



## Seasons Greeting

*The Doctors and staff wish you all a very happy Christmas and a happy, healthy and prosperous new year*

	MITCHAM LANE		FRANCISCAN ROAD	
Friday 24 December	Emergencies	Emergencies	Emergencies	Emergencies
Saturday 25 December	CLOSED		CLOSED	
Monday 27 December	CLOSED		CLOSED	
Tuesday 28 December	CLOSED		CLOSED	
Wednesday 29 December	Emergencies	CLOSED	Emergencies	CLOSED
Thursday 30 December	Emergencies	Emergencies	Emergencies	Emergencies
Friday 31 December	Emergencies	Emergencies	Emergencies	Emergencies
Saturday 1 January	CLOSED		CLOSED	
Monday 3 January	CLOSED		CLOSED	
Tuesday 4 January	9.00 – 12.00	4.00 – 6.00	9.00 – 12.00	CLOSED
	SURGERIES AS NORMAL			

### Editorial

The festive season is upon us and it can be a time when we succumb to coughs colds and upset stomachs. Not every ailment needs the attention of your GP and we so have included some advice to help you through what should be a happy time.

For **URGENT MEDICAL ADVICE** over the festive period please **ring the surgery** and you will be directed to **HARMONI** the out of hours service.

It is also the time to reflect on the year that has passed and the one to come. Make those resolutions come true in 2011, we are here to help.

### Flu, Coughs and Colds!

If you have the flu, a cough or a cold you may not have to see the Doctor. You can get advice from your local chemist or through NHS direct website [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk) and use the symptom sorter to see if you need to see someone.

However if you are concerned about a **child under of 5yrs or under** please seek advice from medical professional you can contact NHS Direct on **0845 46 47**

### Sickness and diarrhoea

We are currently in an outbreak of the winter vomiting virus, this can present with sickness, diarrhoea or both. It is important to keep drinking to prevent dehydration, children are particularly vulnerable and if you are concerned call NHS Direct or the out of hours service HARMONI.

### Remember prevention is better than cure!

Regular good hand hygiene (washing with soap and water) will prevent you from catching flu or the winter vomiting virus.

Flu vaccinations provide good protection against seasonal flu and are still available for patients at risk please contact the surgery for an appointment



**Caring for the Community**

**Streatham Park Surgery**

**Main Surgery**

91 Mitcham Lane  
Streatham  
SW16 6LY

Phone: 0844 477 3500

Fax: 0844 477 3405

Email:

sps.admin@nhs.net

**New Year, New Change -Just one small change can be effective towards a healthier you!!**



If you would like to discuss making that one small change to encourage healthier eating habits and weight loss, please speak to your **Healthy Lifestyle Advisers**, Gloria or Angela; who would be only too happy to help you down the path to a healthier future.

Your **Healthy Lifestyle Advisers** will check your weight, blood pressure, waist circumference & work out your Body Mass Index (BMI). With this information you can track your improvements as you start to lose weight & become more active.

**GO SMOKEFREE FEEL HEALTHIER AND MORE CONFIDENT**

**Frank**

- Smells fresh
- White teeth
- Healthy gums
- Physically fit
- Able to take brisk walks in fresh air
- Enjoys food
- Healthy complexion
- Holidays
- Money in the bank



**Tony**

- Smells of stale tobacco
- Gum disease
- Stained teeth
- Lung cancer
- High blood pressure
- Chronic obstructive pulmonary disease
- Bilateral amputations
- Poor appetite (loss taste/smell)
- Wrinkles



**DID YOU KNOW!**

- 20 minutes - blood pressure returns to normal
- 8 Hours - Nicotine and CO level is halved
- 24 Hours - CO eliminated and tar starts to be cleared from lungs
- 48 Hours - No nicotine left in the body, sense of taste and smell return
- 2 Weeks - Skin improves
- 2-12 Weeks - Circulation improves
- 3-9 Months - Coughs, wheezing and breathing problems improve
- 1 Year - Risk of heart attack halved
- 10 Years - Risk of lung cancer is halved
- A HUGE SAVING OF £2,172 (Based on 20 cigarettes per day)**

**WHO DO YOU WANT TO BE FRANK OR TONY?..**

**Make an appointment to see Angela or Gloria our trained no smoking councillors, who will be happy to provide a no smoking plan and support to help you succeed.**

**IF YOU ARE TONY.. IT'S NEVER TOO LATE TO BE FRANK!!!**