

Newsletter



We just can't stop decorating!

Some patients may have noticed that we have decorated our other Nurses and Health Care Assistants treatment room. It is now bright and fresh and ready for our hard working team! If you would like to view our handy work, book your Nurse or Health Care Assistant appointments now.



Doesn't time fly? It's time to book your flu jab.

We will be running morning flu clinics on-
Saturday 8th October
Saturday 22nd October
Saturday 5th November



Protect yourself

The vaccination will help your body fight the flu virus. You start to make antibodies against the viruses about 7-10 days after the injection. These antibodies help to protect you for a whole year against similar seasonal viruses that you may come into contact with.

What is seasonal flu?

It is a highly infectious disease caused by a virus. It occurs every year, usually in winter. The most likely viruses can be identified in advance and vaccines produced to closely match them. The vaccination is available to help protect people who are more at risk.

What harm can seasonal flu do?

For fit and healthy people seasonal flu can range from having symptoms similar to a cold to developing more serious illnesses such as bronchitis and pneumonia. If you already have a serious disease then flu can be much worse. People sometimes think a bad cold is the flu, but having the flu is often much worse.

Good hygiene

Preventing the spread of germs is the most effective way to slow the spread of flu. Always:

- Ensure you wash your hands regularly with soap and water
- Clean surfaces regularly to get rid of germs,
- Use tissues to cover your mouth and nose when you cough or sneeze,
- and put used tissues in a bin as soon as possible.



If you are over 65 or have certain long term conditions you are particularly at risk from flu—it is not a severe cold so protect yourself.

See reception for more information and to book your appointment.

Patient;

Doctor Doctor I feel like a pair of curtains

Doctor;

Well pull yourself together then.

Lots of Sad GOODBYES

- **Kate Parry** our Practice Nurse has decided to "take a break" and retire after her dedicated 16 Years of service. She has evolved with the practice over the years and has become part of the furniture! She will be greatly missed and we all hope she enjoys a happy retirement.
- **Jill Clark** our Health Care Assistant, has left the practice after 7 years to start a new life in Spain. We wish her all the best and hope she settles into the Spanish life of afternoon siestas and drinking wine on the terrace!
- **Dr. Chrissie Weir and Dr. Softka Morris** have both left the practice after completing their GP training, we wish them every success in starting their new careers as GP's.



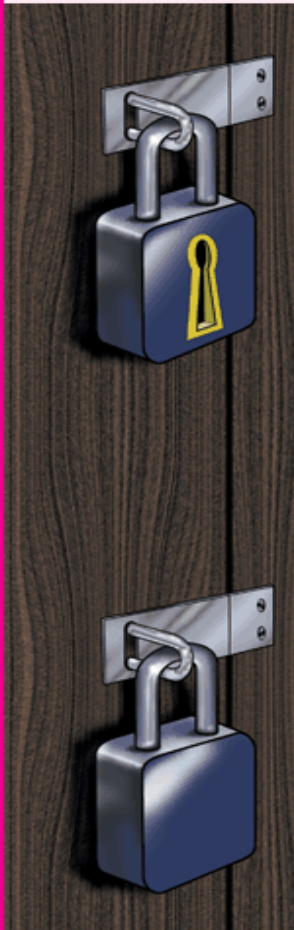
GOODLUCK TO THEM ALL

Lots of Happy HELLOS

- **Laura Newbery** is our new Practice Nurse replacing Kate. She lives in Ivybridge with her husband and has previously worked in the Cardiology unit at Derriford Hospital.
- **Hannah Cayless** is our new Health Care Assistant replacing Jill. She lives in Totnes with her husband and 2 boys, she has previously working as a Dental Nurse and Oral Health Educator.
- **Dr. Ed Prior and Dr. Tiffany Hambley** have joined the practice as our two new registrars while they complete their GP Training. Both doctors have had lots of experience and look forward to meeting many of you during their time here.
- **Kath Parsons** will be joining the practice on the 14th September as a new receptionist, we hope she will enjoy it here.

What is Diabetes?

Diabetes develops when glucose can't enter the body's cells to be used as fuel. This happens because either...

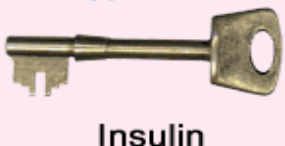


There is no key (insulin) to unlock the door to the cells... as in **Type 1 diabetes**



...or the key (insulin) is unable to unlock the door properly and/or

...the key (insulin) is there but the lock doesn't work properly as in **Type 2 diabetes**



Patient;

Doctor Doctor I feel like a pack of cards.

Doctor;

Ill deal with you later then!

Diabetes symptoms

Symptoms occur because some or all of the glucose stays in blood and isn't being used as fuel for energy.

The body tries to reduce blood glucose levels by flushing the excess glucose out of the body in the urine.

The main symptoms of undiagnosed diabetes can include:

- passing urine more often than usual, especially at night
- increased thirst
- extreme tiredness
- unexplained weight loss
- genital itching or regular episodes of thrush
- slow healing of cuts and wounds
- blurred vision

If you are worried about diabetes please speak to your GP.....