

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.

New Doctor at Aireborough

We are please to inform you that we have a new doctor as part of our clinical team—Dr Heskey-mee Preston. Dr Preston, who is a registrar, will be with us for the next 6 months whilst she completes her GP training under the Accredited Training Programme. We are sure that you will make her time with us an enjoyable one.

AIREBOROUGH FAMILY PRACTICE COMES OUT TOPS



In a recent NHS Choices Survey, our practice was rated as 6th out of 140 practices across Leeds.

With a score of 93.6%, this places us as amongst the Best in Leeds as well as in the top 25% nationally.

We would like to say a Big Thank You to all our patients who participated in the survey.

Health Factoid— An apple a day can do more than just keep the doctor away, it can also help with claustrophobia. Apparently smelling a green apple will relieve the stress associated with confined spaces, according to research from the Smell and Taste Treatment and Research Foundation. Sniffing a green apple can also prevent headaches and migraines.



Repeat Prescription Requests—Since 2016 we do not take requests for medications over the telephone. You can order items through our website, your local pharmacy or over the counter. If you require an online password for our website, please see reception.

Training Afternoons

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

Please see our notice board or website for future dates

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.

Long Term Health Condition — Diabetes

Diabetes is a life long condition which causes a persons blood sugar levels to become too high. There are two types of diabetes—

- **Type 1**—where the body's immune system attacks and destroys cells that produce insulin
- **Type 2**—where the body doesn't produce enough insulin or the body's cells don't react to insulin. Around 90% of all adults with diabetes have type 2. Many people have the condition but don't realise and is often linked with being overweight.

It is very important for diabetes to be diagnosed as early as possible because it will get progressively worse if left untreated.

You must visit your GP as soon as possible if you experience:

- excessive thirst or tiredness
- urinating more frequently than usual
- weight loss
- blurred vision
- wounds slow to heal.

Everyone with Diabetes has the increased risk of developing diabetic retinopathy, a condition which, if untreated, can lead blindness and annual eye screening looking at the condition of the back of the eye, is provided by NHS to all diabetics. For further information— www.diabetes.org.uk

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— Think Positive -

According to a study from Duke University Medical Centre, heart patients who were more optimistic about their treatment, actually lived longer than those who were more pessimistic in their mindsets. Also, according to findings of a study published in the *European Heart Journal*, people who are optimistic have less chance of suffering from heart disease.



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

Would you like to feel more healthy?

To access this free service, please contact: Connect Well - 0113 336 7612

connectwell@commlinks.co.uk