



ESTOVER SURGERY

Telephone: 01752 789030
Email: estover.surgery@nhs.net
Website: www.estoversurgery.co.uk

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Practice Manager: Samantha Richards

FLU SEASON

Flu season is here again, if you fall within any of the following categories please contact the surgery and arrange your flu vaccination appointment in one of our flu clinics:

PREGNANT WOMEN – Not in an at risk group and who have not previously had the swine flu vaccination

ALL PATIENTS 65 YEARS AND ABOVE

6 MONTHS – 65 YEARS IN AN AT RISK GROUP

AT RISK GROUPS:

- **COPD**
- **ASTHMATICS** – If on 2 inhalers or if admitted to hospital
- **HEART PATIENTS** – Including Stroke, TIA
- **RENAL PATIENTS (CKD)**
- **LIVER DISEASE**
- **ALL DIABETICS**
- **IMMUNOSUPPRESSED** – including family members living at same address
- **CHEMOTHERAPY** – If still under going treatment
- **HIV PATIENTS**
- **SPLENECTOMY**



CARERS – Registered Carers within the practice

Any patient's employed as a carer is to be vaccinated by their employer/occupational health team

RISK OF SERIOUS ILLNESS FROM FLU ITSELF OR INFLUENZA EXACERBATING ANY UNDERLYING DISABILITY

LONG STAY CARE FACILITIES – This does not include prisons, young offenders institutes or University Halls of Residence

MMR CATCH UP PROGRAMME

Due to recent outbreak of Measles in France and subsequently in Devon, the Department of Health have recommended an MMR catch up campaign.

DO YOU FALL INTO ANY OF THESE CATEGORIES?

Children aged between 5 and 18 years of age.

individuals over 18 years leaving school to go to higher education or other further education establishments.

patients aged 19 – 30 are temporarily included in the catch-up programme until 31st October 2011.

A man working in an antenatal setting.

If you have not had a complete course of MMR (2 injections in total) you are eligible for an MMR injection. Unfortunately if you have had a single measles injection or a combined measles and rubella injection in the past, this is not sufficient cover and an MMR combined injection is recommended.

Please make an appointment with the Practice Nurse at your earliest convenience.



SURGERY WEBSITE

We now have a surgery website available, the we address is www.estoversurgery.co.uk Please have a look and let us know what you think.

Hello and Goodbye

We would like to say good bye to our receptionist Karen who has moved on to further her career. However we would like to welcome Rachel who has joined our team.

CHLAMYDIA SCREENING

If you are aged between 15 and 25 years you are entitled to a free and confidential Chlamydia test. Chlamydia is a sexually transmitted infection or STI for short and may not show any symptoms. 1 in 10 of under 25's have tested positive to Chlamydia.

The use of condoms can prevent STI's. The test in question is available from the entrance lobby of the surgery, you take the sample yourself and return it to surgery with the completed form.

It is recommended to have the test repeated on a yearly basis.