

## Changes to Antenatal Care

Harrogate Hospital has recently introduced a new early screening programme for Down's Syndrome which includes measurement of nuchal fold thickness on ultrasound at around 12 weeks. This means that it is important that you arrange to see your GP as soon as you find out you are pregnant so that you can get information about the screening and make an early appointment to discuss the testing with a midwife, ideally at 6-7 weeks of pregnancy.

**Please ensure you see your GP as soon as you find out you are pregnant**

## PRESCRIPTION NEWS

- The prescription charge is going up to £7.40 per item from 1<sup>st</sup> April. If you are not entitled to free prescriptions and get four or more prescription items every 3 months it is a cheaper option to obtain a Pre-Payment Certificate. Ask your Community Pharmacist for details.
- Did you know that you can order repeat prescriptions online? You can also make appointments online. Please ask at reception for further details.
- It is also possible to organise for a particular pharmacy to pick up your prescriptions. Please let us know your preferred pharmacy by completing a form at reception.
- Please ensure that you book a GP appointment when your medication review date comes up. We need to assess the continuing appropriateness and safety of your medications. It is an opportunity for you to ask your GP questions about your treatment.

## No Smoking Day – Wednesday March 9<sup>th</sup>

**It's never too late to quit!**

**Our Practice Nurses are trained to support patients who want to stop smoking and can prescribe medication that can help you to stop. When you are ready to quit please make an appointment with a Practice Nurse to discuss the options. There is also a specialist stop smoking clinic at Mowbray Square Medical Centre run by Chris Walmsley, specialist smoking adviser, every Wednesday afternoon from 2.30-4.30pm. Many pharmacies (including Cohen's at MSMC) also offer a free stop smoking service. Vouchers for nicotine replacement are issued free of charge. YOU ARE 4 TIMES MORE LIKELY TO SUCCESSFULLY STOP SMOKING WITH MEDICATION & SUPPORT!  
See <http://www.nosmokingday.org.uk/>**

## **Chlamydia Screening Available for 16-25 year olds**

Chlamydia testing is available to anyone (male or female) between 16 and 25 years who would like it. It is a simple urine test. It is completely confidential. Testing packs (in blue bags) are available in the patient toilet on the surgery corridor and at reception. A form needs to be filled in and then the sample should be either handed in at reception or posted off. You will be contacted with the result and treatment will be organised if needed.

***Have you any ideas on new services we could offer or ways we can improve our surgery? All suggestions are welcome!***

## **St Luke's Surgery**



## **Newsletter**



**Spring 2011**

## **Contacting the surgery**

St Luke's Surgery

Mowbray Square Medical Centre

Harrogate

HG1 5AR

Tel: 01423 503035

Fax: 01423 562665

Email: [stlukesadmin@gp-b82076.nhs.uk](mailto:stlukesadmin@gp-b82076.nhs.uk)

Have you looked at our website?

[www.stlukesdoctors.co.uk](http://www.stlukesdoctors.co.uk)

## **Out of Hours Services**

To speak to or see a doctor at night or at weekends please telephone **0845 0568060**

The service is open 6pm-8am on weekdays and 24 hour cover on weekends and Bank Holidays.

## Surgery Opening Times

Monday	7:00am-8:00pm*
Tuesday	8:00am-6:00pm
Wednesday	8:00am-6:00pm
Thursday	8:00am-6:00pm
Friday	8:00am-6:00pm

\*Extended hours for people who work

## Phlebotomy Service

There are two options for getting blood tests taken:

**Mowbray Square Medical Centre** - Ground floor from 8am to midday every weekday.

**Harrogate Hospital** – 8.30am - 4.30pm weekdays. These are drop in sessions – you need an ICE blood form – please ask at reception.

**Urine Containers** – please ask at reception if you need a sterile container for a urine sample.

**Chaperones** – If anyone would like a chaperone to be present during a clinical examination please mention this when you book the appointment so that we can arrange for a member of staff to be available. If the need for an examination arises unexpectedly during the consultation please tell the doctor if you would like a chaperone and we will do our best to provide one.

## Staff News

Our “**Employee of the Quarter**” for the Jan-Mar quarter is **Cheryl Taylor**- Medical Secretary. Well done Cheryl!

## Feedback on the Patient Newsletter

We always welcome feedback from patients. If you have any comments (positive or negative) about the newly launched newsletter please contact Leanne Ashton (Practice Manager). Any suggestions for topics to be covered in future issues would be gratefully received.

## Health Advice for Travellers

**As summer approaches it is likely that holidays abroad are being planned. Did you know that we offer a travel service for our patients?**

Please book a telephone appointment with one of our Practice Nurses to discuss your trip. They can then arrange a surgery appointment to administer whatever immunisations are required and offer general travel advice including sun protection, precautions to avoid traveller’s diarrhoea, malaria prophylaxis etc. **It is advisable to make your enquiry at least a month before departure and earlier if backpacking or with a complicated itinerary.**

Some of the vaccines are available on the NHS and others such as rabies and yellow fever are only available on private prescription and are fairly expensive. Immunisation is advised as these are life threatening conditions.

The recommended prophylactic antimalarial tablet varies according to your destination. Some are available to purchase without a prescription from a community pharmacy but others need a private prescription.

**Please note that Hepatitis A immunisation lasts for 20 years but full protection requires 2 doses. Any patients who have had a single dose only should book an appointment for a booster.**

## UPDATE ON EMERGENCY CONTRACEPTION

**Emergency hormonal contraception or EHC (the “morning after” pill) is more likely to be effective if taken as soon as possible after unprotected sex.** Levonorgestrel (Levonelle) is licensed for up to 72 hours and there is now a new product, ulipristal (EllaOne) that can be

used up to 120 hours after sex. However, we always advise anyone to seek emergency contraception as soon as possible after the event. Urgent appointments are available every weekday at the surgery. EHC is also available from the Out of Hours services at weekends.

**Did you know that you can obtain EHC from pharmacies? Cohen’s Pharmacy at Mowbray Square Medical Centre offers free EHC to females aged 14 to 24 years without the need for a prescription. They also offer a confidential pregnancy testing service.**

## Does long term aspirin prevent cancer?

In January this year the Lancet published a meta-analysis which re-analysed trials of aspirin for prevention of cardiovascular disease to investigate whether aspirin also prevented death from cancer<sup>1</sup>. It showed a 21% reduction in cancer deaths in patients taking aspirin for 6 years. This study was widely publicised in the lay press and patients have come to ask us whether they should start to take aspirin to reduce their risk of cancer.

An editorial in the BMJ looked at the study more closely and came to the verdict that it is too soon to recommend aspirin widely to everyone<sup>2</sup>. There were a number of flaws in the meta-analysis which weakened its results. The beneficial effects are less impressive than they initially appear – 25,750 patients had to take aspirin for 6 years to prevent 20 cancers – and the risks of bleeding on aspirin are significant – there were 100 extra serious bleeds.

We would advise any patients to discuss the likely benefits and risks with one of the doctors before deciding to take OTC aspirin. There are further studies currently in progress which will hopefully clarify the situation.

Refs:

1. Rothwell et al. Lancet 2011;377: 31-41
2. Moayyedi & Jankowski BMJ 2011;342:5-6