



Asthma Inhalers – Safer for You, Better for the Planet

Asthma guidelines are changing to **keep patients safer** and reduce the NHS's carbon footprint.

Preventer inhalers first: Daily preventers keep asthma under control and reduce the need for relievers.

Blue inhalers (salbutamol): Using these too often can signal poor control and higher risk.

One at a time: You'll now be issued one blue inhaler per prescription, not two. Please only request a new one if you need it.

Time for a review? If you use your blue inhaler a lot, your GP or pharmacist may suggest an asthma check-up. **You can book an Asthma Review with the Practice Nurse by calling us on 01506 432621 after 10am.**

Fewer blue inhalers means safer asthma care and a greener NHS. If you're unsure about your inhalers, ask your pharmacist or Practice Nurse.

Mounjaro Weight Loss Medication

Dr Alisa Angus

Mounjaro (Tirzepatide) is a new medicine that works in two main ways: it helps reduce hunger (by making you feel less hungry) and it also lowers blood sugar levels. It is given as an injection once a week.

At the moment, the NHS only prescribes Mounjaro for certain patients with Type 2 diabetes. In the future, it will be offered for weight management, but there is currently no NHS pathway for this.

Some pharmacies (both local and online) can provide Mounjaro with a private prescription. Please note that if you buy Mounjaro privately, your GP will not be able to continue the prescription on the NHS.

If you are thinking about buying Mounjaro privately, we recommend looking at the link below for more detailed advice.





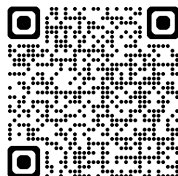
A smear test could save your life

Cervical Cancer Awareness

We are proud to support the campaign to raise awareness of **cervical cancer** and the importance of booking your **smear test**.

Regular screening can help prevent cervical cancer and save lives.

❓ To find out more, simply **scan or click** the **QR code** below.



Requests for medications and Fit Notes

When we receive a request for medication or a fit note (Med3), we may need to contact you to discuss this further.

Sometimes this is because your medication needs to be reviewed or changed, or we may need to check your health — for example, taking your blood pressure or carrying out an asthma review if you use a salbutamol inhaler.

In these cases, we will send you a text message asking you to book a review.

Please note that these reviews are not treated as emergencies and should be booked as a routine appointment.

Routine appointments can be booked from the following morning.

Calling all veterans of the British Armed Forces



Access support available to **Veterans** via our website. Scan or click on the QR code below.



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