



GOODINGE GROUP PRACTICE

## WELCOME TO OUR FIRST NEWSLETTER OF 2007.

We're pleased to announce that Dr Sarah Humphery has given birth to a boy and both mother and baby are very well. Dr Humphery will now be on maternity leave until the summer but we welcome Dr Meera Dodhia who will be starting with us in February to cover Dr Humphery's absence.

### The Goodinge Website!!!!

The Goodinge is always interested in using new technology to make life easier for our patients and ourselves so in the last few weeks we have launched our own website. It holds lots of useful information, even has a picture or 2 of some of the staff here and you can even sign up to have the option to book appointments online. Please check out:

[www.goodingegrouppractice.com](http://www.goodingegrouppractice.com)



### Cervical smear tests

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. Abnormal cells indicate that cancer **may** develop sometime in the future.

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 appointment with the practice nurses.

### Contraceptive Services

At the surgery we offer contraceptive services ranging from the pill that you need to take on a daily basis, to longer acting contraceptives such as the implant and the depo injection. Condoms are also available.

Dr Ng is trained in insertion and removal of contraceptive implants. Which are highly effective at preventing pregnancy. The implant is inserted just under the skin of the arm and only takes a few minutes to do. It can be removed at any time. Please ask reception for details.

### Stop smoking clinic

In the 7 months that she's been here 115 of our patients have now stopped smoking and our smoking cessation advisor Shirley has helped many of them to quit. **Well done Shirley!!!!**



If one of your New Year resolutions is to kick the habit then please book an appointment to see Shirley. Ask one of our Reception staff or pick up one of our advice leaflets.

Alternatively call the Smokers Helpline on FREEPHONE 0800 093 9030

### Patient Survey

The Government are conducting a national patient survey asking your views about your GP Practice. If you receive one of these forms from Ipsos MORI it would really help the Practice if you would complete and return it. It will only take a couple of minutes. Thanks.

### New Year Resolution

As a team the practice strives hard in achieving the high standard of care for all our patients. We are constantly looking to improve our services and would welcome any patient suggestions to the practice manager.

**Wishing you a happy and healthy 2007**