



**Answers on the backside of this
page—don't open until you are ready
to see!**

F Q N R P J L R S Q A X R J C
K A P Y H M D A P U O E E G D
N T G S A N U G L O M M C E I
N U A E R I N R W Y G B E X Y
U C X C M T E E U H W C P G Y
R M T R A W L G S C N H T J D
S L E E C Z M I D L K E I W O
E Z A T I J G S Q I M A O N C
P Y M A S X T T U N L L N W T
O B W R T I V R D I G T I M O
W G O I S F U A A C L H S X R
C A R E C O O R D I N A T O R
O H K S O U X A M L R Q C I V
C A F N K U S L I J J X S T V
M A N A G E M E N T P A I G X

Words to Find:

DOCTOR	PHARMACISTS
RECEPTIONIST	SPLW
NURSE	CLINIC
MANAGEMENT	DUNELM
SECRETARIES	HEALTH
REGISTRAR	ADMIN
CARECOORDINATOR	TEAMWORK

*Dunelm Medical Practice – Across the city
of Durham—Bearpark—Gilesgate—
Framwellgate*

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Framwellgate*

August Dunelm Medical Practice Newsletter



Meet the Team! Hello & Goodbye



Nice
to meet
you!



NHS Health Checks

Dunelm Medical Practice Newsletter



Every 6 months, our Doctors in training rotate. We have a few new faces joining us at Dunelm Medical Practice, I am sure you will join us in giving them a warm welcome!

Unfortunately that also means we have to say goodbye to some familiar faces, we wish them the best at their next location!



Dr Patrick Devlin
Dr Beti-Luci Nanorsen
Dr Marina Mahfouz
Dr Tom Crozier
Dr Karim Amin
Dr Ahmed Hassan
Sameen Nassar



Dr Mohsin Jan
Dr Andrew Oliver
Dr Mohamed Abdelaziz
Dr Jill Groom
Dr Charles Limula
Dr Tamdur Yassin
Dr Olivia Pepper
Dr Mahmoud Elerake

Doctors In Training are fully qualified and have already done training in hospitals. You can expect them to provide a full range of GP services. If they are not certain about what to do they will ask more senior colleagues for advice. Thank you.

What is an NHS Health Check?

The NHS Health Check is a free check-up of your overall health. It can tell you whether you're at higher risk of getting certain health problems, such as heart disease, diabetes, kidney disease and stroke.

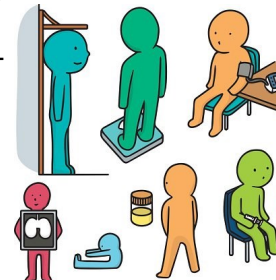
During the check-up you'll discuss how to reduce your risk of these conditions. If you're aged over 65, you'll also be told about symptoms of dementia to look out for.

Who is the NHS Health Check for?

If you're aged 40 to 74 and do not have a pre-existing health condition you should be invited to an NHS Health Check by your GP.

What happens at an NHS Health Check?

Your NHS Health Check will be done by a healthcare professional. The check takes about 20 to 30 minutes and usually includes measuring your height and weight, measuring your waist, a blood pressure test, a cholesterol test, and possibly a blood sugar level test. You may be asked to have a blood test at or before the NHS Health Check. You'll also be asked some questions about your health.



Your NHS Health Check results

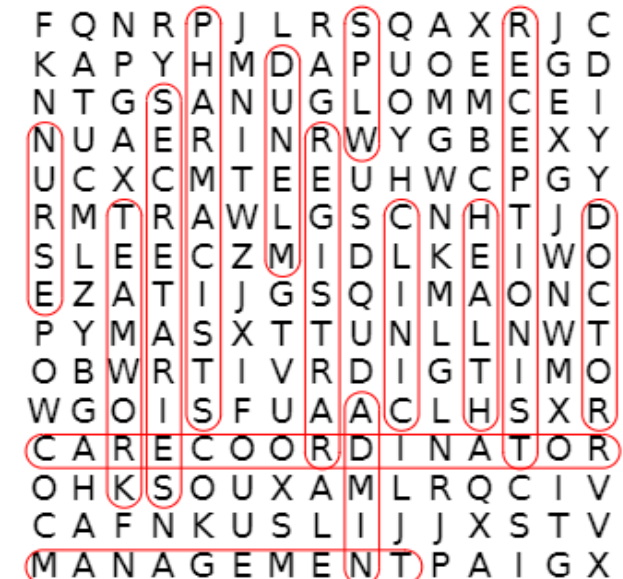
At the end of your NHS Health Check, you'll have the chance to discuss your results and how to improve your scores, including where you can get support.

This could include talking about how to improve your diet, increase the amount of exercise you do, lose weight, stop smoking, reduce the amount of salt in your diet, reduce your alcohol intake and reduce your cholesterol.

You may also be referred to local services, such as stop smoking and physical activity services, to help you make any changes.

Answers to the Wordsearch!

How many did you get?



Reminder -

Surgery Closure!



Friendly reminder that we will be **CLOSED** for the bank holiday **Monday 26th August**.

We will reopen at 8.30am Tuesday 27th August.

If you require medical assistance during the closure, please contact NHS 111.

In case of an emergency, dial 999.