

# TRINITY MEDICAL CENTRE

DR MUKESH K SAHI

DR SUSHMA SAHI

DR PREETHY PRATHAP

DR LINDSAY WALKER

DR IFEANYI ODINA



33 CROYDON ROAD

PENGE

LONDON

SE20 7TJ

TEL: 020 8778 5135

020 8778 4897

FAX: 020 8402 1919

Website: [www.trinitymc.co.uk](http://www.trinitymc.co.uk)

# WELCOME TO THE TRINITY MEDICAL CENTRE

This booklet provides you with all the information you require about our Surgery. Please keep this in a safe place.

## THE DOCTORS

Dr Mukesh Sahi	MBBS (1975), MD, MRCP (UK) 1982
Dr Sushma Sahi	MBBS (Qualified 1984, INDIA)
Dr Preethy Prathap	MBBS MRCGP
Dr Lindsay Walker	MB BChir, MRCGP
Dr Ifeanyi Odina	MBBS DFFP MRCGP

Dr S Sahi, Dr L Walker and Dr P Prathap are the female GPs in the team. Although patients may be registered with one doctor, they are free to see any of them.

## THE PRACTICE STAFF

The doctors who practice in this partnership are supported by the following office staff:

- Practice Administrator
- Senior Receptionist
- 4 Receptionists
- 2 Secretaries

Also attached to the practice are:

- Practice Nurse
- District Nurse
- Health Visitor
- Community Midwife

**WE TREAT OUR PATIENTS WITH RESPECT AND DIGNITY AND IN RETURN WE EXPECT THE SAME BEHAVIOUR FROM OUR PATIENTS TOWARDS THE MEMBERS OF STAFF.**

## MEDICAL STUDENTS

We are now a teaching practice. We take medical students from King's College London School of Medicine at Guy's and St Thomas' Hospital. They will often sit in with the GPs and sometimes see patients by themselves, under the close supervision of one of the doctors. The students would only see patients once the patient's consent has been obtained.

We would like to thank all our patients for their willingness to help with students' education.

## SURGERY HOURS – BY APPOINTMENT ONLY

The Surgery opening times are Monday to Friday - 8.00am – 6.30pm

Extended hours - Monday 6.30 - 8.00pm

Patients are able to access a receptionist during these times.

The doctors surgery sessions are as follows:

	<b>MORNING</b>	<b>AFTERNOON</b>	<b>LATE EVENING</b>
Monday	9.00am – 1.00pm	2.00 – 6.00pm	6.30 – 8.00pm
Tuesday	9.00am – 1.00pm	2.00 – 6.00pm	
Wednesday	9.00am – 1.00pm	2.00 – 6.00pm	
Thursday	9.00am – 1.00pm	2.00 – 6.00pm	
Friday	9.00am – 1.00pm	2.00 – 6.00pm	

## RANGE OF SERVICES WE PROVIDE

### NHS SERVICES:

- Baby Clinics
- Antenatal Clinics Thursday
- Asthma Clinic
- Diabetic Clinic
- Coronary Heart Disease Clinic
- Postnatal Checks
- Child Health Surveillance
- Well Women Screening

### ADDITIONAL SERVICES:

- NHS health checks (40-74yrs)
- Smoking cessation
- Suture removal
- Sexual health
- Contraception
- Extended hours opening

### NON NHS / PRIVATE SERVICES:

- Private medical certificates
- Passport forms
- Private medicals
- Insurance claims
- DVLA medicals

Please discuss with receptionist for further information and charges (fees).

Patients are seen in the Surgery by appointment. If you feel that you need to see a doctor urgently, any information that you can give helps the receptionists and doctor to assess how best to arrange this.

Although we try to give appointments with the doctor of your choice, this may not always be possible if you need to be seen quickly.

## EXTENDED HOURS SURGERY

### Mondays

Doctor- Surgery is open late evening on Monday between 6.30 and 8.00pm.

Telephone lines and Surgery doors are open during these hours.

This clinic is by appointment.

Request for home visits are not taken during this session and patients should contact Emdoc on 0208 676 7424

Nurse- There is a late evening session on Monday from 6.30pm to 7.30pm. Patients are advised to make appointment to see the nurse.

### Keep it or cancel it – but don't forget it!

If you are unable to keep your appointment, please let us know as soon as possible so that it may be given to someone else.

**The practice nurse** sees patients in the Surgery by appointment for blood pressure checks, travel immunisation, immunising injections for children and an initial consultation for new patients. In addition she does smears, contraception, asthma, diabetes and gives advice on weight reduction and runs health promotion clinics in conjunction with the doctors. Clinic times are as follows:

Monday	9.00am – 12.00pm	3.30 – 4.00pm	6.30 – 7.30pm
Tuesday	9.00am – 1.00pm	2.00 – 4.00pm	
Wednesday	9.00am – 1.00pm	2.00 – 5.00pm	
Thursday		3.00 – 6.00pm	
Friday	9.00am – 11.00am	2.00 – 4.00pm	

The timings of session may change on occasions. Please check with reception staff.

## HOW TO REGISTER AS A NEW PATIENT

We are open to new registrations for all patients living within our catchment area, irrespective of their race, gender, social class, age, religion, sexual orientation or appearance, disability or medical condition.

Come to the Surgery with your NHS medical card and we will help you to complete a patient registration form.

## REQUESTS FOR HOME VISITS

Home visits are for those patients who are housebound or who are too ill to come to the Surgery. If you are uncertain whether you need a visit, the doctor on call will be happy to advise you on the phone.

If you are too ill to come to the Surgery, please telephone between 8.30 and 10.30am. Children can nearly always be wrapped up and brought to the Surgery where there are better facilities for diagnosis and treatment. Patients without cars should seek the help of members of the family, friends or neighbours. The receptionist will ask for details of your symptoms to allow the doctor to assess your needs. All requests for home visits after 6.30pm should be made to Emdoc.

## TELEPHONE CONSULTATIONS

Telephone consultations can now be booked to speak to a doctor. Evidence has shown that not all patients need to see a doctor face-to-face. In light of this, when you call for a same day appointment, the receptionists will be asking if you feel your problem can be dealt with over the telephone. They will then arrange a time for you to call back. This will not replace the normal appointment booking system. It will be offered as an additional service. If you are not sure, then book an appointment in the normal way.

## TEST RESULTS

Telephone requests for results of tests etc should be made in the afternoons between 2.00 – 5.00pm. You will find it easier to get through at this time.

## OUT-OF-HOURS SERVICE

Please call NHS Direct on 0845 4647 for advice out-of-hours or Emdoc on tel no. 020 8676 7424. This is an **emergency** service which will pass your request on to the duty doctor. This service cannot take any other sort of message from patients, such as making Surgery appointments or dealing with requests for repeat prescriptions.

It is more appropriate in extreme emergencies (eg severe chest pain, collapse) to dial 999 for an ambulance, or accidents to go to Accident & Emergency Dept at the Princess Royal Hospital.

## WALK-IN CENTRES

Walk-in centres offer fast access to health advice and treatment. They are open to anyone on a drop-in basis. They provide minor treatments, information about local health services and self-help advice. Walk-in centres are open seven days a week, from 7.00am to 10.00pm with no appointment needed. The nearest one to Trinity Medical Centre is:

Croydon NHS Walk-in Centre

45 High Street, Croydon, Surrey CR0 1QD

Tel: **020 8666 0555**

Monday to Friday 7.00am to 10.00pm

Saturday/Sunday and bank hols 9.00am to 10.00pm

## MINOR INJURIES UNIT

The nearest minor injuries unit is based at Beckenham Hospital, Croydon Road, Beckenham. It is open seven days a week, from 8.00am to 8.00pm. Tel: 01689 866037

Website: [www.bromleymiu.nhs.uk](http://www.bromleymiu.nhs.uk)

## REPEAT PRESCRIPTIONS

**Please ensure that you order these in good time and not when you are just about to run out!**

Two working days' notice is required for a prescription to be made out and signed.

**REQUESTS FOR REPEAT PRESCRIPTIONS CANNOT BE TAKEN OVER THE TELEPHONE.**

The requests should be made using the tear-off repeat prescription form attached to the prescription and can be left at reception or sent in the post. If you leave a stamped addressed envelope we can return them to you, otherwise you will need to collect it from the Surgery.

## COMMENTS, SUGGESTIONS AND COMPLAINTS

We aim to provide the best possible service to our patients. If you have any comments, suggestions or complaints about our services, please arrange to speak to the practice administrator. Alternatively you may write to her with your views. If you would like further advice about the best way to express your views, you can also contact The Patient Advice & Liaison Service (PALS) on 0800 389 5118 for a free, confidential service.

## VIOLENT OR ABUSIVE PATIENTS

All members of our team have the right to carry out their work without the threat of violence. Like the rest of the NHS, we operate 'zero tolerance' and will remove from the list any patient who is physically or verbally abusive or threatening towards any team member or other patients. We treat all our patients with respect, we expect the same in return.

## DISABLED ACCESS

Please inform the receptionist when making appointments if you have any difficulty in accessing consulting rooms due to stairs. Arrangements can be made to see such patients in ground floor consulting rooms.

## ACCESS TO MEDICAL RECORDS

Your medical records are confidential. You do have the right to access them in accordance with the "Access to Records Act 1990" and if you do this you will have to give your signed consent to disclose information to third parties. The only exceptions are the provision of information when making a referral to another doctor or disclosure required by statute.

For details of primary medical services, contact:

Bromley Primary Care Trust

Bassetts House, Broadwater Gardens,

Farnborough, Kent BR6 7UA

Tel: **01689 853339**

## INTERNET ACCESS

Internet appointment booking and requests for repeat prescriptions are available; please ask your GP or the receptionist for more details.

## SEXUAL HEALTH SERVICE

We provide free and confidential:

\* Testing for all sexually transmitted infections, including chlamydia, gonorrhoea, NSU, syphilis and HIV.

\* Health advice service for young persons.

\* We operate an appointment system but can see emergencies if certain criteria are fulfilled.

For further details and to book an appointment please speak to the receptionists or call

Tel: **020 8778 5135**.

## CONTRACEPTION

Advice about contraception and the prescription of oral contraceptives can be obtained from any of the doctors and from the practice nurse. IUD, implants and caps can be fitted at the Surgery Family Planning Clinic on Thursdays and sheaths can also be obtained. Post-coital contraception (the morning-after pill) is also available here but it is essential that it is provided within 72 hours.

## CERVICAL SMEARS

Cancer of the cervix is the most preventable and treatable cancer, providing women are screened regularly and any changes detected early. This can be done by having regular cervical smears. This picks up the very early changes which initially do not mean that cancer has developed but, if left, may become malignant. In the precancerous stage treatment can be undertaken that is very safe, painless and does not require a general anaesthetic.

At present the Department of Health recommend that all women who are or have ever been sexually active and have not had a hysterectomy should have smears at three-yearly intervals between 29-45 years of age and every five years between 50-64 years of age. If any problems show up, or the smear is technically unsatisfactory, the woman will be asked to return for a repeat smear either immediately or after a few weeks and kept under regular review or referred to a specialist clinic.

## PRENATAL COUNSELLING

This can be arranged with the practice nurse, who can give general advice about a good balanced diet, the need to give up smoking and alcohol, and the achievement of a desirable weight.

Folic acid is advised for at least the first 12 weeks of pregnancy, even for women who are healthy and have a good diet. Folic acid taken in early pregnancy reduces the chance of having a baby born with a spinal cord problem such as spina bifida. It is best to start taking folic acid before becoming pregnant. If the pregnancy is unplanned then start taking folic acid as soon as you know you are pregnant. The recommended dose is small (400 micrograms or 0.4mg a day). Tablets can be bought at most health food shops or pharmacies.

It is advisable for all women to know for certain that they are immune to German measles, even though they may have had the vaccination in adolescence or had an illness which might have appeared to be German measles. This can easily be done by means of a blood test. If the result indicates you are still susceptible to the infection, immunisation can be given. It is essential though that pregnancy does not follow within three months.

Any anxiety about family history of illness or the problems that might arise from having to continue regular medication during pregnancy can be discussed with one of the doctors.

## MATERNITY SERVICES

All the doctors in the partnership provide maternity care, but not home deliveries. Where suitable, antenatal care is shared with the hospital. Patients living in the Bromley area are usually delivered at The Princess Royal University Hospital, having been booked in at the clinic at Beckenham Hospital. Our antenatal clinic is held here on Thursdays and is run by the community midwife. Six-week postnatal and baby checks are carried out by one of the doctors.

## WELL-BABY CLINICS

These are held in routine surgery on Tuesdays and Wednesdays where routine examinations are done at eight weeks. For more information, ask at reception.

The schedule for immunisation is:

8 weeks	1st Diphtheria, tetanus, pertussis, polio, Haemophilus influenzae type B (HIB) and pneumococcal infection
12 weeks	2nd Diphtheria, tetanus, pertussis, polio, Haemophilus influenzae type B (HIB) and meningitis C
16 weeks	3rd Diphtheria, tetanus, pertussis, polio, Haemophilus influenzae type B (HIB), meningitis C and pneumococcal infection
12 months	Haemophilus influenzae type b (HIB) and meningococcal C infections
13 months	Measles, mumps and rubella and pneumococcal infections
3 years four months to five years old	Diphtheria, tetanus, pertussis and polio, measles, mumps and rubella

(These injections need to be booked with the practice nurse)

Our aim is to see that ALL the children on our list are fully immunised against these diseases, unless there are specific medical reasons why they should not be given. Any queries about this can of course be discussed with the doctors or health visitors.

Appointments to see the doctors in these clinics are necessary but the health visitors can be seen without one and will weigh babies and discuss any problems that arise with feeding, sleeping and so on.

## VACCINATION OF ADULTS

**TETANUS** – It is our aim to get all our adult patients up-to-date with their tetanus immunisation. It is much safer to be already protected than to have a wound that might be infected ie from a fall (especially the elderly), a dog bite or damage to the skin while gardening. The practice nurse will give these injections.

**HEPATITIS B** - This is available for the protection of all those at risk of this infection such as health care workers. It requires a course of three injections for which a prescription will be needed first and there may be a charge. This can be given by the practice nurse.

## INFLUENZA AND PNEUMONIA VACCINATION

Influenza vaccination is offered to anyone over the age of 65 or patients with asthma, diabetes, chronic heart disease and chronic lung disease. Pneumonia vaccination is offered to patients over 65.

## HEALTH PROMOTION

Advice regarding diet, weight, alcohol, smoking and lifestyle is offered by the practice nurse. You are encouraged to have a health check every three years. All patients over 75 are offered an annual review.

## PRIVATE SERVICES

We provide a range of non-NHS services for which we charge the standard BMA fees. These include private sick notes, passport forms, medicals for employers, driving (PSV, HGV and elderly drivers) and insurance companies, completing medical statements for insurance policies, BUPA, PPP and many other services not covered under terms of contract of the NHS. Please ask the receptionist for further information.

## IMMUNISATION FOR TRAVEL ABROAD

The practice nurses give advice for foreign travel and administer most vaccinations for patients registered with the practice. The practice does not issue NHS prescriptions for drugs for use when travelling abroad. Where necessary a private prescription will be issued. Speak to reception for more details.

There may also be a charge for some travel immunisations. Details of what is advisable or compulsory for travel can also be obtained from your Travel Agent, the Department of Health, the Hospital for Tropical Diseases or British Airways.

A course of injections may be required with several weeks between doses – PLAN WELL AHEAD! We require **six weeks notice** of your intention to travel. Pick up a form from reception.

In this practice we can provide immunisation against TYPHOID, TETANUS, POLIO, DIPHTHERIA AND HEPATITIS A. Less common requirements such as for MENINGITIS A and C may also be dealt with but these vaccines need to be specially ordered.

YELLOW FEVER and RABIES immunisation is only available from special centres such as

the Hospital for Tropical Diseases or British Airways Travel Clinics on **020 7439 9584** (Regent Street) or **020 7606 2977** (Cheapside).

For more details visit [www.britishairways.com/travelclinics](http://www.britishairways.com/travelclinics)

Protection against **MALARIA** is essential when travelling to certain parts of Africa, Central and South America, Asia and the Middle East. Different areas require different drugs according to the resistance of the Malaria parasite in that area. Some of these are prescription-only drugs, others can be bought over the counter from your chemist. They must be taken before you arrive in a malarial area and continue after you have left it.

## SELF-TREATMENT OF COMMON ILLNESSES AND ACCIDENTS

Many common aches and pains can be simply treated at home without the need to consult a doctor.

### BED SORES

Bed sores are far easier to prevent than cure. They are caused by prolonged pressure to certain parts of the body when lying in bed for long periods. They can be prevented by encouraging the patient to shift position as often as possible and taking care to smooth out creases in the bottom sheet which could lead to localised irritation. Keep your eye open for red marks appearing at the pressure points such as heels, elbows, buttocks and hips and if they begin to appear inform the doctor before they get worse.

### BURNS

Apply large quantities of cold water to the affected area as soon as possible and maintain this until the pain subsides. This may take as long as 15 minutes! If the skin is unbroken but blistered, apply a loose, dry dressing.

If the burn is larger than four or five inches or so in diameter, if the skin is broken or it starts to look infected, consult your doctor as soon as possible.

### CHICKEN POX

On the first day a rash appears as small red patches about 3-4mm across. Within a few hours of these developing, small blisters appear in the centre of these patches. During the next three or four days further patches will appear and the earlier ones will turn "crusty" and fall off.

Calamine lotion may be applied to soothe the often severe itching. Cool baths may also help. The most infectious period is from two or three days before the rash appears and up to five days after this date. Children may return to school seven days after the outbreak of the most recent crop of spots.

### COLDS

Even in this day and age there is still no magic cure for the common cold. Go to bed, take plenty of drinks. If you have a headache or are feverish, take aspirin or paracetamol. Do not bother to take any antibiotics you may have in the house as these will have no effect! You do not need to see a doctor.

## FLU/VIRAL INFECTIONS

This usually starts with a high temperature, runny nose, sore throat and aches and pains in the body. These are viral infections and do not always need antibiotics. During the first 48 hours rest, paracetamol tablets (two every six hours) with plenty of fluids and a light diet helps to relieve symptoms in most cases.

In children with fever due to viral infections, sponging, along with paracetamol syrup further helps to bring down the temperature. If you have any concerns regarding child illness, please ask for advice. If you are over 65, asthmatic, diabetic or have coronary heart disease you are advised to have a flu injection yearly. Please make an appointment during October and November.

### DIARRHOEA

In adults diarrhoea is usually caused by a viral infection and is therefore unable to be treated directly. The symptoms can usually be eased by taking advice from your local pharmacist who will recommend an over-the-counter treatment. Holiday diarrhoea is often due to a bacteria. Again, over-the-counter treatments can be taken. In both cases, consult your doctor if the symptoms persist for more than a few days. Diarrhoea in very young children and babies needs careful attention. Most babies have loose bowel actions during their first six months due to their predominantly liquid diet. To avoid dehydration drink plenty of water. If the symptoms persist for more than 24 hours, or sooner in the case of a child, or are accompanied by vomiting or weakness, consult your doctor.

### GASTROENTERITIS

Gastroenteritis describes a group of diseases affecting the stomach or part of the intestine. Symptoms are often diarrhoea, sickness and stomach ache. Because the lining of the stomach is likely to be inflamed, medicines are often immediately vomited up. To avoid dehydration you should drink large quantities of water, diluted fruit juice or thin soup. If you are still vomiting, stick to water only. Try sipping it, frequently, in small amounts. Consult your doctor if you continue to be sick for more than 24 hours (six hours in the case of babies and infants).

### MINOR CUTS AND GRAZES

Wash the wound thoroughly with water and a little soap. To stop bleeding apply a clean handkerchief or dressing firmly to the wound for about five minutes. Cover with a clean, dry dressing.

### MEASLES

The rash is blotchy and red and appears on the face and body around the fourth day of illness. It is at its most infectious from two or three days before the rash appears until 8 or 10 days after that date. Though the rash is very dramatic, measles is accompanied by more upsetting symptoms. The whites of the eyes and inside the nose become sore, red and watery. A cough develops and many patients also suffer from earache. Paracetamol syrup and a simple cough linctus will help. The patient will also find comfort from staying away from bright sunlight in a shaded room.

If the symptoms are very distressing contact your doctor.

## NOSE BLEEDS

Sit in a chair, lean forward over a basin or bowl with your mouth open. Pinch your nose firmly with your thumb and first finger. You should pinch the fleshy mobile part just below the bony bridge. It is useless to pinch the bridge itself. Keep your nose pinched for approximately 12 minutes. Avoid hot drinks or food for a few hours after that. Try also not to wipe your nose too much, or to sneeze. If the bleeding persists, consult your doctor or accident and emergency department.

## STOMACH ACHE

Most attacks are not serious and are usually caused by indigestion or wind. A hot water bottle will often relieve the symptoms and, in the case of indigestion, a teaspoon of bicarbonate of soda in half a glass of water will help. If the pains lasts for longer than eight hours or increases in intensity you should consult your doctor.

## SPRAINS

Firstly apply a cold compress, containing ice if possible for 15 to 30 minutes. A bag of frozen peas is ideal for this. This will reduce blood flow to the sprained area and therefore minimise bruising and subsequent swelling. Apply, firmly, a crêpe bandage and give the sprain plenty of rest until the discomfort has subsided. If possible, keep the sprained joint raised. This will make it more comfortable and less swollen.

## SUNBURN

Sun protection is very important. Children are particularly susceptible to sunburn and great care should be taken to avoid over exposure to the harmful effects of the sun. It is advisable to protect all exposed areas with a suitable sunscreen and a hat before going out in the sun. If you unfortunately do get sunburn, treat as for other burns with cold water to remove the heat. Calamine lotions will relieve the irritation whilst paracetamol will also help.

## HEADLICE (NITS)

These creatures, contrary to popular belief, prefer clean hair and are therefore not a sign of poor personal hygiene. The regular use of special combs and hair conditioner is effective. Medicated head lotion can be obtained from the chemist without prescription.

## INSECT BITES AND STINGS

Antihistamine tablets can be obtained from the chemist without prescription and will usually relieve most symptoms. Note: Bee stings should be scraped away rather than "plucked" in order to avoid squeezing the contents of the venom sac into the wound.

# MACKS PHARMACY

★ Special Discounts for Blood Pressure and Diabetes Monitoring Machines

- NEBULISERS
- INCONTINENCE PRODUCTS
- MOBILITY AIDS
- Wheelchair Hire
- Medicines Use Review
- NHS Stop Smoking Service see Gerry Gracias or Raj Patel

**REPEAT PRESCRIPTION COLLECTION  
DELIVERY SERVICE FOR THE ELDERLY & HOUSEBOUND**

**PRIVATE CONSULTATION ROOM**

**PENGE: 165 High Street, Penge (between Woolworths and the Police Station)**

**Tel: 020 8778 5307**

email: [macks.pharmacy@npanet.co.uk](mailto:macks.pharmacy@npanet.co.uk)

## REPEAT PRESCRIPTION COLLECTION SERVICE

To register for this free service, simply fill in this form and hand it into **Macks Pharmacy**

Patient's Name..... Address.....

.....

Tel..... Signature.....

Doctor's Name..... Address.....

.....

Dear Doctor,

I hereby nominate Macks Pharmacy to collect, either in person or by means of electronic transfer, my prescriptions from Trinity Surgery on my behalf. I will write to you if I wish to make any changes to this agreement.

Thank you

Sign.....Date.....

## Make the most of your Chemist...

...for dispensed medicines - The pharmacy is where you go for medicines and for the pharmacist's advice on how to take them. Pharmacists are trusted professionals whose job is to help people to get the best out of their medicines. They know exactly what's in your medicine and will be happy to answer any questions. Your pharmacist will see that your medicine is at the right strength, in the right dose and check that you know how to take or use it properly.

...for minor ailments - If you're feeling off-colour, but don't feel ill enough to go to the doctor, ask your pharmacist for advice. Pharmacists have been trained to offer advice on the treatment of everyday minor ailments for all the family.

Your pharmacist will not hesitate to refer you to your doctor if your symptoms demand it, but often an over-the-counter remedy will be all you need, and pharmacies offer far more medicines than other outlets because many remedies can only be supplied under the supervision of a pharmacist.

Remember, too, that you can talk to your pharmacist in confidence. Like doctors, pharmacists have a professional code which means all information you give them will be treated in the strictest confidence. All the more reason to make the most of your local chemist.

## Making life easier at home

Keeping mobile is a problem that can now be successfully tackled with the right equipment for your needs. Modern mobility aids make a real difference and can make life easier.

Equipment which is both easy to fit and use includes: grab/support rails in the bathroom and toilet, lever taps in the kitchen, access ramps for those problem steps, hygiene aids and specialist cutlery. Adapting what is in the home, perhaps for wheelchair access or the provision of shower/bath seats and lifts, also provides security and confidence.

It is important to ensure that the supplier of the equipment can fit, repair and service it. Clearly it is best to view any equipment in a showroom where you can get expert advice prior to purchase. If this is not possible, check that the supplier will visit you in your home to demonstrate the equipment. It is best to make sure that the supplier is 'Mobility Accredited'.

If **YOU** are reading this, then so could patients looking for your kind of service.



To place an advertising feature in our practice booklets and book a daily reminder of your service on our appointment cards and website simply phone Jenny Mellenchip now on 0800 612 1516

To advertise **your** business to **our** patients on low cost, easy payment terms call 0800 0234 196.



# UNITED PHARMACY



- Repeat prescriptions - free collection and delivery service
- Monitored dosage system (blister packs)
- Advice on medicines and a healthy lifestyle
- Stop smoking support

## Opening Hours

Monday - Friday 9.00am-7.00pm Saturday 9.00am-1.00pm Sunday Rota Only

5 The Parade, Croydon Road, Anerley, London SE20 7AA

**Tel & Fax: 020 8778 8285**

## Repeat Prescription Form

Name:.....Doctor's Name:.....

Address:.....

Postcode:.....Telephone:.....

## Make the most of your Chemist...

### ...for dispensed medicines

The pharmacy is where you go for medicines and for the pharmacist's advice on how to take them. Pharmacists are trusted health professionals whose job is to help people to get the best out of their medicines. They know exactly what's in your medicine and will be happy to answer any questions. You can be sure that your pharmacist will see that your medicine is at the right strength, in the right dose and will check that you know how to take or use it properly. They will also cross reference any other drugs you are currently taking. Many chemists now offer a prescription collection and delivery service.

### ...for minor ailments

If you're feeling off-colour, but don't feel ill enough to go to the doctor, ask your pharmacist for advice. Pharmacists have been trained to offer helpful, easy-to-understand advice on the treatment of everyday minor ailments for yourself and all the family, anything from headaches and coughs and colds, to cold sores or dermatitis.

Your pharmacist will know when medical help is needed, and will not hesitate to refer you to your doctor if your symptoms demand it. Often, however, an over-the-counter remedy will be all you need, and it's worth remembering that pharmacies offer far more medicines than any other outlets. That's because many of today's effective non-prescription medicines can only be supplied under the supervision of a pharmacist, which means they are only available at a pharmacy. Remember, too, that you can talk to your pharmacist in confidence, even about the most personal symptoms. Like doctors, pharmacists have a professional code which means all personal information you give them will be treated in the strictest confidence. All the more reason to make the most of your local chemist!

## PRACTICE AREA

This is basically SE20 and the adjacent parts of Beckenham and SE19. For further information please speak to a receptionist.

