



Swallowfield Medical Practice
The Street
Swallowfield
Berkshire
RG7 1QY
Tel: Reading (0118) 988 3134
Fax: Reading (0118) 988 5759

Welcome to the Swallowfield Medical Practice.

As part of our process of registering new patients, we would like you to have a **Registration Health Check** that only takes ten minutes and is usually carried out by the Health Care Assistant (HCA) or one of the Practice Nurses. This applies to all new patients 14 years of age and over.

Will you please therefore book an appointment with the HCA or a Practice Nurse. Please say when making the appointment that it is for a **Registration Health Check**. When you come please bring a urine sample with you in the container provided. This appointment should ideally be 2 - 3 weeks from today – if you haven't already done so, please book it as soon as possible.

Please note that if you are taking any regular medication you will also have to see a Doctor before you need any more - we will be unable to issue any until this has happened.

Please also complete the enclosed questionnaire about your health and return it to the surgery as soon as possible. This is very important as it can sometimes take several weeks for your medical records to be forwarded from your previous surgery and it is very helpful for us to have a summary of your previous medical history should we need to treat you before we receive your records.

Should you need to make an appointment with the doctor before you attend your registration Health Check, please bring a urine sample with you in the container provided when you come for the consultation.

If you have children under 5 years of age our Health Visitors would like to contact you as soon as possible after registering. Please help them in this by ringing them on (0118) 988 4093 so that one of them can arrange to visit you.

Finally, we would like to bring your attention to the Lifestyle Information sheet below – you have probably heard it all before, but we believe it is worth repeating!

Yours sincerely

Dr M.D. Smith & Partners



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IMPORTANT LIFESTYLE ADVICE

Following this simple lifestyle advice could seriously improve your health!

1. **Exercise.** Regular exercise at least 20 minutes 3 times a week will reduce blood pressure and reduce the risk of heart disease.
2. **Diet.** A balanced diet will reduce blood pressure and reduce the risk of heart attacks and strokes. Reduce your fat intake. Make sure some of your fat intake is unsaturated. Eat plenty of fruit and vegetables. Keep to your ideal weight.
3. **Smoking.** Smoking can seriously damage your health. If you stop smoking you will dramatically reduce the risk of heart attacks, strokes and cancer. Giving up smoking is easier with professional support and we can even help easing withdrawal symptoms. We run an in-house Stop Smoking support programme, which includes one-to-one counselling if required. To receive support to give up smoking please book an appointment at Reception.
4. **Alcohol.** Small amounts of alcohol may be beneficial for you but too much can rapidly increase your risk of heart disease and high blood pressure.

If you would like to discuss the above information or any other worries you may have, please contact the surgery and make an appointment to see a Nurse or Doctor.