TWIN OAKS
MEDICAL CENTRE
and Park View Surgery

Tel: 01425 672741 between 8am—6.30pm
Park View Surgery: 01425 403263 8.30am—12.30pm
www.twinoaksmedicalcentre.co.uk



AUTUMN NEWSLETTER

PODIATRY AT TWIN OAKS

We have a new private podiatry service commencing here on Tuesday 5th November. The podiatrist is Tony Cheshire who is fully qualified and State Registered and has many years experience covering all aspects of foot care treating NHS and private patients. He will be offering a full range of podiatry/chiropody treatments including:

General foot discomfort

Walking problems

Simple nail cutting

Corn callus removal

Nail surgery

Biomechanical assessment

Gait analysis

Provision of orthotics



For more information or to make an appointment,

please either ask at reception or phone: 01425 672741 or 07711 990056

or visit Podiatry website at: www.arcpodiatry.co.uk

Our GPs



As well as Dr Richard Simpson and Dr Kate Haslam we also have other excellent GPs who work at both Twin Oaks and Park View surgeries: We are delighted to welcome Dr Laura Hobbs as a permanent salaried GP. Dr Hannah Stowe continues to work with us every Wednesday and Thursday with a special interest in lifestyle medicine. Dr Asmita Mistry works every Monday with her speciality in women's health and Dr Alexandra Stewart is our new GP registrar.

RSV Vaccinations
(Respiratory syncytial virus)

Respiratory syncytial virus (RSV) is a common cause of coughs and colds. RSV infections usually get better by themselves, but can sometimes be serious for babies and older adults.

RSV infections are very common. Almost all children get them at least once before they're 2 years old.

They're not usually serious, but some babies and adults have a higher risk of getting seriously ill, particularly:

- Babies under 6 months old
- Young children who were born prematurely
- Adults over 75 years
- Babies, children and adults with a weakened immune system, or long-term lung or heart conditions
- People who smoke tobacco and babies exposed to tobacco smoke
- In babies, RSV is a common cause of a type of chest infection called bronchiolitis. This can cause breathing problems and may need to be treated in hospital.
- RSV can also cause a serious lung infection (pneumonia) in babies and older adults.
- RSV vaccination



The RSV vaccine is recommended if:

- you're pregnant (from 28 weeks of pregnancy) – this will help protect your baby for the first few months after they're born
- you're aged 75 to 79
- The vaccine helps reduce the risk of RSV causing serious problems such as pneumonia and bronchiolitis
- If you're aged 75 to 79, your GP surgery will contact you about getting vaccinated
- If you're 28 weeks pregnant or more, you can speak to your maternity service or GP surgery about vaccinations

Cancer Matters Wessex

Know the signs…

If something in your body doesn't feel right or you are experiencing symptoms that last three weeks or more, don't delay – contact your GP . It's probably nothing serious, but finding cancer early makes it more treatable.

Contact your GP if you experience any of the below symptoms:

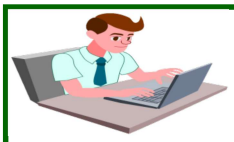
- **Tummy trouble, such as discomfort or diarrhoea for three weeks or more**
- **Blood in your pee – even just once**
- **Unexpected or unexplained bleeding**
- **Unexplained pain that lasts three weeks or more**
- **An unexplained lump**
- **A cough for three weeks or more**

Not all the symptoms of cancer are easy to spot. Contact your GP if you experience one or more of these symptoms, for three weeks or more:

- **Unexplained weight loss**
- **Feeling tired and unwell and not sure why**
- **Heartburn or indigestion**
- **Unusual, pale or greasy poo**



For more information on cancer signs and symptoms please go to our website or https://cancermatterswessex.nhs.uk/know-the-signs/



Website for Twin Oaks & Park View surgery



We have recently updated our website and we hope you will visit www.twinoaksmedicalcentre.co.uk for up to date information on our services. New patients can join the practice, existing patients can request medication and sick notes and view the variety of self referrals that are available, which include eye problems, audiology, physiotherapy, insomnia support, weight loss and lots more - keep checking as the options are growing!