



Knitwick Surgery Newsletter



March/April 2018



Drs Bywater, Salter & Hinton

Issue 41



This month we welcome our new practice nurse Tracey Wills. Tracey comes to us from a busy surgery in Kidderminster. We are certain she will soon get use to our slower pace of life.

You may also have noticed a familiar face amongst the team recently. Sharon Salter (Dr Salter's wife) has been helping us out until Tracey starts.

Sharon will continue to run an asthma/COPD clinic a couple of times a month.



Easter Long Weekend



EASTER HOLIDAY CLOSING TIMES

THE SURGERY WILL BE **CLOSED** FROM

19:00 THURSDAY 29TH MARCH —

08:00 TUESDAY 3RD APRIL 2018.

DON'T FORGET TO PUT YOUR ORDER IN FOR MEDICATION **EARLY** IF YOU ARE GOING TO RUN SHORT OVER THE HOLIDAYS.

Sleep & Dreaming Facts

The colder the room you sleep in, the better the chances are that you'll have a bad dream.

The 3 things pregnant women dream most of during their first trimester are frogs, worms and potted plants.

Sleeping less than 7 hours each night reduces your life expectancy.



Medicines cost money

NHS England consults on saving £136 million in prescription costs

STOP before you ask for your medicines

THINK what medicines do you really need?

GO tick the repeat slip to order

Only order what you need

A public consultation has been launched to reduce prescriptions for some over the counter medicines. This could free around £136 million to use on other services.

The NHS each year spends:

- £4.5 million on dandruff shampoos – enough to fund a further 4,700 cataract operations or 1,200 hip replacements every year
- £7.5 million on indigestion and heartburn – enough to fund nearly 300 community nurses
- £5.5 million on mouth ulcers – enough to fund around 1,500 hip replacements

If patients were to self-care for these three conditions alone, it would save the NHS £17.5 million allowing funds to be diverted to other areas.



SEE BACK PAGE FOR MORE DETAILS

Famous Birthdays this month
March
Prince Edward
10/3/1964
April
Charlotte Bronte
21/4/1816



Diabetes?

Attending Diabetic Eye Screening reduces your risk of sight loss

Detect, protect, keep your vision safe

**CITIZEN'S ADVICE
NEW
TELEPHONE NUMBER
01684 563611**

**DON'T FORGET:
WE HAVE A CITIZEN'S ADVICE
DROP IN SESSION AT THE
SURGERY EVERY FRIDAY
MORNING.**

Being socially active helps to improve wellbeing and health - so Knightwick, Great Witley and Tenbury Surgeries are joining forces to collect information about local community groups - to compile a list of activities, hobbies, services, support networks and social get-togethers - Join our list!

Are you involved in groups that you think could be of benefit to other members of the community?

Please contact Vanessa Whiteman at Knightwick Surgery on 01886 821279.



Dental emergency and out-of-hours care

If you think you need urgent care, contact your usual dentist as some practices offer emergency dental slots and will provide care if clinically necessary.

You can also call NHS 111, who can put you in touch with an urgent dental service.

Do not contact your GP, as they will not be able to offer urgent or emergency dental care.

When to go to A&E

Only visit A&E in serious circumstances, such as:

- severe pain
- heavy bleeding
- injuries to the face, mouth or teeth

If you're not sure whether you should go to A&E, contact NHS 111, who will be able to advise you. Find out when to dial 999.

How much will I be charged?

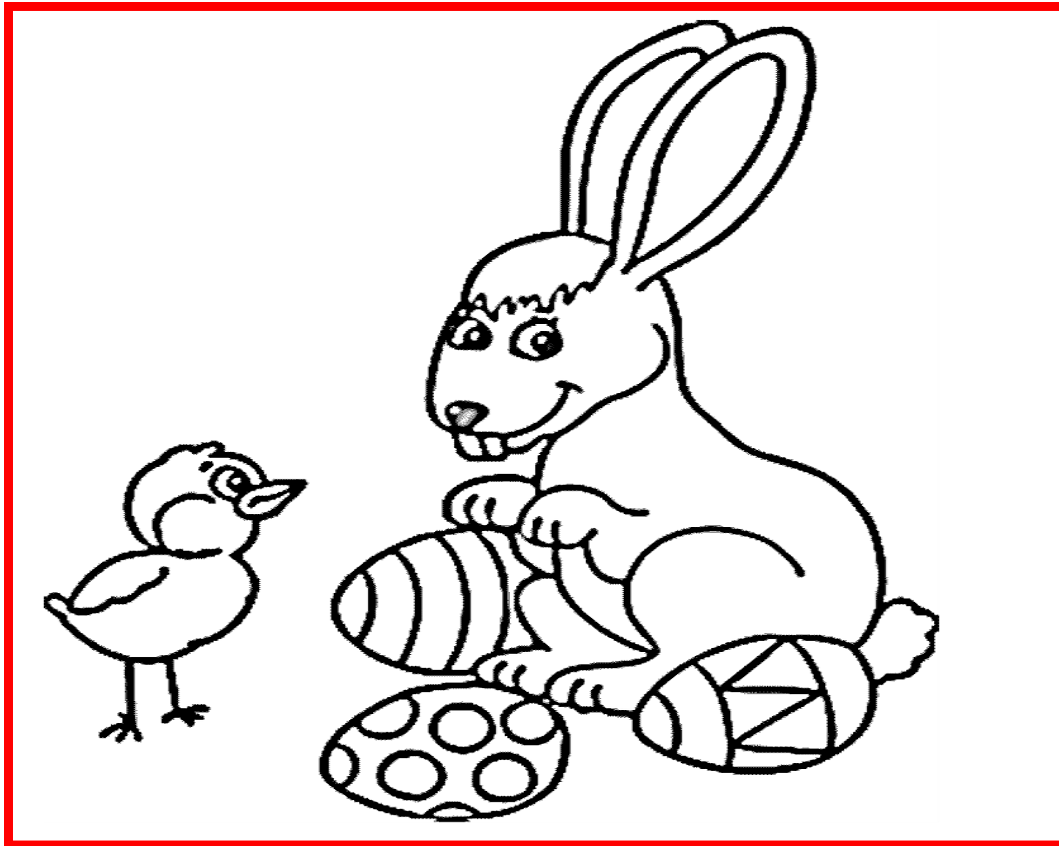
The emergency dentist will only deal with the problem at hand and provide clinically necessary treatment to stop any pain. An urgent dental treatment will always be charged at Band 1 (£20.60) .

If you are entitled to free NHS dental care, you should be able to claim back the cost of any treatment. Ensure you keep all receipts.

If you are asked to come back for further treatment, this will be considered to be a separate course of non-urgent treatment. You will have to pay the relevant charge for the new course of treatment.

Ask the dentist what the treatment will cost or whether you can have a treatment plan.

Childrens Corner



focus on DIABETIC RETINOPATHY

Diabetic retinopathy is a complication of diabetes, caused by high blood sugar levels damaging the back of the eye (retina). It can cause blindness if left undiagnosed and untreated.



However, it usually takes several years for diabetic retinopathy to reach a stage where it could threaten your sight.

To minimise the risk of this happening, people with diabetes should:

- ensure they control their blood sugar levels, blood pressure and cholesterol
- **attend diabetic eye screening appointments – annual screening is offered to all people with diabetes aged 12 and over to pick up and treat any problems early on.**

Diabetic eye screening

Everyone with diabetes who is 12 years old or over is invited for eye screening once a year.

Screening is offered because:

- diabetic retinopathy doesn't tend to cause any symptoms in the early stages
- the condition can cause permanent blindness if not diagnosed and treated promptly
- screening can detect problems in your eyes before they start to affect your vision
- if problems are caught early, treatment can help prevent or reduce vision loss

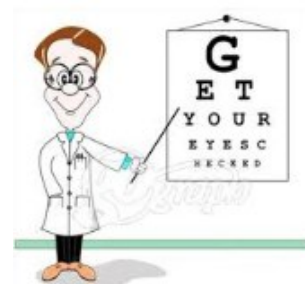
The screening test involves examining the back of the eyes and taking photographs. Depending on your result, you may be advised to return for another appointment a year later, attend more regular appointments, or discuss treatment options with a specialist.

Treatments for diabetic retinopathy

Treatment for diabetic retinopathy is only necessary if screening detects significant problems that mean your vision is at risk.

The main treatments for more advanced diabetic retinopathy are:

- laser treatment
- injections of medication into your eyes
- an operation to remove blood or scar tissue from your eyes



For feedback / comments about this Newsletter, please contact Karen Pattinson on 01886 821279 or email karen.pattinson@nhs.net A large print format is available on request. This Newsletter will also be available on the local Clifton on Teme website

