
Branch End News

Drs Feeney, Corbett and Maguire
Branch End Surgery, Stocksfield, Northumberland, NE43 7LL
Telephone (01661) 842 626 Fax (01661) 844 392

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PLEASE TAKE ONE

EASTER CLOSING

Good Friday March 6th CLOSED
Saturday March 7th CLOSED
Easter Sunday March 8th CLOSED
Easter Monday March 9th CLOSED

PODIATRY

- The podiatry mobile unit is no longer available at the Stocksfield Cricket Club car park.
- Treatment will now take place at Branchend Surgery on a Monday and Tuesday morning.
- There are no changes to the appointment system – letters will still be posted to you advising you of the time and date.

WHY STOP SMOKING?

AFTER 20 MINUTES Your blood pressure and pulse rate stabilize.

AFTER 8 HOURS Oxygen levels in your blood return to normal.

AFTER 24 HOURS Carbon monoxide disappears from your system. The build-up of tar starts to clear from your lungs.

AFTER 48 HOURS All nicotine will have left your body.

AFTER 1 YEAR The risk of a heart attack is now half that of a smoker.

AFTER 10 YEARS The risk of dying from lung cancer is half that of a smoker.

AFTER 15 YEARS The risk of a heart attack is similar to that of someone who's never smoked.

Please make an appointment at reception with the smoking cessation nurse or you can contact:

Mr. Kent Flanigan Stop Smoking Team at Prudhoe Health Centre West Wylam .

Telephone number 01670 813135

DIABETES

The main symptoms of diabetes are:

- Increased thirst
- Weeing a lot, especially at night.
- Extreme tiredness
- Weight Loss
- Genital itching or regular episodes of thrush.
- Blurred vision

If you think you have any of these symptoms please make an appointment with the diabetic nurse or your GP.

XRAYS AND SCANS

The doctors would like to remind patients that after they have attended an xray or scan appointment they need to have a follow up appointment to learn of their results. They should allow 7 – 10 days to allow for the result to arrive from the hospital.