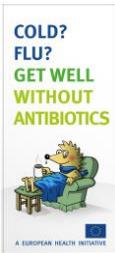


THE WILSON PRACTICE

Patient update 13 October 2020



Take care – not antibiotics

It is **World Antibiotic Awareness Day on 18 November** – but we are keen that our patients are aware *every day* – that antibiotics are not a remedy for colds or flu viruses – and that the over-use of antibiotics is making them less effective for everyone when we need them. When your GP advises keep warm, rest up and take plenty of fluids, please heed that advice. You will start to feel better sooner – an antibiotic is not the answer.

'Hungry for change - *making healthy diet and lifestyle changes*' a one-off web-based 'webinar' for people with type 2 diabetes:

Tues 8 December 6:30 – 7:30pm

The specialist diabetes team at Southern Health has arranged a great new, one-off, web-based event for **patients with Type 2 diabetes**. It is being delivered by Georgette Alayyan, senior specialist dietician and Imogen Kirby, community dietician. For more information and to register for your Zoom link, please email SHFT.NHdiabetes@nhs.net.

Primary Eyecare – for urgent eye concerns

If you develop painful or red eyes or eyelids, a sudden loss of vision or if you get a foreign body in your eye or experience flashes or 'floaters' across your vision, there is now a central service to call. It has been developed by optical practices as a co-ordinated Covid-19 response to ensure patients get timely eye care without having to contact a GP surgery or hospital. It starts with a telephone triage process and may result in a telephone or video consultation or a face-to-face appointment. Urgent cases are assured an appointment within 24 hours. The number to call is:

Primary Eyecare Service: 0300 303 4922 (Mon – Sat: 9am – 5pm)

There is a leaflet with more details on the News page of our website (www.wilsonpractice.co.uk).

Self care for life

This week is **self care week**. Our GPs, nurses and the whole team are here when they need them – but there is also lots that everyone can do to help themselves and their families stay well, or get better if they are under the weather. Sorting out the medicine cabinet is a good place to start – and there is helpful advice on many aspects of a healthy lifestyle at www.nhs.uk/live-well/. The NHS website is also a great place to start if you have concerns about a specific condition.



Breast cancer screening (mammogram) update

The mobile screening unit went into lockdown in March and got back on the road in August. The team is now playing catch-up – following its scheduled route round the area, but about 16 weeks behind. Ladies are seen once they are 50 and the unit is in their area; they have to be seen before they are fifty-two and three-quarters. With the catch-up, some are being called for slightly before their 50th birthdays and some a while after. You will hear when your turn comes; we have not yet been advised when the van will be back in Alton.

TRUSTED MEDICAL WEBSITES include:

- ✓ what0-18.nhs.uk – for children's symptoms
- ✓ www.nhs.uk