



Preston Road Surgery Newsletter March 2018

www.prestonroadsurgery.co.uk

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Email: preston_receptionist@gp-j81027.nhs.uk

National No-Smoking Day is Wednesday 14th March



If you would like help to give up smoking please enquire at the surgery about our Smoke Stop Services.

Jo's Cervical Cancer Trust

Around 3,000 cases of cervical cancer are diagnosed in the UK each year. A cervical screening test can aid early detection of the condition.

The NHS offers a cervical screening programme to all women from the age of 25-64. During cervical screening a small sample of cells is taken from the cervix and checked under a microscope for abnormalities.

An abnormal cervical screening test doesn't mean you definitely have cancer. Most abnormal results are caused by an infection or the presence of treatable precancerous cells, rather than cancer itself.

You will be sent a letter confirming when your next appointment is due. It is very important you attend this appointment.

If you have any concerns about this test please speak to a nurse or your GP or for further information and support visit

www.jostrust.org.online

The next Preston Surgery PPG meeting will be held on **March 10th 10am-12pm**
Please inform reception if you would like to attend. Thank you

** STAFF NEWS **

Welcome to:-

Dr Param Sanjeeva GP Registrar
Royal Crescent Surgery

Dr Veronika Rasic GP Registrar
Preston Road Surgery

Rowan Hedley Receptionist
Preston Road Surgery

DCR - Dorset Care Record

Currently, hospitals, social services and GP practices in Dorset hold information about you on various computer systems. The Dorset Care Record (DCR) is a confidential electronic record that will join up these systems to create a more complete and up to date health record about you.

Health and Social Care (H&SC) professionals who work with you to provide your care already keep records about the treatment and support you receive. Having this information available in one record will help H&SC professionals to work together more effectively to ensure you receive the best quality care possible.

Everyone will have their own record in the DCR containing information about their personal health and care needs. Only minimal data such as your NHS number, gender and date of birth will be visible until you give consent to share your record.

When you have an appointment with someone involved in your care, you will be asked if you give consent for your record to be viewed. Whilst most people will be happy for information to be shared which will improve the quality of care provided to you, there may be times when you decline consent or decide to Opt Out.

Opting out means your record will be hidden and will not be accessible to any H&SC professional, even in a medical emergency.

Further information about the DCR can be found in the surgery or by visiting www.dorsetforyou.gov.uk/dorset-care-record

The Dorset Care Record - for joined-up healthcare in Dorset

Sugars Running High?

Worried about Keytones?

Having Hypos?

Sick day rules?

Not sure what to do with your insulin doses?

If you have diabetes, are unwell and your glucose levels are running too high or low,

Dorset County Hospitals Diabetes Nursing team can help.

The team are extending their telephone advice service to the weekend.

Just call on 01305 255342
between 8am and 5pm.

Did You know?

CALL 111 When you need urgent medical advice but it's not a **999** emergency.

You can visit the **Urgent Care Centre** at Weymouth Hospital for minor injuries or urgent medical problems when the surgery is closed. Open 8am-10pm 7 days a week.

If you wish to change your allocated GP, please put your request in writing stating the reason you wish to change your GP.

If you have regular blood tests, please help to keep the phonelines free by signing up for Patient Online Services. You will have access to all your blood test results and any message from your GP about the results.

You can use an app on your phone to book appointments and request prescriptions.

For information on which Dental Practices are taking on new patients or if you need an emergency dentist call 111

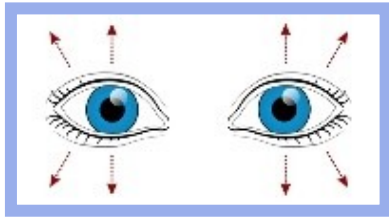
Are you the main carer for someone? Have you joined our Carers group? Please ask for Hannah at the surgery for further details.



Have you exercised your eyes today?

Deliberately exercising your eyes is one of those simple things that very few people do, but which can help to maintain great vision.

1. Blink for two minutes. This exercise helps to regulate blood circulation inside your eyes.



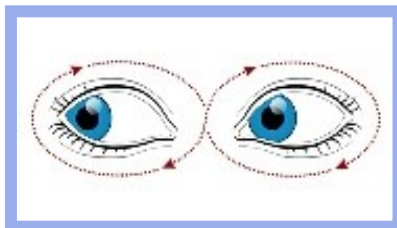
2. Rotate your head in a circular motion while staring ahead. First from right to left, then up to down. This increases the blood circulation in your eyes.

3. Look to your right, then slowly move your gaze left. Then do the same thing in the opposite direction.



4. Close your eyes and relax. Darkness is believed to help strengthen the photoreceptor cells in your eyes, which in turn can help maintain clear vision.

5. Move your gaze in various different directions. Look right to left, up and then down; turn your eyes in circular motion; draw a figure eight.



6. Close your eyes tight for three to five seconds, then open them. Do this seven times. This helps to relax your eye muscles and increases blood circulation to your eyes.

7. Lightly push against your temples with your fingers. Maintain this pressure for around two seconds. Repeat four to five times. This improves the flow of intraocular fluid.

8. Strengthen your eyes' near and far focusing.

Place your thumb about 10 inches in front of your face and focus on it for 10-15 seconds. Then, focus on an object that is 10-20 feet in front of you without moving your head. Focus on the object for 10-15 seconds.

After 10-15 seconds, refocus on your thumb. Practice this five times.