

Main Surgery

Cove Bay Health Centre
Earn's Heugh Road
Cove Bay, Aberdeen
AB12 3FL
Tel: 0845 337 1170
Fax: 01224 846857

Dr D Fowler, Dr A D Jamieson,
Dr A J Henderson, Dr L J MacKenzie,
Dr S Whiteside, Dr S Govindarajan
Dr A Macfarlane, Dr C Mitchell
Dr S J Wheelan & Dr Kumar
Consultations by Appointment Only
www.covebayandkincorthmedical.co.uk/

Branch Surgery

Kincorth Medical Centre
Kincorth Clinic
Provost Watt Drive,
Kincorth, Aberdeen.
AB12 5NA
Tel: 0845 337 1170
Fax: 01224 899182

Hellos and Goodbyes

Dr Cathy Hamilton has now completed all her GP training and passed her exams! She will be working with us a while longer as an assistant. We welcome Dr Suzy Bruce who is joining us for a year as part of her GP training.

Flu Clinics

Our annual Flu campaign is in progress with flu Clinics being run on Wednesday afternoons at both Cove and Kincorth. Please visit our website for more details and to see if you are eligible for a free NHS flu jab. www.covebayandkincorthmedical.co.uk/

Healthy Helpings

There are still places available on these popular free weight loss and lifestyle programmes and we are lucky to host a programme at our Cove Bay Health Centre on Thursdays 4-5 pm. Please ring the Healthy Helpings Co-ordinator on **01224 555522**.

Diabetes

Many people reading this newsletter will either have, or be close to someone with Diabetes. Over 500 of our registered patients have Diabetes, representing 4.5% of the Kincorth and Cove list. This is a little higher than local average and about on par with the rest of Scotland. Much has been said in the media recently about concerns over the steady rise in the percentage of the population with Diabetes - for every 4 people with Diabetes in 2002, there are now 9. Why should this be and what can be done about it?

Whilst numbers with childhood (or Type 1 Diabetes) have increased slightly for reasons unknown, the vast majority of the increase is in adult (or Type 2 Diabetes). The main factors contributing to this are a rise in Elderly population and a rise in the overweight population. Therefore, in order to halt this rise we must look towards achieving a healthy weight.

Modern life can make this difficult - more jobs are sedentary rather than physical, walking to work may be less practical, work hours may be long - however the best thing we can all do to maintain good health, including avoidance of diabetes is to spend just 30 minutes out of 24 doing some form of exercise, even if just walking. Eating patterns too have a big bearing,

particularly larger portions and unhealthy fatty or sugary "Snacks" instead of, or as well as main meals.

For those affected by Diabetes, there is a risk of health problems - heart attacks, strokes, circulation problems, eye and kidney complications amongst other things can occur, this can be greatly reduced by good Diabetes control. Having Diabetes can also impact on holiday insurance, driving and some forms of employment. Even for those not affected, there is a downside to the rise in Diabetes - as more people develop this, more of the Health Budget is needed to manage it.

While the onus lies on us all, as individuals, to maintain responsibility for good health, there are many opportunities for help to avoid Diabetes and much help to look after Diabetes if you get it.

Antibiotic use in Viral Infections

Everyone these days is increasingly aware of the increasing problem of antibiotic resistance causing "super bugs" such as MRSA. This is often because, in the past, antibiotics have been prescribed for viral illnesses that do not respond to antibiotics rather than self care measures being followed.

The practice is continuing to work on reducing inappropriate prescribing of antibiotics and you may now be given a new **non**-prescription which will inform you of the diagnosis, the normal length of time to expect the symptoms to continue and what self-management measures can help rather than an antibiotic.

You can also help by seeking advice from your local community pharmacy before looking for an appointment for an antibiotic.

"Did Not Attend" Rates

Unfortunately we still have a very high number of people booking GP and Nurse appointments and then not turning up! August figures are 136 missed appointments for GPs and 177 for Nurses. This contributes considerably to our waiting time for GP/ Nurse appointments. Please remember to cancel your appointment in good time if you are unable to attend so that we can offer it to someone else.