

Branch Surgery
Kincorth Medical Centre
Provost Watt Drive
Kincorth, Aberdeen
AB12 5NA
Tel: 0345 337 1170
Fax: 01224 899182

**Dr D. Fowler, Dr A.D Jamieson,
Dr A.J Henderson, Dr L.J Mackenzie,
Dr C. Mitchell, Dr A. Macfarlane,
Dr S.J Skinner, Dr S. Kumar,
Dr C. Harris & Dr L. Bath.**

Main Surgery
Cove Bay Health Centre
Earns Heugh Road
Cove Bay, Aberdeen
AB12 3FL
Tel: 0345 337 1170
Fax: 01224 846857

Consultations by Appointment Only

Update from Cove Bay & Kincorth Medical Centre – September 2015

Changes at the Practice

Dr Jennifer Edwards has recently joined our practice. Dr Edwards is a qualified Doctor who is undertaking further training to become a GP. We have another two new members to our team - Jackie Moir as a Healthcare Assistant and Dawn MacDonald as a Receptionist at Cove.

Saturday Flu Clinics at Cove

The Practice will be running flu clinics again this year at both of our sites. If you are 65 years or over or have one of the eligible medical conditions you may be eligible for a free flu vaccine.

Clinics will be running at Cove on Saturday 3rd & 31st October - **Appointments are available to book now!**

If you think you are eligible please call the surgery any morning after 10 am to book an appointment.

Shingles Vaccine

There is now a vaccine for shingles. The vaccine reduces the chances of you developing shingles, and even if you do develop shingles the disease is likely to affect you less severely. Only certain age categories are eligible this year – If you were born on or between the 2/9/1944 to 1/9/1945 and 2/9/1936 to 1/9/1937 and you wish to also be vaccinated for Shingles please advise when you are booking in for your flu injection.

Antibiotic Resistance – A problem for us all

Antibiotic resistance is a germ (usually bacteria) that would normally be killed by an antibiotic becomes resistant to it so that the antibiotic is no longer effective at stopping that particular infection.

Resistance to antibiotics is recognised locally and nationally as a major threat to public health. It is a particular threat to children, older people and those

with weakened immune systems but it could affect any one of us in our lifetime or our future generations. Unfortunately there are very few new antibiotics being developed so we must look after the ones we have!

Experts warn that if we are not more careful in our use of antibiotics, everyday procedures such as delivering a baby or removing the appendix could carry much higher risks of infection and serious infections such as septicaemia (blood poisoning) will be extremely difficult to treat. Antibiotic resistance is caused by overuse of antibiotics both within human and veterinary medicine. Doctors are therefore being advised only to prescribe antibiotics when they are really needed, and not for viral and self limiting conditions such as most coughs, colds, sore throats and flu.

However we must all take responsibility to prevent any further development resistance.

- If your doctor feels that you do not need antibiotics follow self-management advice provided – rest, drink plenty of fluids and ask your community pharmacist for over-the-counter medicines to help relieve your symptoms.
- If you are prescribed antibiotics make sure you follow the directions correctly and complete the full course.
- Become an antibiotic guardian and make a pledge to reduce the spread of resistance by visiting: <http://antibioticguardian.com/>
- Visit <http://www.treatyourselfbetter.co.uk/> to check your symptoms. Find useful tips on what you can do at home to help and when to seek medical attention.

Non NHS Work

We are now receiving more requests for work that is not covered by our NHS contract i.e. holiday cancellation forms, insurance claim forms, fitness to attend a gym etc. We require at least 14 days notice of any requests and there will be a charge for this service – Please ask at reception for details.

Branch Surgery

Kincorth Medical Centre
Provost Watt Drive
Kincorth, Aberdeen
AB12 5NA
Tel: 0345 337 1170
Fax: 01224 899182

**Dr D. Fowler, Dr A.D Jamieson,
Dr A.J Henderson, Dr L.J Mackenzie,
Dr C. Mitchell, Dr A. Macfarlane,
Dr S.J Skinner, Dr S. Kumar,
Dr C. Harris & Dr L. Bath.**

Main Surgery

Cove Bay Health Centre
Earns Heugh Road
Cove Bay, Aberdeen
AB12 3FL
Tel: 0345 337 1170
Fax: 01224 846857

Consultations by Appointment Only