



Princes Park Health Centre Newsletter

www.princesparkhealthcentre.co.uk

Volume 1 Issue 3

May 2012

Message from Dr Martyn Stockton



Welcome everybody. This is now our third issue and we have found it very helpful to use this medium to keep you informed about the practice and its developments. We do however really appreciate any feedback on content already published and what other information you would like included.

Did you know?

40% of appointments are now pre-bookable up to two weeks in advance.

Did you know?

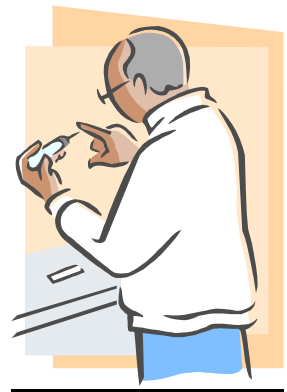
That most GP's offer evening appointments that are also pre-bookable on a Tuesday and Thursday.

Did you know?

The number of patients now attending this clinic has increased since appearing on the website and newsletter!!
We are seeing around 22 clients in the two clinics/week with an average of 2-4 new clients each week

The Apollo Centre holds drop in Smoking Cessation clinics. These are held Tuesdays from 10.00 - 11.30am and Thursdays from 12.30 - 2.00pm. Booked 1:1 appointments can be made by calling 0800 917 8896 option 1 for appointments. Why not visit our new Stop Smoking Service website at www.stopsmokingineasussex.co.uk

"A look at Diabetes and how this might affect you!"



Diabetes has been in the news recently with a lot put behind the rising cost of treatment. At present Diabetes costs the NHS £9.8bn per year, with 80% of this spent on treating the complications that often fall out from the disease. Regular health checks together with better education could help reduce this cost. Especially as by 2035 it is predicted that Diabetes will cost the NHS £16.8bn.

What is diabetes?

Diabetes is a condition where the amount of glucose in your blood is too high because the body cannot use it properly. This is because your pancreas does not produce any insulin, or not enough, to help glucose

enter your body's cells – or the insulin that is produced does not work properly (known as insulin resistance).

Insulin is the hormone produced by the pancreas that allows glucose to enter the body's cells, where it is used as fuel for energy so we can work, play and generally live our lives. It is vital for life.

Glucose comes from digesting carbohydrate and is also produced by the liver. Carbohydrate comes from many different kinds of foods and drink, including starchy foods such as bread, potatoes and chapattis; fruit; some dairy products; sugar and other sweet foods.

If you have diabetes, your body cannot make proper use of this glucose so it builds up in the blood and isn't able to be used as fuel.

Diabetes is a common life-long health condition and there are two main types of diabetes - [Type 1](#) and [Type 2](#). There are 2.9 million people diagnosed with diabetes in the UK and an estimated 850,000 people who have the condition but don't know it.

Diabetes is a condition where the amount of glucose in your blood is too high because the body cannot use it properly.

Type 1 diabetes develops when the [insulin](#)-producing cells in the body have been destroyed and the body is unable to produce any insulin. Type 2 diabetes develops when the body can still make some insulin, but not enough, or when the insulin that is produced does not work properly (known as insulin resistance).

Diabetes symptoms

Symptoms occur because some or all of the glucose stays in the blood and it 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

In Type 1 diabetes the signs and symptoms are usually very obvious and develop very quickly, typically over a few weeks. The symptoms are quickly relieved once the diabetes is treated and under control.

In Type 2 diabetes the signs and symptoms may not be so obvious, as the condition develops slowly over a period of years and may only be picked up in a routine medical check up. Symptoms are quickly relieved once diabetes is treated and under control.

If you have any of the above symptoms please contact your GP. Diagnosis is made by a simple blood test and early diagnosis, treatment and good control of diabetes is vital to reduce the

chances of developing serious diabetes complications.

At Princes Park Health Centre we have over 700 diabetic patients and know that there must be more that we haven't yet diagnosed.

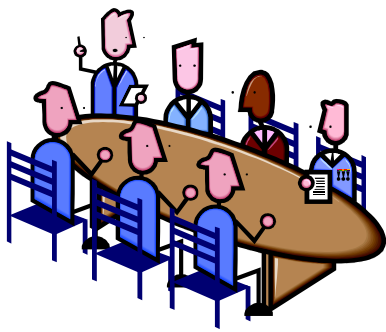
For more information visit the Diabetes UK website at www.diabetes.org.uk

Running 4 Charity

Dr Jonathan Andrews has now completed his three half marathons in aid of Demelza Hospice for Children. He has run Brighton in **1hr 37min 36secs**, Eastbourne in **1hr 35min 30secs** and finally Hastings in **1hr 37min 32 secs**. The final amount of money raised now stands at £1250 and Jonathan would like to say, 'thank you to all his sponsors for their generosity'.



Voice from the Patient Participation Group



The purpose of this group is to gain views from the patients on how well the current surgery services are run and then feedback these comments constructively to the practice.

The minutes from the meeting held on 3rd May 2012 will soon be available on the website.

Ian Tulley has been voted in as the first Chairperson and would like to hear views and suggestions from other patients on how best the PPG can operate. You can contact Ian by writing to him direct, 'Care Of' the surgery.

The results from the recent patient survey are now available to view on the website, with hard copies also at reception.

Date of next meeting:
Thursday 14th June 2012 at 12.20pm.

Foreign Travel

If you and your family are planning to travel abroad and need advice on what injections or medication you may require. Please arrange an initial discussion with one of the Practice Nurse's at the Apollo Centre well in advance of your travel dates.

MRI Scanner has arrived

Very exciting times at Princes Park, with a MRI scanner on site for the days of April 25th and 26th, during which 32 scans took place. It will be back for four days in May, 10th, 11th, 23rd and 24th.



Did you know?

That unused blister pack medicines can be sent to Africa - they must have at least a 15 month expiry date. Please bring a long to surgery any unused medicines.

Did you Know?

That for patients who use sharps bins at home there is a collection service. Please don't bring full bins into surgery but phone Eastbourne 415229 and they will collect.

Car Parking at Princes Park Health Centre



If there are no car parking spaces left please do not block the car park area by sitting in your car double parked. This causes problems for the delivery lorries/vans that then have problems with access. Please park on the road instead, many thanks.

A note to our Readers

If anybody would like to contribute an article and be included in the next newsletter, then please leave your comments at reception or email; grahamhunt@nhs.net

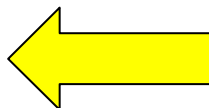
Princes Park Website

Finally you can find a copy of this newsletter on our website plus lots of other useful information.

www.princesparkhealthcentre.co.uk

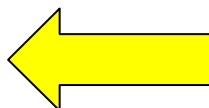
Treatment Options Available to Princes Park Patients Through out the Day and Night

1. GP Surgery 01323 744644
2. Walk in Centre 01323 726650
8.00am-8.00pm Seven days a week
3. NHS Direct 0845 46 47
4. A & E



IN HOURS
8.30am – 6.00pm
MONDAY - FRIDAY

5. GP Surgery 01323 744644
6. Walk in Centre 01323 726650
8.00am-8.00pm Seven days a week
7. NHS Direct 0845 46 47
8. A & E



OUT OF HOURS
6.00pm – 8.30pm
MONDAY – FRIDAY
plus WEEKENDS and
PUBLIC HOLIDAYS