



Woodside Medical Group

AUTUMN 2019



PATIENT NEWSLETTER

Online Services

Did you know you can order your repeat prescription and book or cancel GP appointments online?

Ask at reception for a registration form or download one from our website: www.woodsidedmedicalgroup.co.uk

Flu Vaccines Available Now!

If you fall into any of the categories below, contact reception today to book your free flu vaccine.

- Everyone aged 65 and over (born on or before 31 March 1945)
- Pregnant women
- Children and adults with an underlying health condition such as diabetes or COPD
- Children and adults with weakened immune systems
- Anyone who is very overweight (Body Mass Index over 40)



Other Vaccinations

SHINGLES

If you are aged 70-79 and have not yet had your shingles vaccine, contact reception to book your appointment. This can be done at the same time as your flu vaccine.

PNEUMOCOCCAL

Pneumococcal infection can cause serious illnesses such as bronchitis and pneumonia. People aged over 65, or adults with certain health conditions have a higher chance of becoming unwell with pneumococcal infection so should have a pneumococcal vaccine. Most people only need this vaccine once. If you think you are eligible or are not sure if you have already had the pneumococcal vaccine, please contact the surgery. You can have the vaccine at the same time as your flu vaccine.

MEASLES

Measles can be life threatening. Complications occur in as many as 1 in 3 cases of measles. If pregnant women contract measles there is a risk to their unborn baby.

However measles is highly preventable with the MMR vaccine which is available for free as part of the routine childhood vaccination programme.

As of August 2019, the UK is no longer considered measles free and in Aberdeen there are a high number of children who have not been fully immunised.

If you are not sure if you or your child are fully immunised against measles, please contact the surgery on 01224 492828

SURGERY CLOSED FOR TRAINING FRIDAY 8 NOVEMBER

The next scheduled training day for the practice is Friday 8 November from 12 - 3pm.

For urgent medical problems during this time, please phone 01224 492828.

Have you changed your mobile number?

We use text messages to remind you of your appointment time and to let you know about NHS services at the practice.



Please remember to let us know if you change your phone number!