



SPECIAL POINTS OF INTEREST

Going abroad?

Most vaccines take a while to work so fill in a travel questionnaire as soon as possible to ensure you are covered against the local diseases.

Accepting new patients

We are accepting new patients so if you know someone who needs a GP then ask at reception for the forms. Signing up is easy and can even be done online via our website.

If you have any comments or queries then please feel free to jot them down and place them in our comments box.

Practice Update

WWW.CROMPTONVIEWSURGERY.CO.UK AUTUMN 2016

Flu Season is nearly upon us! Book now for your vaccination

Flu jabs have arrived - book NOW to get your seasonal flu jab

Remember;

- The sooner you get the jab the quicker you are protected
- Flu is worse than a heavy cold and is a serious illness
- You **cannot** get flu from the flu jab
- Flu will not respond to antibiotics
- The flu jab protects you against several strains of the flu virus
- The flu virus changes every year which is why an updated jab is needed



You can usually have a free flu jab if you have/are;

- | | |
|--|----------------------|
| 65 or over | Pregnant (any stage) |
| Long term respiratory disease | Heart disease |
| Kidney disease | Liver disease |
| Long term neurological disease (such as stroke or TIA) | Diabetes |
| | BMI over 40 |

A weakened immune system (such as leukaemia, chemotherapy or HIV)
The main carer for a disabled/elderly person whose welfare depends on you

Get the most from your GP - Top Tips

- Consider preparing short notes - include how you would describe your symptoms.
- It's tempting to bring a list of unrelated problems - consider what is achievable in 10 minutes.
- Get to the point - don't feel you have to justify why you are here and don't save important issues to the very end.
- Formulate in your own mind what you are worried about and any particular concerns.
- Ask yourself - Is it important I'm seen quickly or would I be better waiting for my usual GP?
- Don't be put off by a GP who runs late - they may be spending time with someone who needs it most - it may be you one day!
- Make sure you understand the next steps before you leave the room.

