

Skerryvore Practice Newsletter

February 2014

www.skerryvorepractice.co.uk

Issue 29



A Fond Farewell...

Skerryvore Practice was sad to see Maureen Firth leave her post as Practice Manager after 24 years of working at Skerryvore Practice and 34 years of working in the Health Centre.

Maureen has helped develop Skerryvore Practice over the years, seeing many changes and lots of faces come and go. She will be a great loss to the practice but we can only wish her the best of luck in her new career.

Maureen has taken on the role of Primary Care Manager with NHS Orkney which involves overseeing all GP practices in Orkney so we look forward to working with her in the future!

Good Luck Maureen!

Office Manager



We are delighted to announce that Gina Flett has been promoted as our Office Manager.

Gina has worked with the practice for nearly 6 years as a Medical Secretary/Health Care Assistant and has a great knowledge of the Practice. Gina will now be responsible for the management of the office including the appointment and computer system.

She will be a great asset to the practice.

Flu Vaccine

Have you missed your flu vaccine? It's not too late!

If you are over the age of 65, are in one of the at risk groups or are an unpaid carer and would still like to have a flu vaccine, please contact the Reception who can arrange an appointment.

Asthma Review Clinics

We are pleased to announce that our Practice Nurses are now carrying out Asthma Review Clinics. Patients will be invited to these annual clinics by letter.

Blood Appointments

Did you know that blood test appointments are only allocated 5 minutes when they are booked in by the Receptionists. If you require any other procedures e.g. a blood pressure check, please let us know when you arrange your appointment so we can allow more time.

Bowel Screening Cancer Kits

People in Scotland who turn 50 during 2014 are being urged to use and return the bowel cancer testing kits they will receive through their letterboxes.

Currently the Scottish Bowel Screening Programme invites all men and women in Scotland aged 50 – 74 to participate in screening every two years. The programme was extended in April 2013, so that those over the age of 74 can self-refer every two years by requesting a screening kit through the Scottish Bowel Helpline 0800 0121 833

Further information can be found on their website at - <http://www.bowelscreening.scot.nhs.uk/>

Skerryvore Practice fully supports this service and would encourage all our patients who receive this kit to take up this opportunity to be screened.

New Face at Skerryvore Practice ...



Dr Alasdair MacGregor is a trainee GP in his first year. Alasdair will be joining the Practice from February for 6 months and will carry out some surgeries. You may have seen Alasdair before as he has been working in the Balfour Hospital.

NORDHAVEN CLINIC

New Service - Condoms by Post

Did you know that the Nordhaven Clinic has launched a new service - **Condoms by Post**

Condoms are the only contraceptive which also reduces the risk of sexually transmitted infections and HIV.

Free condoms are available from all GP practices and GP surgeries in Orkney.

We understand that some people find it difficult to attend these places for a variety of reasons so NHS Orkney has decided to launch a pilot scheme to provide free condoms by post.

Clients can access the service by:

- Filling in the online registration form on the Nordhaven Website - www.nordhaven.co.uk
- Telephoning the Nordhaven Clinic on 888917
- Coming to the Nordhaven Clinic at the Health Centre in Kirkwall

Please visit the Nordhaven Clinic website for more information and Terms & Conditions



You can also find us on Facebook:
www.facebook.com/nordhavenclinic

Body Facts:

Your Liver



The liver is the largest organ inside the body. In an adult, it is about the size of a football and weighs close to 3 pounds. It is located behind the ribs in the upper right-hand side of the abdomen. The liver is such an important organ that we can survive only one or two days if it shuts down. Fortunately, the liver can function even when up to 75% of it is diseased or removed. This is because it has the amazing ability to create new liver tissue (i.e. it can regenerate itself) from healthy liver cells that still exist.

What does my liver do?

- Clears your blood of waste products, drugs, and other poisonous substances
- Stores vitamins, sugar and iron to help give your body energy
- Makes clotting factors to stop excessive bleeding after cuts or injuries
- Releases a substance called 'bile' to help digest food and absorb important nutrients
- Controls the production and removal of cholesterol

How can I look after my liver?

- Drink alcohol in moderation. This means no more than 3-4 units per day for a man or 2-3 units for a woman. Please see www.drinkaware.co.uk for more information.
- Avoid fatty liver disease by staying in a healthy weight range. See www.nhs.uk/condtions/fatty-liver-disease
- Get tested for viral hepatitis if you are at increased risk, especially if you have ever injected drugs, are a gay or bisexual man or if you come from a middle or far eastern county. See www.nordhaven.co.uk/HIV-Hepatitis.php



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