

WELCOME TO OUR **Autumn 2009** NEWSLETTER.



Autumn is arriving after a very busy summer and we welcome Dr Sabina Ilyas who will be covering Dr Meera Dodhia while she is on maternity leave.

### Weight Management Clinic

If you are worried about your child being overweight please book an appointment with a nurse/GP for diet and exercise advice. They can also refer you to our new weight management clinic for children run by the dietician.



### Flu Campaign

Yes, it is that time of year again... Flu Vaccinations are available in the surgery from 28<sup>th</sup> of September.



#### AM I ELIGIBLE FOR VACCINATION?

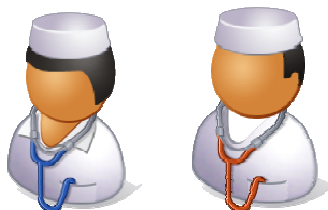
All patients who are 65 and over or suffer any of the following conditions: diabetes, heart disease, asthma requiring inhaled or oral steroids, bronchitis, renal failure, liver disease, kidney disease, previous stroke or neurological disease or a disease affecting the immune system are invited for their free flu jab.

Please book a flu appointment at the reception if you are eligible.

Please note these vaccinations are for the annual seasonal flu - **not** for swine flu. There will be more information on the national swine flu vaccination programme in due course.

### Medical Students

We are a teaching practice and have medical students here from time to time learning clinical skills and the way a GP surgery operates. When you see a doctor you may be asked if you would mind if the student is present. We hope you don't.



### Practice Based Commissioning

Practice Based Commissioning (PBC) is a system of reforms that enables GPs to redesign and develop services in the community that better meet the needs of their patients. Islington, for example, have with local GPs launched a Community ENT (Ear, nose and throat) Service with a maximum waiting time of 4 days for an urgent appointment. The GPs at the Goodinge Group Practice are actively engaged in supporting these services.

If you would like to join a patient feedback group and are interested in working in partnership with NHS staff to improve and develop new and existing local services there is a meeting on 1<sup>st</sup> October. Ask Sheetal for details.

### CERVICAL SMEARS

All women aged 25 to 64 should have regular smear tests.

The test is free on the NHS. Cervical smear tests are done to prevent cancer of the cervix. Most smear tests are normal. If abnormal cells are found they can be treated before they turn to cancer. An abnormal smear result does not mean cancer in the vast majority of cases. Treatment can be given to prevent cancer from developing in women with abnormal cells. So, a cervical smear aims to prevent cancer and not to detect cancer. Smear tests can be done at the surgery by booking an appointment with the practice nurses.



**WISHING YOU A HAPPY AND HEALTHY AUTUMN!!**