



THE SWAN SURGERY
Caring for you, by knowing you.

Swan Medical Group

Newsletter— Spring 2019



www.swansurgery.co.uk & www.liphookvillagesurgery.co.uk

Mel Harris (Operations Manager) spent Thursday 14th February filming some promotional videos with a production crew at both LVS (Liphook) and Swan (Petersfield). It turned out to be a fun day with most of the staff participating at some point.



PARKING CHANGES AT

SWAN SURGERY

Since the beginning of March the Swan Surgery introduced new parking regulations which are monitored by CCTV and Penalty Charge Notices.



Parking will remain free for patients attending an appointment. However, you will need to enter your vehicle number plate into the tablet to activate your e-pass on arrival. This can be found in the waiting room above the check in screen.

We are hoping this will improve parking for all of our patients in the future.

Dr Ericka Good

A warm welcome back to Dr Good!

On the 25th February we saw the return of Dr Ericka Good from maternity leave, who will be working 2 days a week.



Blood Pressure Campaign

Blood pressure is a measure of the force that your heart uses to pump blood around your body. A blood pressure test is the only way to find out if your blood pressure is too high or too low, because most people won't have any obvious symptoms.

In both of our waiting rooms we have blood pressure machines for you to use whenever you pop in.



Doing a test is easy and could save your life, so why not give it a try next time you are in the

The PPG are holding a **Dementia health promotion event** at the Petersfield Pavilion on the 8th June. If you are interested in attending please contact the surgery.

**ovarian
cancer
awareness
month** march
2019

Ovarian cancer is one of the most common types of cancer in women. There are around 7,400 new ovarian cancer cases in the UK every year, that's 20 everyday. Ovarian cancer accounts for around 4% of all new cancer cases in females in the UK (2015). The most common ways to diagnose ovarian cancer are a blood test and ultrasound scan. To find out more information on the symptoms and diagnosis of ovarian cancer, please visit:

www.nhs.uk/conditions/ovarian-cancer

****Following on from this and with regard to women's health, we would also like to take this moment to remind you about smear tests...****

Smear Test Campaign — Remember to book your smear test

Cervical screening, also known as a smear test, checks the health of your cervix. This is not a test for cancer, but one to help to prevent it. All women and people with a cervix aged 25 to 64 should be invited by letter. Try not to put it off as it is one of the most effective ways to protect yourself from cervical cancer. During the screening appointment, a small sample of cells will be taken from your cervix. This sample is then tested for any changes to the cells. Finding abnormal changes early means they can be monitored or treated so they do not get a chance to turn into cervical cancer. You'll get your results by letter, usually in about 2 weeks.

If you are within the age of 25 to 64 and have received a letter, but not yet booked your screening, please contact the surgery now and help reduce your risk.

A smear test
lasts **5** minutes.

The impact of cervical cancer
lasts a lifetime.

Attend your smear test.
Reduce your risk.

NHS Health Check

If you're in the 40-74 age group without a pre-existing condition, you are entitled to a free NHS Health Check every five years.

It can tell you whether you're at higher risk of getting certain health problems like diabetes, stroke & heart disease & can detect potential health problems before they do real damage and provide advice on what to look out for.

To book please speak to Reception.

Rate Our Service

We want to hear from you! Visit our NHS Choices Pages to rate our surgeries, staff and service.

www.swanmedicalgroup.co.uk/reviewswansurgery

www.swanmedicalgroup.co.uk/reviewliphookvillage