



The Red Practice

Caring for You Every Step of the Way

ON THE NHS FRONTLINE

At The Red Practice, we are very lucky to have an incredibly dedicated reception team, led by Kate and Sarah. And, contrary to popular myth, their life's purpose is to help you access the most appropriate service for your needs. It is a really challenging job and with over **10500** patients it can be hard to make sure everyone gets what they need. **So, how can you help us to help you?**



✓ Use online where possible

✓ Provide as much information as you feel able (including photos if relevant), as this will help them get you to the most appropriate service or clinician in a timely manner

✓ Try to request prescriptions with at least 2 working days notice

✓ Please be a patient patient - some queries take longer than others and sometimes things happen that are out of our control

AUGUST IS NATIONAL PSORIASIS AWARENESS MONTH

Psoriasis affects around 1.8 million people in the UK. Although it can appear at any age, it most commonly starts in your

20's or 50's. It is a lifelong autoimmune condition causing raised red, scaly patches on the skin. Less commonly, it can cause problems with nails and joints. **Psoriasis is not contagious.** There is good evidence to suggest that stress, infection, injury and some medications (in particular anti-malarial tablets) can be triggers, but it is not always possible to identify a cause.

Psoriasis is very treatable. Psoriasis of the skin is usually managed with creams. If symptoms are not well controlled with creams, or involve the nails or joints, then options including light treatment, medication to control the immune system, or newer medications called biologics. Some of these are only available through a hospital specialist.

Where can I find out more? www.psoriasis-association.org.uk

Thank You!

GETTING IN TOUCH



ONLINE



Go online to our website
(www.redpracticewalton.nhs.uk)

Monday - Friday from 7:30am

Appointments, prescriptions, advice,
sick notes

BY PHONE



It can take a little longer on the phone, but this is still an option if online doesn't suit you.

01932 504410

Health Headlines:

Weight Loss Injections

Obesity is, quite literally, on the rise - so it's no surprise that there is a huge amount of interest in weight loss injections that seem to offer a potential solution.

Here we try to answer some of the commonly asked questions regarding weight loss injections...

Am I eligible for them on the NHS? Possibly, however in our area weight loss injections are *not* yet available from the GP. Once the local weight loss service is up and running, patients will be offered these medications based on criteria such as BMI alongside other obesity-related health conditions.

Can I get weight loss injections privately? You may be able to - it can be expensive though, around £100-£200 per month. Be sure to use a reputable pharmacy who will go through a consultation with you to check it is appropriate for you to use.

I'm paying privately for injections. Should I tell my GP? YES PLEASE! Not only are we happy to try and answer any queries or concerns you may have, it is also important for us to know when prescribing other medications... to avoid any unwanted interactions.

What happens when you stop taking them? Trials suggest that around 60% of people will regain weight after stopping. The most effective way to avoid this rebound is to ensure you have made sustainable lifestyle changes in terms of diet and exercise. These will help you to maintain a healthy weight after stopping.

Who should NOT use them?



Pregnant, planning pregnancy or breast-feeding



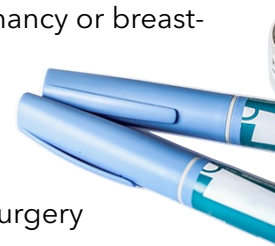
History of thyroid cancer



History of pancreatitis



Waiting for gallbladder surgery



What are the possible side effects? The commonest side effects are nausea, vomiting, diarrhoea and constipation. They may also affect how other medications are absorbed, meaning other medications you take may be less effective. This is particularly important for oral contraceptives. Barrier methods (e.g. condoms) should be used in addition for 4 weeks after starting or increasing the dose of any weight loss injections. Alternatively, you can switch to a non-oral contraceptive altogether (like the coil or implant).

GP practices are in the process of contacting eligible patients to discuss things in more detail. If you would like support or advice on managing your weight, including the alternative options such as diet, exercise, and bariatric surgery, then please get in touch.



DR DE SILVA IS IN TRAINING FOR THE LONDON VITALITY 10K RUN this September to raise funds and awareness for AMMF (The Cholangiocarcinoma Charity).

If you would like to support him by donating, you can access his fundraising page via the QR code.

