



MISSED

APPOINTMENTS

Since October this year, 154 patients have failed to attend either a GP or a nursing appointment at the surgery. This equates to over ten full surgeries.

It is very important that you let us know if you are unable to attend your appointment so that we may offer it to someone else.

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Welcome



Welcome to the latest edition of the Rectory Meadow Surgery Newsletter. This month we have articles about the new NHS Health Checks initiative, Dr Chan's London Marathon in aid of the local Scannappeal charity as well as a re-

minder to all patients in "at risk" categories who have yet to have their 'flu vaccination. Time is running out!

Also on behalf of all the staff and GPs at the Practice we would like to say a big "Thank You" to all our patients who generously gave us Christmas gifts of chocolates, biscuits, wine and cakes. It should keep us going well into the New Year

and we are very grateful for your generosity.

As always, please keep the suggestions coming for future editions as we are always grateful for input and articles for our newsletter from patients as well as staff.



Dr Vivien Carter - Partner

I grew up in a large family near Hornchurch in Essex and had the experience of a mixed cultural upbringing, my mother being from South Korea and my father being English. I enjoyed a very happy and carefree childhood, attending my local grammar school before going on to study medicine at The Royal London Hospital.

I was undecided about my initial career path but after some dabbling in surgery, I commenced my training for general practice in 1986 at Rectory Meadow. My trainer was our be-

loved Bryn Neal, our ex-senior partner and valued friend! I became a Partner at the conclusion of my training in 1986 and my special interests include women's health and musculoskeletal medicine.

I became a trainer in 1995 training qualified doctors who wish to become GPs. I currently work 5 sessions per week at the Practice to enjoy both work and a full family life.

I've lived in Amersham for many years and I am married to Tim, a local dentist. We have 5 chil-

dren between the ages of 4 and 16 to keep us both busy. I am a keen tennis player, playing for Chesham Bois and I also enjoy playing the fiddle with the Chiltern Camerata. I am also involved in the children's teaching within my local church.

Despite my age and all my experience of life, I still remain passionate about the quality of care and the way in which we practise medicine at Rectory Meadow and will always view it as a privilege to have been involved in the care of our local community.

Sorry WE'RE
CLOSED

Staff Training

The surgery will be closed from 1pm for staff training on the following dates: -

- **18 January 2012**
- **16 February 2012**
- **21 March 2012**

Should you need a doctor urgently, and it cannot wait until the surgery is open again at 8.30am the following day, please call Bucks Urgent Care, our Out of Hours Provider, on 0300 130 3035.

Requests for repeat prescription, test results and other Non-urgent matters should wait until we are open again the following morning.

Forms News

'We are most indebted to these patients who raise funds for the practice.'



FORMS—Friends of Rectory Meadow

Surgery

The Friends of Rectory Meadow (FORMS) is an independent organisation whose role is to provide much needed additional funding to support and extend facilities available to doctors and staff at the surgery. We are most indebted to these patients who raise funds for the practice. Any contributions received

go towards the cost of adding to or replacing essential medical equipment for the sole benefit of our patients. To join FORMS, please telephone Eveline Noyes, membership secretary, on 01494 784748.

Thank you to everyone who attended FORMS annual Christ-

mas Fayre. Please watch our notice board in reception for future dates from your diary.



Seasonal 'Flu Campaign—Final Call!

We are coming to the end of our Seasonal 'Flu campaign for 2011-2012 and would urge anyone who is entitled to a free vaccination who has not already had one, to make an appointment with our Practice Nurses.

Am I at greater risk from the effects of seasonal flu?

Even if you feel healthy, you should definitely consider having the free seasonal flu vaccination if you have: -

- a heart problem

- a chest complaint or breathing difficulties, including bronchitis or emphysema
- a kidney disease
- lowered immunity due to disease or treatment (such as steroid medication or cancer treatment)
- a liver disease
- had a stroke or a transient ischaemic attack (TIA)
- diabetes
- a neurological condition, for example multiple sclerosis (MS) or cerebral palsy
- a problem with your spleen, for example sickle cell disease, or you have

had your spleen removed. You should also have the seasonal flu vaccination if you:

- are aged 65 years or over;
- live in a residential or nursing home;
- are the main carer of an older or disabled person.

To have your 'flu vaccination, please call reception and make an appointment with our practice nurses before our supplies run out.



NHS Health Check

Helping you prevent heart disease, stroke, diabetes and kidney disease



Our practice is taking part in a new disease prevention programme – the ‘NHS Health Check’.

An NHS Health Check aims to help your lower your risk of four common but often preventable diseases: heart disease, stroke, diabetes and kidney disease. It's for adults in England aged between 40 and 74 who haven't already been diagnosed with any of those four diseases. If you're eligible for an NHS Health Check, we will be inviting you for a check within the next five years. At the check, your risk of heart disease, stroke, kidney disease and diabetes will be assessed, and you'll be offered personalised advice and support to help you lower that risk.

What will happen at the NHS Health Check?

There are two parts to NHS Health Check. First, you will be asked a few simple questions and have a few straightforward health tests. These will allow an assessment of your risk of developing four diseases: heart disease, stroke, type 2 diabetes and kidney disease.

The check will take around 20-30 minutes:

- You'll be asked some simple questions about your family history, and any medication you're taking.
- Your height, weight, sex, ethnicity and age will be recorded.
- Your blood pressure will be taken.
- A simple blood test will check your cholesterol level.
- Your body mass index (BMI) will be calculated. BMI is a measure of whether you're a healthy weight for your height.
- You'll be given advice and support on maintaining good health, and on lifestyle changes that will help you to improve your health. If necessary, you'll be offered treatments that will help: for example, medicine to lower raised blood pressure.

Why is the NHS Health Check important?

An NHS Health Check will help to identify your risk of developing heart disease, stroke, type 2 diabetes or kidney disease. Together, these four diseases are the largest cause of death in the UK. They affect more than 4 million people in the UK and are the reason for one-fifth of all hospital admissions.

Everyone is at some risk of developing these four diseases, but by identifying that risk early and taking steps to reduce it, you can improve your chance of maintaining or improving your health as you get older.

How the NHS Health Check will help

Once the NHS Health Check has shown you your risk of developing heart disease, stroke, type 2 diabetes or kidney disease, you'll find out what you can do to reduce your risk. That may mean lifestyle changes such as eating a healthier diet, cutting down on alcohol, or increasing the amount of physical activity that you do. There are some risk factors for these four diseases that can't be changed. For example, your risk increases with age. But there's a lot you can do to reduce your risk. You can:

- maintain a healthy weight;
- be physically active;
- eat a healthy and balanced diet;
- don't smoke.

If you're at higher risk, those changes may be combined with medical treatments, such as medicines to lower raised blood pressure or cholesterol. You may be offered NHS support to help you stop smoking or lose weight. These changes can help you to improve your health and prevent a disease that may otherwise have developed. NHS Health Check is expected to prevent 1,600 heart attacks and strokes a year and save 650 lives.



“An NHS Health Check will help to identify your risk of developing heart disease, stroke, type 2 diabetes or kidney disease.”

Dr Chan's Marathon - on behalf of Scannappeal

Having completed two half marathons this year, Dr Chan has either contracted the running bug or has finally lost the plot.

Either way, she is now attempting the London Marathon on 22nd April 2012!

It will involve training runs four times a week following a 4 month programme with lots of carbohydrates thrown in.

Dr Chan is hoping to raise funds for Scannappeal, a local Buckinghamshire charity. The money raised will go towards purchasing digital equipment for two mobile breast screening units.

Should you wish to sponsor Dr Chan, you can do so online at [http://](http://www.justgiving.com/christine-chan-taylor0)

www.justgiving.com/christine-chan-taylor0

Thank you very much for your support.

A Word from Scannappeal

Scannappeal raises funds to purchase life-saving equipment for Amersham, Stoke Mandeville and Wycombe hospitals. Over half a million people have benefited from the charity's work and currently every 10 minutes a patient in the local area is diagnosed or treated with equipment funded by Scannappeal in the past. Over £8m has been raised for the radiology, cancer care, cardiology, urology, respiratory medicine, rheumatology, gynaecology, endoscopy, paediatrics,

ophthalmology, neurorehabilitation, trauma, dermatology and general surgery departments.

From Spring 2012 the charity's Cancer Fighting Fund project will be to raise £500,000 for digital equipment for two mobile breast screening units, making Buckinghamshire one of the first counties to offer a complete state-of-the-art digital breast screening service. This will substantially improve the diagnostic detection of early breast cancer, helping over 23,000 local women each year.

For further information, visit www.scannappeal.org.uk
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