



Are you protected against measles, mumps and rubella?

As you may be aware, there has been an increase in the number of cases of measles in the UK and Europe, including a number of confirmed cases in Scotland this year.

Measles is a highly infectious viral illness that can be very unpleasant and sometimes can lead to serious complications such as pneumonia and meningitis.

The MMR vaccine is extremely effective in both preventing infection and serious illness, and reducing the spread of the disease. MMR protects against measles, mumps and rubella and is given in two doses as part of the NHS Scotland's childhood vaccination programme. The first dose is offered when children are around 12 months old, followed by a second dose from age three years four months.

It is strongly advised to catch up with any missed vaccinations, for not only your children but for yourself and any other family who may be missing this MMR vaccine.

We appreciate that you may have declined the vaccines when offered previously or, if you have any further questions, please do not hesitate to contact one of our practice nurses, health visitor, GP or ANP to discuss.

Statins

Whether you're taking statins or considering whether to take them, you may have questions about this cholesterol-lowering medication.



What to do if your cholesterol is something you're concerned about?

Come into the health centre and talk to one of our doctors - they can assess the risks based on age, sex, smoking status, current health conditions (such as diabetes or high blood pressure).

Usually an appointment with one of our nursing staff will happen next, for a blood test and an up-to-date height/weight. Once all the results have been received, we can assess your risks and see if a statin would be appropriate.

What can I do to prevent taking statins?

Maintaining a healthy weight, staying physically active, following a healthy diet and not smoking.

How will taking a statin help me?

Statins help lower the cholesterol level in your bloods. This helps lower your risk of heart and circulatory conditions, such as: coronary heart disease, angina, heart attack and stroke.

Are statins safe?

Statins are one of the most researched drugs, and there's lots of reliable evidence showing they're very safe and effective to use. This includes research funded by the British Heart Foundation. Evidence based information can be found from NHS and by the British Heart Foundation.

What is a low dose statin?

In the UK there are five statins available on prescription - atorvastatin, fluvastatin, pravastatin, rosuvastatin and simvastatin.

Some statins are stronger at lowering your cholesterol than other statins at the same dose.

Can I stop taking a statin once my cholesterol is lower?

Most people prescribed a statin will take it for life. This is because statins reduce your risk over your lifetime, as you get older the benefit increases because your chance of having a heart attack or stroke go up.

It can be difficult to understand why you need to continue your statin once your cholesterol is lower. It may feel like the medicine has done its job. However, once you stop taking the statin your cholesterol will usually go up again.



Endometriosis is a chronic and debilitating condition that affects around one in 10.

It occurs when the tissue that is similar to what normally lines the inside of the uterus grows outside of it, causing inflammation, pain, and often leading to infertility. Endometriosis is a whole body disease that can be found on the lungs, heart, kidneys and more!

Endometriosis Support Shetland are working hard to raise awareness and break down the stigma surrounding endometriosis. They provide information, support, and guidance to those affected by the condition.



They can be found on Facebook by searching -

Endometriosis Support Shetland



Faster, easier access
to your GP surgery

Rapid | Personal | Secure

**askmyGP service currently operating
on Thursdays.**

**Open from 7:30am until capacity - no
later than 2:30pm.**

**The days and times are subject to
change due to staffing and demand for
the service.**

What's on at the Living Well Hub in Scalloway?

Scalloway Legion, Wednesdays 9am - 1pm

Please note change in location due to ongoing construction works at the youth centre

Wednesday 6th March - No visiting groups but still open to visit.

Wednesday 13th March - Social Security Scotland will be at the hub, they deliver devolved benefits in Scotland and ensure people received the right amount of money at the right time. They offer support for people across Scotland on low incomes, disabled people, carers, young people entering the workplace and help for people to heat their homes.

Joel from SIC Housing will also be there to offer support and answer your housing related questions.

Wednesday 20th March - RSPB will be visiting, providing helpful insight and information about the natural world and the various winter activities people can do. The team will also offer an introduction to nature journaling workshop - a fun and relaxing practice for all ages, that can help you connect more closely with nature.

Contact Us

Telephone: 01595 880219

Email:

shet.scallowayhealthcentre@nhs
.scot

Prescriptions: 01595 880690

Scalloway Health Centre
New Road, Scalloway ZE1 0TN

Our Opening Times:

Monday 8:30 - 17:30

Tuesday 8:30 - 17:30

Wednesday 8:30 - 13:00

Thursday 8:30 - 17:30

Friday 8:30 - 17:30

Our phone line is not available
between 11:00am-11:30am and
16:30pm - 17:30pm.

*If you need to contact a doctor
outside surgery hours (i.e. Mon
- Fri between 17:30pm and
08:30am or at weekends)
please call NHS 24 - 111*

*Call 999 in an emergency.
Chest pain and/or shortness of
breath constitute an emergen-
cy.*

Regular doctors for this month:

Dr Andrea Gardiner,

Dr Margaret Reeves,

Dr Heather Jamieson

Dr Judith Gilmore

No show appointments at the health centre (February 2023)

Unfortunately during the month of February there was eight GP appointment, **six** nurse appointments, **13** healthcare support worker (HCSW) appointments and one pharmacist appointment that were unattended.

This equates to two hours of GP time, three hours of nurse time, 3.15 hours of HCSW time and 30 minutes of pharmacist time.

We understand that emergencies can occur but please call if you are unable to make your appointment.