

The days are getting brighter and the countryside around us is changing. New life, fresh starts and warmer days ahead. Here at SurreyGP, we've got a lot to talk about - A day in the life of Dr Lewis, advice about Chickenpox, and other interesting snippets. We hope you enjoy catching up with our news. Do let us know what you think.

Topical: You can vaccinate against Chickenpox!

You may not be aware that the number of Chickenpox outbreaks tends to reach its peak around Easter time. Rather than hoping to get lucky and avoid the disease, did you know that you can actually vaccinate against it? It is a very effective two dose schedule, preventing disease in 98% of children - the remaining 2% will have partial immunity so any episode of Chickenpox would be mild.

It's extremely popular with busy families as it minimises the chance that parents will have to take time off work to look after one (then another...) infected child. Also you won't be caught up in the distress of applying soothing lotions to sick children who are bent on scratching the spots to leave nasty scabs and marks. It makes sense to vaccinate now!

Tropical: Are you all set for summer with up to date vaccines?

Protect yourself against diseases such as Hepatitis A&B, Typhoid, Meningitis & Rabies.

If you're travelling outside Western Europe, make sure you're up to date with Diphtheria, Tetanus and Polio and Hepatitis A vaccines - ideally at least 4 weeks before you travel. Don't worry if you've left it a little late, or are taking a last minute trip. We keep vaccines in stock and are usually able to offer you a same day appointment. We're good with children, too - we can vaccinate the whole family, at the same time for convenience and peace of mind. We'll also keep a record of your jabs for future reference, give you a completed vaccination booklet and call you for top ups and boosters when appropriate.

Going further afield? We are a registered Yellow Fever vaccination centre so we can take care of the certification required for entry into countries like Ghana, Kenya, and South America. We can also organise your malaria medication.

Don't get caught out if you're visiting family or friends - it's still vitally important to get vaccinated.

Stay safe this summer with the SurreyGP Travel Service:

- Friendly advice
- Same day appointments with vaccines and malaria tablets normally in stock
- Whole family/ business travellers/ student backpackers welcome

Appointments always available

Call **01483 230481** or book online **WWW.SURREYGP.COM**



Dr Rachel Lewis

Need to book an appointment for tomorrow?

Why not take advantage of the [online booking facility](#) on our website? We always leave appointment space for the next day to make things easier and more convenient for you.

Home Visits

Out of office hours, we realise that you may still wish to book a home visit so very soon you'll be able to do this online, easily and securely. No need to worry if you can't make it to surgery. We'll come to you!



Parallel House | 32-34 London Road
Guildford | Surrey | GU1 2AB

t. 01483 230481 / 0845 4599972
e. enquiries@surreygp.com
f. 01483 230478

Typical: A day in the life of Dr Lewis

My day starts at around 6.45am when I listen to the local radio and pick the best route to Guildford. I am in the surgery from 8.30am to 5.30pm most days - a normal day will involve some early morning appointments, quite a lot of admin, looking at test results, phoning patients and answering specific queries. The rest of the day is filled with different types of appointments, consultations, ear syringing, child vaccinations, travel vaccinations and often a home visit at the end - I may not get a regular break for lunch but there is always time for a cup of tea!

During the day I will liaise with Louise about stock, supplies, new vaccines and any issues on the horizon. When we refer a patient there is always a letter to dictate which is all done electronically and typed up by Chloe. It is a busy environment and I am always trying to do the best for all our patients, to give them the best advice, course of action and to help them get better as quickly as possible. Nothing is too much trouble for our patients, and each team member works with that in mind.

When I leave the surgery, I look forward to a 25 minute drive home, perhaps a sing along to Magic FM and the smell of supper and the clink of the teapot when the front door is opened by one of the family.

Introducing our new services

Here's an example of how we respond to patient needs. We recently launched our extensive range of Instant Sexual Health Tests which have been very popular. You can request tests for Chlamydia, Gonorrhoea, Syphilis, HIV and Hepatitis B&C with *results now available in under an hour*. Ask us about even more extensive testing which we can offer in conjunction with a specialised laboratory.

PronoKal®

Suitable for people who have a lot or a little weight to lose, PronoKal® is a diet schedule focusing on very low calorie intake but not at the expense of protein, meaning that you maintain muscle mass.

Protein is provided through the use of replacement products such as soups, savoury and sweet dishes including breads and pancakes devised by the PronoKal® Company. This diet is medically supervised by Dr Lewis, and qualified dieticians guide the rate at which ordinary foods are reintroduced into your diet.

So how does it work? Dr Lewis will carry out a medical examination and a baseline blood test here in Guildford; you then go to the PronoKal® clinic in Harley Street to see the dieticians, choose your food replacements and plan the first few weeks of the regime. Regular review appointments are scheduled with Dr Lewis to keep track of your progress. Further appointments with the dietician and exercise coach can be made in person at the clinic or online where you can also order protein products. The programme incorporates exercise and coaching to keep you motivated! To find out more, take a look at www.pronokal.com/ukn/

Don't forget... Online booking is available for all appointments!

Same day appointments are usually available.

Call **01483 230481** or book online **WWW.SURREYGP.COM**



A quick way to make our day!

We are extremely interested to hear your feedback and always make sure we listen to what you say so that we can keep improving our services.

We are taking this to a new level now; after your appointment we are introducing a way for you to giving instantaneous feedback via a touch screen - no need to wait to share your views, do so before you leave!

Love our service?

If you've been delighted with our service, why not tell your friends/family? Word of mouth is a great way to recommend us.

Next Time: SUMMER

Staff News

Guess who?

Top tips for CPR

Consultant Corner

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