



# The South Lawn Medical Practice News October 2018

## Get Well Soon— Without Antibiotics

Common illnesses such as coughs and colds can often be treated without encouraging antibiotic resistance by drinking plenty of fluids and getting lots of rest. Colds can last about two weeks and may end with a cough. If your cold lasts more than three weeks, or you become breathless or have chest pains, it is important that you see your Doctor.

All colds and most coughs and sore throats are caused by viruses—which antibiotics will not work against. Bacteria can adapt and find ways to survive the effects of an antibiotic, so the more often we use it the more likely we will become resistant—this will lessen its effectiveness in the future.

Your GP will only prescribe antibiotics when you need them. By not asking for antibiotics unnecessarily, they are more likely to work when you really need them to.



## Practice Phone Lines

**We are aware that at peak times - especially on Monday mornings - the phone system can be very busy, and some patients may experience a delay in being able to speak to a receptionist.**

**We have eight phone lines for general enquiries which all come through to the main reception office. At busy times, all available staff help answer incoming phone calls to try and offer appointments as efficiently as possible.**

**The only lines which are manned by a single member of staff are the prescriptions and test results lines.**

## Keeping Healthy

Why not take the healthy option and walk or cycle to your routine appointment at the Health Centre?

Your GP can recommend specific exercise classes such as ISCA Active or Waterbility. The Practice Nurses are happy to see patients who would like an appointment for lifestyle or dietary advice, and can offer health eating diet advice sheets when needed.



## Flu Clinics

This years flu clinics will be held in the morning of the following dates:  
Saturday 20th October and Saturday 3rd November 2018 .

If you fit into one of the categories below, please ask at Reception and book your appointment as soon as possible.

- Patients with Diabetes
- Patients with chronic respiratory problems, including some asthmatics
  - Patients with heart disease
  - Patients with renal failure or liver disease
- All patients aged 65 and over, even if fit and healthy
  - Carers



Please be as flexible as you can over the times receptionists can offer you.

**Why not visit us online — [www.slmp.co.uk](http://www.slmp.co.uk)**