

ALL our appointments are in house where the Doctors Know You And You Know Them.

We ensure that all children under the age of 10 years are seen within the same day and where possible within 2 hours.

Repeat Prescriptions Requests

Did you know you can order your regular repeat prescriptions in a few different ways -via our website—www.aireboroughfamilypractice.nhs.uk, via your local pharmacy or by ticking your repeat slip and leaving it with the receptionist. The practice has stopped taking repeats over the telephone to ensure that errors are reduced and you get the correct medication. If you haven't got an on-line password—please see the receptionist who can register you for this service.

Long Term Health Condition—ASTHMA affects your airways—the tubes that carry air in and out of your lungs. In the UK, around 5.4 million people are currently receiving treatment for asthma. That's one in every 12 adults and one in every 11 children. Currently there is no cure for asthma however there are lots of safe and effective treatments available to manage the symptoms.

When someone has an attack it causes their body to react in three ways:

1. the muscles around the walls of the airways tighten so that the airways become narrower
2. the lining of the airways becomes inflamed and starts to swell
3. sticky mucus or phlegm sometimes builds up, which can narrow the airways even more.

These reactions cause the airways to become narrower and irritated - making it difficult to breathe and leading to asthma symptoms, such as chest tightness, wheezing, or coughing.

Tragically, three people die every day because of asthma attacks and research shows that two thirds of asthma deaths are preventable. The reassuring fact is that most people with asthma who get the right treatment - and take it correctly - can manage their symptoms and get on with what they want to do in life— www.asthma.org.uk

Health Factoid—

Something to think about if you suffer from ear infections—wearing headphones or just one hour will multiply the number of bacteria in your ear 700 times.



We are making appointments for you to have your **FLU VACCINE** for 2017. If you are 65+ or have a long term health condition such as Asthma, COPD , Diabetes or Heart Disease , please speak to reception to make an appointment .

Training Afternoons

One Thursday a month, the practice closes in the afternoon for in house training. If you require medical attention, please call 111.

Future dates: 12.10.17, 9.11.17, 11.01.18, 01.02.18,
08.03.18

If you require medical advice out of hours you can call 111 or if you need an ambulance you can still call 999.

Local Rate Telephone Number : 0113 3911950

We are looking for patients who are interested in helping form the future of the NHS and Primary Care through our **Patient Reference Group**. If you would like to know more about this—please ask reception for an application form.

Any Suggestions?? We are always looking for ways we can improve as a practice. If you think there is something we can get better at or improve on we are happy to hear from you.

Please ask at reception for a 'Suggestions' form to complete and hand in.

When you have a cold or flu, antibiotics are not for you!

Antibiotics are important medicines that treat infections caused by bacteria. However some bacteria has become resistant and antibiotics no longer work. If you have a cold or flu you should see your local pharmacist who will offer help and advice and when necessary they will advise to see a doctor. Antibiotics do not work for viruses which cause most coughs, colds and sore throats.

The best way to teat most colds, coughs or sore throats is to drink plenty of water and to rest. Colds can last about 2 weeks and may end with a cough and bringing up phlegm. You should see a doctor if -

- **A cold lasts for more than 3 weeks**
- **You become breathless**
- **You have chest pains or you already have a chest complaint**

Please do not expect a prescription every time you see a Doctor.

HEALTH CHECKS FOR OVER 40's

If you are 40+ we are offering a free health check with Tracy Quiney, our Healthcare Assistant, which incorporates checking for heart disease and diabetes. Afterwards we will send you a health check report which incorporates all of the results so you can see how 'well' you are and what you need to do to remain healthy. Please see reception to book a 20minute appointment.

Health Factoid— Chocolate was used as medicine during the 18th century. It was believed that chocolate could cure a stomach ache. Shame that's not the thought now—



Do you feel low, anxious or depressed? Lonely and isolated?

Would you like to feel more healthy?

Please contact Connect Well—0113 336 7612

connectwell@commlinks.co.uk

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