

BRIDGE STREET MEDICAL CENTRE

www.bridgestreetmedicalcentre.com

DR CORINNE BAKKER

DR SUE HOLMES

DR ANNA DEVINE

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September 2011

We are delighted to welcome patients at Bridge Street Medical Centre to our new and updated website. We hope you find the new website informative and useful and we welcome any comments you may have about it.

NHS Health Checks

The surgery is pleased to offer NHS Health Checks to patients aged 40-74 to assess your risk of developing vascular disease. We would recommend that all patients in this group have this simple check up where you will be screened for raised cholesterol, diabetes, high blood pressure and kidney problems. If you currently already have of these conditions you will not be eligible for the check as these will all be assessed in your normal routine reviews. Please contact Reception for more information.

FEEDBACK

Please don't forget this is your surgery and we need to know how we can help you best. If you have any comments, complaints or suggestions about Bridge Street Medical Centre please contact us by any of the following routes:

- Telephone: Bridge Street Medical Centre on 0844 4773939
- Write to us: Practice Manager Bridge Street Medical Centre 2 All Saints Passage Cambridge CB2 3LS
- Email: Bridge Street Medical Centre to pct.bridgestreetsuggestions@nhs.net
- Please do join our Patient Participation Group. For more details please contact the Practice Manager on 0844 4773939

'Flu vaccinations.

Influenza is an acute viral infection of the respiratory tract. In healthy individuals it is normally self-limiting, with recovery within one or two weeks.

The aim of the UK's vaccination programme is to protect those most vulnerable to serious illness.

At Bridge Street Surgery we will be offering the 'flu vaccine from October 2011.

Who is eligible for a 'flu vaccine?

If you are in one of the categories below, you are eligible for a 'flu vaccination.

- All those aged 65 years and over.
- All those aged 6 months or over and at high risk from 'flu because they suffer from certain illnesses:
 - Chronic respiratory disease / Chronic obstructive pulmonary disease
 - Asthma that requires continuous or repeated use of inhaled or systemic steroids or with previous exacerbations requiring hospital admission
 - Chronic heart disease
 - Chronic renal disease
 - Chronic liver disease
 - Chronic neurological disease
 - Diabetes
 - Immunosuppression due to illness or treatment
 - Pregnant women
 - People staying in long stay residential care, homes or care facilities
 - Carers

Pneumococcal Vaccine

Pneumococcal vaccine protects against infections caused by bacteria called pneumococcus. Examples of these infections include pneumonia, septicaemia and meningitis.

All adults aged 65 and over are offered PPV. It's also recommended for people at high risk of a pneumococcal infection (see above list).

Although PPV can be given at any time of the year, many people find it convenient to have PPV at the same time as their seasonal flu jab. Studies have shown that it's safe to give both vaccines at the same time.

Most adults need only one dose of PPV. However, some people may need booster doses, for example if their spleen doesn't work properly or they have a chronic kidney condition. Booster doses are usually required every five years.

NEW STAFF AT BRIDGE STREET MEDICAL CENTRE

Welcome to Dr Justin Taylor

Dr Taylor is our newest Partner and joined the practice in April 2011, replacing Dr Linehan. Dr Taylor undertook his GP training as a medical officer in the Royal Army Medical Corps. Having served for 16 years, he joined Bridge Street Medical Centre as a Partner in April 2011. He has a particular interest in occupational and travel health and sports injuries.

Welcome to Miranda Magee

Miranda joined our reception team in March 2011 and we welcome her to the team.

Welcome to Dr Emma McGrath

Dr Helen O'Sullivan will be on maternity leave from September 19th 2011. Dr Emma McGrath will be looking after Dr O'Sullivan's patients. Dr McGrath is a locally trained GP who has previously worked at Bottisham Medical Practice.

Bridge Street Medical Centre Chariots of Fire relay race

We are proud to announce that our team of Drs, nurses & medical students (Nurse Josie Johnson, Drs Bakker, Khan and Taylor and 2 of our final year medical students - Tim Rowlands and Mark Sweeney) ran in the annual race on Sunday 17th September. They came a fantastic 130th out of 310 teams with an excellent time of 1hr 15 minutes and 20 seconds. Congratulations to them!