

PRACTICE NEWSLETTER

MAY 2025 – ISSUE 16

AWARENESS WEEKS

National smile week

GP's are **not** licensed to provide dental prescriptions, this includes antibiotics. See a dentist if you experience; facial swelling, dental pain and/or bleeding. If you are not registered to a dentist, call 111 for an emergency service.

Deaf awareness week

This year's theme, "Beyond Silence," aims to break barriers and promote inclusivity for deaf and hard-of-hearing individuals. The week focuses on raising awareness, celebrating Deaf culture, and advocating for accessibility and equal opportunities.

DAY

17TH

World hypertension

WEEK

15

National smile week

WEEK

3-9

Deaf awareness

MONTH

1-31

Action on Stroke

MONTH

1-31

National Osteoporosis

REMINDERS

Taking the contraceptive pill can cause high blood pressure in a small number of people. It is important to check you BP regularly so that your GP can continue to safely prescribe your contraceptive medication.

COVID VACCINES

Covid vaccinations have now stopped for the Spring cohort.

If you are eligible you will be invited again in Autumn.

CONTACT INFO

Website: www.faldoc.co.uk

Phone: 01326 210090

COIL GUIDELINES

In 2025, the guideline for the duration of Mirena coil use has been updated.

For contraception, Mirena can be used for up to 8 years if the user was under 45 when it was fitted. If fitted at 45 or older, it can remain in place until menopause or age 55, whichever comes first.

For HRT purposes, the coil should be replaced after 5 years, regardless of age.

For managing heavy bleeding only, the coil can remain in place as long as it effectively controls the bleeding.



AWARENESS MONTH

Action on stroke

Strokes can be life-changing. It can happen to anyone of any age and affects everyone in different ways. A stroke is a medical emergency. If you spot the signs of stroke, call 999. Find advice for life after stroke on 'www.stroke.org.uk'

National osteoporosis

FACT - In women over 45, osteoporosis accounts for more days spent in hospital than diabetes, heart attack & breast cancer. 1 in 4 men over 50 will fracture a bone due to osteoporosis

REMINDERS

A patient is considered housebound if they can't leave their home due to a physical or mental illness. If a person can leave the house with some help, for example to visit the doctor, dentist, hairdresser, hospital, shop, they are not considered housebound. Not having transport does not count.



NHS WEBSITE

Search 'blood pressure' on the NHS website today for information on early signs, treatment options and prevention.



WORLD HYPERTENSION DAY

"Measure Your Blood Pressure Accurately, Control It, Live Longer!"

An estimated 5.5 million people have undiagnosed hypertension across the country. Check your BP for free today at the practice, at your local pharmacy or using a home monitor.

FREE