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Consultations by Appointment Only

Update from Cove Bay & Kincorth Medical Centre – January 2016

Changes at the Practice

We are pleased to advise that Dr Dorothy Pretty has joined our team. Kerry Heeps has also joined us as a Healthcare Assistant and Jenny Gibson joined our Cove reception/administration team. Cove receptionist, Lynn Westland left us at the end of December.

Alcohol Level Guidance

Whilst we are getting back to normal after the festive excesses it is perhaps a good time to re-iterate guidance on advised safe alcohol consumption. Current advice is under 14 units per week for men and women. Guidance on units can be found at www.drinkaware.co.uk It is also advised to have 2 alcohol free days per week and not to drink more than 4 units at a time.

Harmful drinking continues to play a very significant part in ill health of many sorts, ranging from liver to heart, high blood pressure, anxiety and depression, increased chance of several cancers (breast, bowel, oesophageal, liver, mouth and throat), osteoporosis, dementia as well as leading to risky behaviours including accidents and sexually transmitted diseases. It can also be very harmful with medication and in control of other conditions such as diabetes. And of course it can bring upset and misery to family and loved ones, difficulties at work, financial pressure and untold many other problems. Sensible drinking can make a huge difference to your life - sometimes it is only on cutting back that this is realised.

The recommended levels may seem a bit mean but they are sensible. Should you regularly be drinking above this then please consider the risks and act now before harm occurs. Should this be difficult then there are many, many supports that may help you to regain control. We are happy at the surgery to help in direction to these.

Eligibility for Vaccination of MEN ACWY – 2nd Phase

From 1 January to 31 March 2016 GP Practices will be responsible for vaccinating the following cohorts:

16/17 year olds (2015/16) S5 Christmas leavers (the 2014/15 S4s), DOB: 1 March 1999 – 29 February 2000) A Scottish Government funded central letter will invite those who have left school to contact their GP practice to be vaccinated. Those who return to school will be vaccinated in school during the 2015/16 academic year.

From 1 January to 31 March 2016 NHS Boards (in schools) will be responsible for vaccinating the following cohorts:

- 2015/16 S6s (2014/15 S5s) 2015/16 S5s (2014/15 S4s)
- 2015/16 S4s (2014/15 S3s) 2015/16 S3s - routine cohort (2014/15 S2s)