

Skerryvore Practice Newsletter

September 2014

www.skerryvorepractice.co.uk

Issue 31

Welcome...

We would like to say a warm welcome to:



Dr Ingrid Norquay who has joined us as a Locum until August 2015.



Dr Holly Tyson who has also joined us as a Locum and will be with us till December 2014.



Dr Liz Johnston who has finished her training placement and will continue to work with us as a Locum until January 2015.



Christine Leslie who has joined the office as a Medical Secretary.

Congratulations...

We would like to say a big congratulations to Dr Fiona Cook and Dr Anne Tierney who both gave birth to baby girls earlier this year.

Both mums and babies are doing well and we look forward to their return in January.

Flu Vaccine Update

It's coming up to that time of year again!

Flu vaccine is indicated for the following groups of people:

- Anyone over the age of 65
- Anyone under 65 with Chest Disease (including Asthma), Diabetes, Kidney or Liver Disease, Heart Disease, problems with their immune system or Neurological conditions including Stroke or MS
- Unpaid carer of a relative/friend/neighbour who is frail or has a mental or physical disability.

Clinics are for patients aged 18 years and over only. Anyone 17 or under will be called at a later date.

Wednesday 1 st October	
SURNAME	TIME
A - B	4.00 - 4.30
C	4.30 - 5.00
D - E	5.00 - 5.30
F - G	5.30 - 6.00
H - J	6.00 - 6.30
K - L	6.30 - 7.00

Wednesday 8 th October	
SURNAME	TIME
M	4.00 - 4.30
N - P	4.30 - 5.00
Q - R	5.00 - 5.30
S	5.30 - 6.00
T - Z	6.00 - 6.30

Changes in the Health Visiting Team...

Sleep Scotland Councilor

Sue Atkinson is one of 4 Sleep Scotland councilors in Orkney, this service is available to children with additional needs although they can also take referrals for parent's whose children have additional sleep problems. Please call the Health Visiting Team on 888115 for more information.

Infant Massage

The Health Visitors have just completed training through the International Association of Infant Massage and now have more classes available. All patients will be offered this although if you would like to speak to a Health Visitor or to book a class please call 888115.

Text Message Appointment Reminders

Skerryvore Practice now has a new text messaging service to remind our patients about their upcoming appointments.

If you would like the Practice to contact you in this way please ask at the front desk for a consent form.

Vitamin Supplements in Pregnancy

Usually a healthy diet will help you get the vitamins and minerals you need, however there are some supplements you will need to take when you are pregnant.

Folic Acid

Folic acid is important because it helps prevent birth defects known as neural tube defects. An example of this is spina bifida. You should take a supplement every day when you are trying for a baby and continue until you are 12 weeks pregnant. If you haven't started folic acid when you find out you are pregnant, start as soon as possible.

How much folic acid should I take?

For most women we advise **400mcg daily dose**. However some women are at increased risk of having a baby affected by a neural tube defect. These women include:

- Women who are overweight (BMI 30 or above)
- If they or their partner have a neural tube defect
- If a previous pregnancy was affected by a neural tube defect
- If they or their partner have a family history of neural tube defect
- If they have diabetes
- Women taking some anti-epileptic medicines

These women should take a **5mg daily dose**.

Vitamin D

Vitamin D is needed to keep bones and teeth healthy. Women should take a **10mcg daily dose** throughout their pregnancy to ensure their baby has enough vitamin D for his/her first months. Women who breast feed should continue their supplement during this time too.



Did you know
Skerryvore Practice has a
Facebook page?
Like us now!

Body Facts:

Your Heart



Your heart is a hollow, cone shaped muscle, about the size of a fist. It is in the middle of your chest tilted slight to the left.

Interesting Facts:

- ♥ Each day, your heart beats about 100,000 times.
- ♥ It pumps about 23,000 litres of blood around your body.
- ♥ The average weight of a health female heart is 255g; a man's heart is usually slightly bigger at around 300g.

What does my heart do?

The heart pumps blood around your body and beats approximately 70 times a minute. After the blood leaves the right side of the heart, it goes to your lungs, where it picks up oxygen.

The oxygen-rich blood returns to your heart and is then pumped to the organs of your body through a network of arteries. The blood returns to your heart through veins before being pumped back to your lungs again. This process is called circulation.

How can I look after my heart?

Keep your heart healthy by:

- Eating a healthy, balanced diet
- Being physically active
- Giving up smoking
- Controlling blood cholesterol & sugar levels

Keeping your heart healthy will also have other health benefits, and help reduce your risk of stroke and dementia.

You can visit

www.nhs.uk/Livewell/Healthyhearts
for more information and advice on keeping your heart healthy.