them by giving them the information they ask for. Should you prefer to speak in private please ask and this will be arranged.