

# FMC NEWS

## Winter 2009

Welcome to the seventh edition of our Patient Newsletter. We are committed to publishing one every quarter to improve communications with our patients. **We have past editions of all newsletters on display in our main waiting area as some of the content may still be of use to patients.**

We are **closed** for TARGET **from 12 noon** on the following dates:

(No closure in December), Tuesday 5<sup>th</sup> January,

Tuesday 2<sup>nd</sup> February, Tuesday 2<sup>nd</sup> March

Please remember that we are **closed every Wednesday** between 12.30pm & 1.30pm.

**Bank Holiday closures:**

Friday 25<sup>th</sup> December, Monday 28<sup>th</sup> December, Friday 1<sup>st</sup> January

# Act Fast!

A stroke is a medical emergency that requires immediate medical attention so recognising the signs and calling 999 for an ambulance is crucial. The sooner somebody who is having a stroke gets urgent medical attention, the better their chances are of a good recovery.

Strokes are caused by a disturbance of the blood supply to the brain. They are the leading cause of disability in the UK and the third most common cause of death after cancer and coronary heart disease.

Only a hospital test can confirm a stroke for sure, but it is important to know the signs. The Face Arm Speech Time test (F.A.S.T) can help you recognise the signs of a stroke. This test was developed by leading stroke physicians and is used by emergency services to help them detect the signs.

**FACE:** Has their face fallen on one side? Can they smile?

**ARMS:** Can they raise both arms and keep them there?

**SPEECH:** Is their speech slurred?

**TIME:** Time to call 999 if you see any single one of these signs.

The best way to reduce the risk of a stroke is to eat a health diet, exercise regularly and avoid smoking and excessive alcohol consumption. For further information visit: [www.stroke.org.uk](http://www.stroke.org.uk)

## Staff News

Congratulations to our Practice Manager Karen Pitts on her recent wedding. Her married name is Mrs Karen Jones.

Well done to Lorraine, a member of our reception team for attending night school to learn sign language. Anyone who requires assistance with communication please ask for Lorraine at the reception desk.

**The practice is normally extremely busy over the festive period so please remember to put in any repeat prescriptions you may require in good time.**

# Chlamydia Testing

In line with Government directives we are now offering every patient aged 15 to 24 a Chlamydia test. Chlamydia is a sexually transmitted infection which often has no symptoms (meaning you cannot see whether you or your partner has it)

Self testing kits, including full instructions are available from our clinical staff or alternatively you can help yourself to one from a box located on the reception desk.

## **What is the test?**

Females use a swab (themselves) to take a sample from their vagina, this is simple and painless, or you can give a urine sample. Males provide a urine sample

## **I had a test a while ago, do I need another test?**

If you have changed your sexual partner since your last test you should be tested again

## **I've only had sex once, or I always use a condom, or I've only had oral sex**

Because Chlamydia is quite common in people aged 15 to 24, even if you think your risk is low we recommend testing for peace of mind

## **What is the effect of Chlamydia if not treated?**

In females Chlamydia may lead to pelvic inflammatory disease, fertility problems, ectopic pregnancy (where the baby grows outside the womb) and chronic pelvic pain. In males Chlamydia can cause testicular swelling, chronic testicular pain and pelvic pain, and might affect fertility

## **How do I get my test result?**

Telephone for the result in 5 to 7 days, after 13:00 on 0113 295 1600.

## **What happens if my test result is positive for Chlamydia?**

We will prescribe a short course of antibiotics to kill the Chlamydia bacteria. If your test is positive you also need to tell anyone that you have had sexual contact with recently so they can be tested too

# Swine Flu Vaccinations

Over the next couple of months we will be running a number of vaccination clinics for Swine Flu. Vaccines will be given first to patients who are most at risk. These patients will be invited to attend to have their free vaccination.

The at risk groups include those patients who for example have chronic heart disease, have a suppressed immune system and pregnant women.

You can find lots more information about Swine Flu and the vaccination program on the following website: [www.direct.gov.uk/pandemicflu](http://www.direct.gov.uk/pandemicflu)

If you suspect you may have Swine Flu telephone the National Pandemic Flu Service on  
**0800 1513 100**

**Watch out for our Spring edition in March 2010!**