



Newsletter - Winter 2016

Vitamin D



Vitamin D is required If you shun the sun, suffer from milk allergies, or adhere to a strict vegan diet; you may be at risk for vitamin D deficiency. Known as the sunshine vitamin, vitamin D is produced by the body in response to skin being exposed to

sunlight. It is also occurs naturally in a few foods -- including some fish, fish liver oils, and egg yolks -- and in fortified dairy and grain products.

Vitamin D is essential for strong bones, because it helps the body use calcium from the diet.

Did you know the new Public Health guidelines encourage everyone over the age of five living in the UK to consider boosting their vitamin D levels during the winter and autumn months by taking a daily supplement of 10 micrograms of vitamin D from October to March. Those who don't get out in the sun or always cover their skin when they do go out should consider taking supplements throughout the year. Please note these supplements are NOT available on prescription but can be bought at all local pharmacies at a very reasonable price.

New Prescription Desk

Thanks to your constructive feedback to Dr. Dent, we now have a dedicated prescription desk for all medication queries and collection of paper prescriptions. You will still need to order your repeat prescriptions in the usual manner. The aim is to streamline our prescription service enabling us to serve you, our patients, in the best way we can, so please continue to inform us about your service.



Direct Prescription query line: 01296 468585

Healthwatch Bucks



This organisation exists to support your voices and help improve your

local health and social care services, championing patient experience at all levels. We talk to the people that run your health and social care services, including hospitals, dentists, GPs and care homes. We use your feedback and our independent reports to help shape health and social care services in Buckinghamshire. Our vision is that everyone who needs them experiences high quality health and care services in Buckinghamshire.

www.healthwatchbucks.co.uk

Blood Pressure Machine

There is a blood pressure monitoring machine in reception for patient's use at any time. The machine is very simple to use, the instructions are explained clearly on the machine, or feel free to ask one of the team to help. Once you have completed the check, please leave your results ticket in reception after adding your name, date of birth and registered GP to the back. They will be added to your notes for your doctor's attention. The machine is available during practice opening times Monday to Friday.



The Practice will be closed as follows:

Friday 23rd December between 1230 - 1400

Monday 26th December - all day

Tuesday 27th December - all day

Monday 2nd January - all day

Thursday 19th January 2017 - 1230 -

1930 for training. If you need a doctor for a medical emergency please contact 111. The surgery re-opens on Friday 20th January 2017 at 0730



Poplar Grove Practice
Meadow Way
Aylesbury HP20 1XB

Tel: 01296 468580
Fax: 01296 398771

Open Mon - Thurs
0730-1930
Fri 0730-1830

Call Poplar Grove
AM - 0800 and 1230
PM - 1400 and 1830

Easy Accessible Healthcare Advice for minor ailments ... see your local Community Pharmacist



Are you having problems getting an appointment with your GP that is convenient for you? Are you concerned about any of the following ailments and need a healthcare professional's advice? Then consider your local Community Pharmacist. They are fully trained to deal with most minor ailments and can recommend a vast array of products that can be bought (OTC) Over The Counter. Quite often these OTC products are cheaper than a prescription charge. The following are a list of some of the common conditions they can provide advice on:

acne	athlete's foot	back ache
cold sores	constipation	cough/colds
diarrhoea	ear ache	eczema
allergies	haemorrhoids	hay fever
headache	head lice	indigestion
mouth ulcers	pain	nasal congestion
period pain	hrush	sore throat
threadworms	warts/verruucas	

Most local Pharmacies are open extended hours and over the weekend. If your pharmacist feels that it is better for you to see your GP then they will refer you directly or advise you to make an appointment with your GP.

Some of the screenings offered by the NHS

NHS Health Check



The NHS Health Check is your chance to get your free midlife MOT. For adults in England aged 40-74 without a pre-existing condition, it checks your circulatory and vascular health and what your risk of getting a disabling vascular disease is. This guide explains what happens at the check, when and how you get one, and how to lower your risk.

How do I get an NHS Health Check?

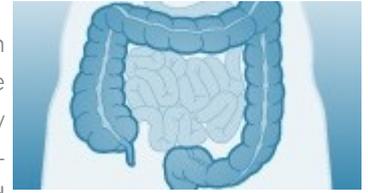
If you're in the 40-74 age group without a pre-existing condition, you can expect to receive a letter from your GP or local authority inviting you for a free NHS Health Check. Don't worry if you haven't got your invitation yet, as you will be invited for one over the next few years.

Why should I get checked?

As we get older, we have a higher risk of developing something dangerous like high blood pressure, heart disease or

type 2 diabetes. Your NHS Health Check can spot early signs and help prevent these happening to you, which means you'll be more likely to enjoy life for longer. Start by taking the online heart age test to see how healthy your heart is.

Bowel Screening



Bowel cancer is the fourth most common cancer in the UK. If it's detected at an early stage, before symptoms appear, it's easier to treat and there's a better chance of surviving it. To detect cases of bowel cancer sooner, the NHS offer bowel cancer screening to adults registered with a GP in England:

All men and women aged 60-74 are invited to carry out a faecal occult blood (FOB) test. Every two years, they're sent a home test kit, which is used to collect a stool sample.

Abdominal aortic aneurysm (AAA) screening



is a way of detecting a dangerous swelling (aneurysm) of the aorta – the main blood vessel that runs from the heart, down through the abdomen to the

rest of the body.

When AAA screening is offered

Men aged over 65 are far more likely to have an AAA than women or younger men – so any man registered with a GP will receive a letter inviting him for screening in the year he turns 65. Men aged over 65 can request a scan by contacting their local AAA screening service directly.

Breast Screening



Breast screening is currently offered to women aged 50-70 in England. However, the NHS is in the process of extending the programme as a trial, offering screening to some women aged 47-73.

You will first be invited for screening between your 50th and 53rd birthday, although in some areas you'll be invited from the age of 47 as part of the trial extension of the programme.

You may be eligible for breast screening before the age of 50 if you have a higher-than-average risk of developing breast cancer. If you're over the age of 70, you'll stop receiving screening invitations. However, you're still eligible for screening and can arrange an appointment by contacting your local screening unit.



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PRACTICE

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