

*DMC Healthcare – DMC Crystal Palace Road
DMC Chadwick Road & DMC Silverlock)*

LATEST NEWS

We would like to welcome you to the first Newsletter for DMC. This will be published 3 times a year and will be available in the waiting areas.

We hope you will enjoy it and let us have your comments and suggestions for future editions.

Dr Gupta says:
'The original Dulwich Medical Centre was started in 1900 as a single handed practice in East Dulwich. Since then it has continued to grow to 3 practices in Southwark with a combined list size of over 17,000 patients. This Newsletter will give us the opportunity to let you know about all the exciting developments at DMC and heralds a new chapter in patient / practice partnership.'



❖ New practice in Rotherhithe

In addition to DMC in East Dulwich & Peckham, we have taken over Silverlock Health Centre in Rotherhithe. The practice has relocated into refurbished premises at 3 Warndon St, SE16 2SB.

We would like to welcome Dr Rakesh Vaidya & Dr Jhumur Datta to the team. They will be based at DMC Silverlock.

The practice is registering new patients living in Rotherhithe & Surrey Docks area. Call on 020 7237 4091 for further information.

❖ Pharmacy application

In view of the feedback from some of our neighbours, DMC has withdrawn the application for an onsite Pharmacy at Crystal Palace Road. There is a national review of legislation for Pharmacy applications and possibility of more local control over services in the future. DMC is committed to future integration of pharmacy services for its patients.

❖ Healthy Living Centre

DMC is working with Southwark Primary Care Trust (PCT) to develop an extension to the premises at Crystal Palace Road. This new building will focus on health living and we will engage in early public consultation with the community. Our architect is an expert on 'green issues' and will target a carbon neutral footprint.

❖ Missed appointments

At DMC Crystal Palace Road alone, the NHS loses approx £2,500 per week on approx 70 appointments not attended by patients. **PLEASE LET US KNOW** if you cannot attend your appointment so we can give it to someone else.

❖ Coming Soon

Mobile phone texting to remind patients of annual reviews & other special appointments. **IT IS VERY IMPORTANT THAT WE HAVE YOUR CURRENT MOBILE PHONE NUMBER.**

Patient Groups at the Practice

- ❖ Patient Participation Group for DMC Crystal Palace Road and DMC-Chadwick Road. This meets 3 times a year to discuss the development of services at DMC and to gain very valuable feedback from you, our patients. The meetings last for approx 1 hour and there are refreshments provided!
- ❖ If you would like to participate in either of these groups please call your surgery and let reception know. We will shortly be starting a new group for the patients at DMC Silverlock in Rotherhithe.
- ❖ Afro-Caribbean Diabetes Patient Group is run by our Practice Nurse, Rosie, and meets quarterly to discuss self help and better management of Diabetes. This group is very popular and is well supported by clinicians from Kings and elsewhere.

Phone nos

DMC Crystal Palace Road:
Phone: 020 8693 2727
Fax: 020 8693 7200

DMC Chadwick Road:
Phone: 020 7639 9622
Fax: 020 7639 0489

DMC Silverlock:
Phone: 020 7237 4091
Fax: 020 7231 8944

SELDOC:
020 8693 9066

NHS DIRECT:
0845 4647

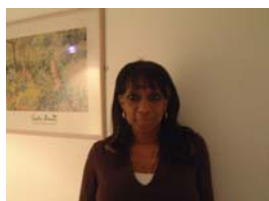
Catchment areas:

East Dulwich
West Dulwich
Dulwich Village

Peckham
South Camberwell
Nunhead

Rotherhithe
Surrey Docks
South Bermondsey

Our Practice Nurse, Hazel Luckie, works at DMC-Chadwick Road and can help with Stop Smoking advice, Flu jabs, Travel Immunisations, Contraception, Diabetic & Asthma checks.



Healthy Living

Sexual Health

Focus on Chlamydia

Chlamydia affects 1 in 5 sexually active young people. It usually causes minor discomfort and a discharge in men, but is more of a problem in women. Although there may be few symptoms at first, it can lead to Pelvic Inflammatory Disease (PID), ectopic pregnancy & infertility.

Most sexual infections can be prevented by using a condom but if you have had unprotected sex and are concerned, get a check up. You can take a very simple test at the surgery. Please call and make an appointment with the Practice Nurse.

You can pick up a free supply of condoms (in a discrete bag!) from Reception.

www.mysexualhealth.org.uk

Immunisations

Focus on MMR protection

Until a few years ago measles was largely a thing of the past thanks to the MMR vaccination. Recently, it has made a comeback – including a number of outbreaks in Southwark. At worst, it can lead to meningitis, brain inflammation, severe pneumonia and death. Too many children are missing out on their MMR vaccinations.

Particularly at risk are older children who were not vaccinated due to past fears over MMR. Now there is reliable evidence that MMR is the best and safest way to protect your child against Measles, Mumps & Rubella.

Please phone Reception to book an appointment with the Practice Nurse.

www.mmrthefacts.nhs.uk

We Can Help You Stop Smoking

Nicotine is very addictive and stopping smoking can be a struggle. There is free help available at the surgery. **A number of our Nurses are trained to offer advice and support to help you quit smoking.** Special medication and nicotine replacement therapy can succeed where other attempts have failed. The minute you stop smoking, your body starts to recover and the risk of serious disease starts to fall. Southwark Stop Smoking Advisor freephone 0800 169 6002. **To book an appointment with one of our Advisors, please ring the surgery or ask at Reception**

Hay Fever

Hay fever is caused by an allergy to grass or hay pollens. Grass pollen is the most common cause (May to July). However, it can also be caused by other pollens such as tree pollens (March to May). Common symptoms are a runny and itchy nose, blocked nose, sneezing, itchy and watery red eyes, and an itchy throat. In some cases only nose symptoms occur, and in some cases only the eye symptoms occur. Symptoms tend to be less severe if you reduce your exposure to pollen. The following may help when the pollen count is high.

- Stay indoors as much as possible, and keep windows and doors shut.
- Avoid cutting grass, large grassy places, and camping.
- Shower and wash your hair after being outdoors, especially after going to the countryside.
- Wear wrap-around sunglasses when you are out.
- Keep car windows closed and consider buying a pollen filter for the vents.