***Port Appin Surgery***

***Lovely news from the surgery is that Dr David Kynaston has joined us as a GP Partner after a year in a salaried post. This is a very positive move for us all.***

**Immunisations**

The surgery no longer carries out any vaccinations – this service is now run directly by the Health Board. If you require information, it is available at www.nhsinform.scot or phone 0800 0308013

* **Child Immunisations** are carried out by the nursing vaccination team and parents will be given their contact details by the Health visitors.
* **Travel Vaccinations** (Including Yellow Fever) can be carried out at Connel Surgery (phone 01631 710229) and Mhor Health Travel Clinic, Spean Bridge 01397 712146 or [www.mhorhealth.com](http://www.mhorhealth.com)

**Blood Pressure Monitoring**

We now have a new system available for diagnosing and monitoring high blood pressure. This involves the GP or nurse signing you up to an online service. You measure your BP at home and will be prompted to do so either by text or e mail – then replying to the message with your reading. The results are collated and sent directly to the surgery. Please let us know if you would like to sign up for this service.

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***… Spring Newsletter***

**Ticks and Lyme Disease**

We all know how common ticks are here and how a tick bite carries the risk of developing Lyme disease. The risk of the tick passing the causative organism into your blood is minimal if the tick is attached for under 24 hours, and removed correctly without squeezing the body. Everyone should know how to do this and establish a routine for checking for ticks daily. If you fail to remove the tick cleanly and a bit of the head is left under the skin, just leave it. Trying to dig it out carries more risk of introducing infection and your body will soon expel it naturally.

More information from NHS Inform is available here

[**https://www.nhsinform.scot/illnesses-and-conditions/injuries/skin-injuries/tick-bites/**](https://www.nhsinform.scot/illnesses-and-conditions/injuries/skin-injuries/tick-bites/)

**Public Holidays**

The surgery will be closed on the following days. As ever, you should contact NHS24 on 111 if you require medical help or advice while the surgery is shut.

Monday May 6

Friday May 24

Monday July 15

Monday Sept 30