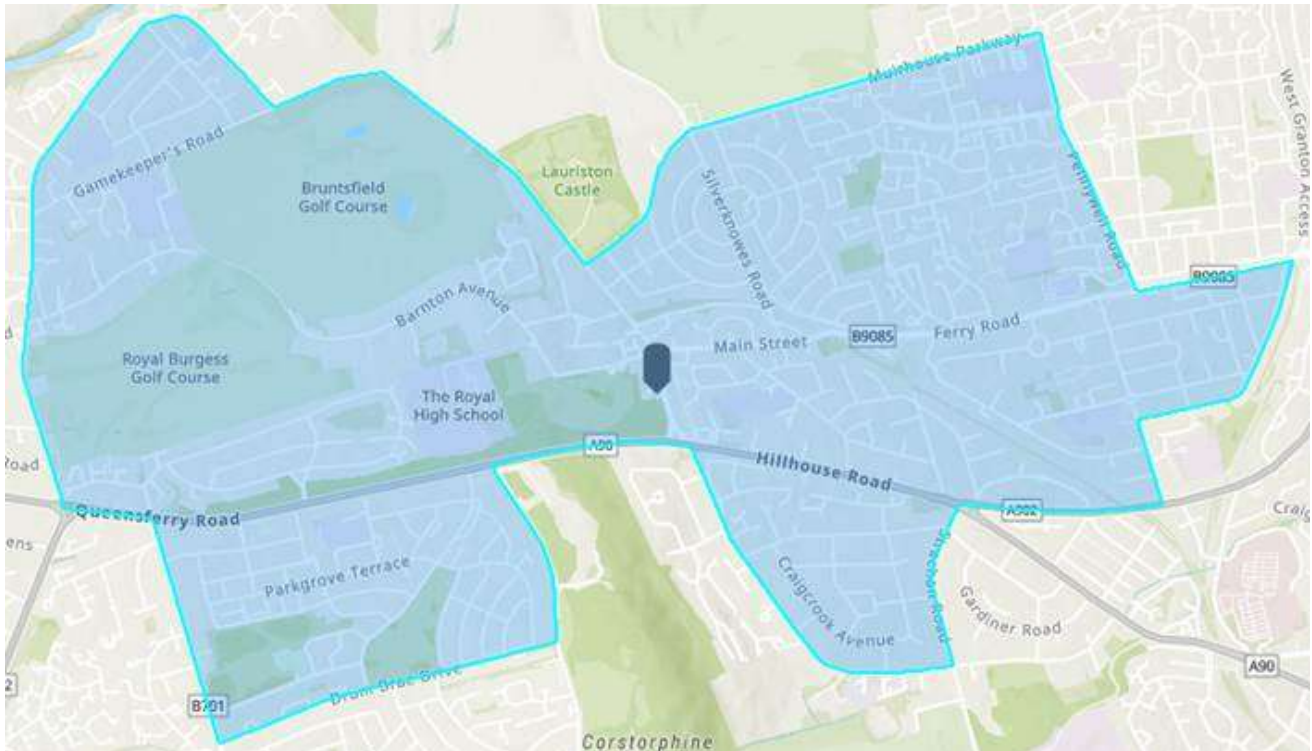


Davidsons Mains Medical Centre

NEWSLETTER

www.davidsonsmainsmedicalcentre.scot.nhs.uk

Welcome to the Davidson's Mains Medical Centre Newsletter. This newsletter will be produced regularly with information about the practice, who we are and how best to access our services. We hope you find this useful – every issue will also be on our website and our Facebook page.



Catchment area

Before registering with us please check if your address is within our catchment area. Our Practice boundary covers mainly the EH4 area, of which a boundary map can be found above.

If you are currently registered at a practice within your area we are unable to register you at present.

If you are not within our Practice area please visit www.nhsinform.scot to locate your nearest Practice. You can also contact NHS Inform on 0800 22 44 88.



Unfortunately, there has been a recent increase in verbal abuse towards our staff. We are here to help you. Our staff have the right to be treated with dignity and respect without risk of threatening behavior or violence. This behavior will not be tolerated towards staff and may result in a warning, or you may be removed from our practice list.



Please contact the surgery on 01313362291 for results after 2pm. **Reception staff are unable to read you any medical details over the phone.** If you would like a copy of your results please ask and we can provide you with this which will be left at reception for you to collect.

Pharmacy First

NHS pharmacy First Scotland is an NHS Service provided by your local community pharmacy for any minor illness with no appointment usually required. This replaced the minor ailment service in 2020 where patients can get medication on prescription (therefore no cost) and patients can go to ANY pharmacy.

You can use this service if you are registered with a GP practice in Scotland or live in Scotland. Examples of this include:

- Acne
- Sore throats
- Conjunctivitis
- Cystitis / UTI (with some exceptions)
- Dry skin
- Hayfever
- Impetigo
- Headlice
- Ringworm
- Scabies
- Thrush
- Warts.

More information can be found at www.nhsinform.scot



Travel Vaccinations

Your GP is no longer your point of contact for a travel health risk assessment, including travel vaccines.

In Scotland, the NHS provides some free travel vaccinations as detailed below. You may need to pay for other travel vaccinations, including Hepatitis B, Japanese encephalitis, meningitis, rabies, tick-borne encephalitis, tuberculosis, and yellow fever.

Free Travel Vaccinations (NHS Scotland):

- Diphtheria, Polio, and Tetanus (combined)
- Hepatitis A
- Typhoid
- Cholera

Sickline / MED3

A "sick line" is a commonly used term in the UK to refer to a medical certificate or fit note, also known as a doctor's note, that a doctor issues to confirm a patient's inability to work due to illness.

This note provides evidence to the employer regarding the patient's fitness for work and is required if an employee is off sick for more than 7 consecutive calendar days.

Please note we are unable to predate but we can backdate. If a sick note needs to be extended, please contact the surgery.

Breast Screening

Breast screening uses X-rays, called mammograms, to find cancers at an early stage when they are too small to see or feel. Breast cancer is the most common cancer in women. It starts when cells in the breast grow in an uncontrolled way and form a tumour. Breast screening tests are carried out by female health professionals only. In Scotland, breast screening is routinely offered to all woman aged between 50-70. You'll be invited every 3 years.

Please note that breast screening is also offered to non-binary people who's birth certificate originally said female, trans women who are taking hormones or trans men who haven't have breast removal surgery.

Health Awareness Weeks

9-15 June: Men's Health
16-22 June: World Blood Donor
16-22 June: Learning Disability
27 June: National PTSD Awareness
1-7 August: World Breastfeeding

