

WELCOME TO OUR **SUMMER** NEWSLETTER.

Happy summer!!!! Hope you will all have a chance to “get away” to your destination of choice during the next few weeks.



Whilst most enjoy the summer sun, high temperatures can pose a significant risk to health. Those most at risk from the sun include children under 4, people over 65 whose bodies adapt more slowly to the change in temperature. Babies are particularly vulnerable to heat as their sweat glands are not well-developed. It is important not to wrap them up in blankets or heavy clothing when it is hot but is equally important to ensure that they are not exposed to direct sunlight.

Also remember that sitting under a hot sun for too long can be hazardous, so be sure to apply plenty of sun block to exposed skin. Also wear a hat with a brim or a flap that covers the ears and the back of neck - these areas can easily be sunburnt.

WELCOME

We welcome **Dr Meera Dodhia** as a GP Partner who joined us from May 2008. Dr Dodhia replaces Dr Tatham who retired from the partnership recently.

We also welcome **Joan McErlane** and **Carol Doolan** who have recently joined our reception/admin team.

TELEPHONE APPOINTMENTS

The Goodinge Group Practice has introduced telephone appointments to save patients travelling unnecessarily to the surgery. If you do not need to see the GP for a face-to-face consultation then please book a telephone consultation. Speak to our reception team for more details.



E-MAIL ADDRESSES

We are looking forward to starting an e-mail correspondence service in the near future. If you would like us to contact you by e-mail please give us your e-mail address.



IMPORTANT REQUEST

If you have received a letter from the Islington PCT regarding confirming your address or completing the ethnic origin form, please do reply to these letters as it will help the practice.

OVER-WEIGHT

Summer is a great time for eating fresh salads and fruit, which we would recommend you do, because studies have shown that if you are over-weight you have an increased risk of developing various health problems. If you are concerned about this we can help. Please make an appointment with the nurse, who can assess your eating and activity habits and make suggestions on how to make positive changes.

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.

