

# Craigshill Health Centre



July 2024 Newsletter

## Diabetes MyWay

### Do you have diabetes?

#### Diabetes MyWay can help.

This is a free service for people with diabetes available across NHS Scotland.

My Diabetes My Way is a website for people with diabetes and their carers. It contains information resources that can help you understand more about your diabetes and explains how you can more effectively manage the condition.

In addition, you can also access:

- Access your diabetes records
- Data collected from your GP notes
- Hospital diabetes clinic records
- Eye screening service and lab blood tests

### Feedback from other users

People who use the service say:

Improves their knowledge to help them meet their goals.

- Improves motivation to make improvements.
- Acts as a reminder for discussions during their appointments.

**The service is not a replacement for your normal care, but helps you to monitor your results before, during and after contacts with your healthcare team.**

### How do I sign up?

If you are interested in accessing your diabetes records online, please go to the website and click the 'Register' button to securely enrol:

[www.mydiabetesmyway.scot.nhs.uk](http://www.mydiabetesmyway.scot.nhs.uk)

Alternatively, you can scan the QR code



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# Fitness to Fly

## Pregnancy

The midwifery service will no longer issue Fitness to Fly letters; they will now issue a standard template letter which confirms a patient as pregnant, their EDD and that they are attending for ante-natal care.

This is accepted by most airlines.

## Diazepam

**We no longer prescribe diazepam for flying.**

This is a clinical decision made on the guidelines from the BMS and GMC.

the following link which explains why we cannot provide diazepam for flying. The link also provides advice and support on overcoming the difficulties of flying.

<https://tinyurl.com/4ut53x82>

# Right Care, Right Time, Right Place

**Who do you need an appointment with?**

## Urine / Kidney Infections

### UTIs – Signposting to Pharmacy

The service is only available for females aged 16yrs or over.

### UTIs – Treatment by the practice

Male patients are seen by the practice. Other exclusion criteria would be:

- Recurrent infections (more than 2 in 6 months)
- Pregnancy
- Patients with catheters
- Immunocompromised
- Any blood in the urine
- Pain in lower back/temperature
- Symptoms longer than 7 days

## Surgery abroad without NHS referral

NHS Scotland does not recommend choosing to pay to travel abroad for surgery as part of a packaged holiday. This is sometimes called surgical or cosmetic tourism.

Please visit NHS Inform for more information on the link / QR code below.

[Surgery abroad without NHS referral | NHS inform](#)



spark presents

# SPARK IN THE PARK

FREE FAMILY EVENT  
Saturday 3rd August 11am-3pm @ Almond Park

**LIVE MUSIC STAGE**  
**INCLUDING: TAYLOR SWIFT TRIBUTE**

Inflatables & Soft Play      Face-painting

Fun Dog Show      Storytelling tent

Tarot Reading (£)

Plaited ponies (£)  
Birds of prey (£)

Instagram   Facebook

The poster features a vibrant illustration of a park scene. In the background, a band performs on a stage with a red roof. In the foreground, children are playing on the grass, some sitting and some standing. A brown horse is on the left, and a person is holding a bird of prey. The overall atmosphere is festive and family-friendly.