

# Framlingham Medical Practice Newsletter 2016

Appointments at the surgery are for any patients registered at the practice but also for anyone who wishes to seek contraceptive advice whether this is your usual doctors practice or not.

Telephone: 01728 723627 for a 24 hour automated service to make an appointment (for doctors appointments only) or speak to a receptionist 8:30am -6pm Monday to Friday

Register online: call into reception to get a username and password (registered patients only)

## It's confidential

We know it is sometimes hard to see health professionals about certain things, and you may feel it's especially hard when you live in a small community.

At the surgery we all have a legal duty to treat the information you give us confidentially.

We will treat you with respect and we are

Thinking of having a Gap Year?  
Travelling around the globe?

If you're going overseas one thing many people forget to do is organise their travel vaccinations and malaria requirements early enough.



The surgery can provide full travel health services and provide all your immunisation requirements for your trip.

Book early.

Feeling anxious or stressed? Need someone to talk to?



[WhatstheDealWith.co.uk](http://WhatstheDealWith.co.uk)

Wellbeing services for your emotional and



Download the free NHS Smokefree app

<http://www.nhs.uk/livewell/smoking/Pages/stops-making-newhome.aspx>

Appointments are available with the health care

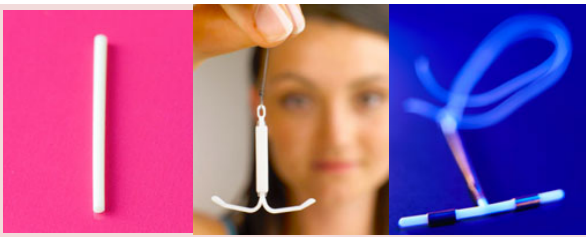
## Chlamydia Testing

1 in 12 sexually active people under 25 years are likely to have Chlamydia and don't know it.

**So what is it?** Chlamydia is a sexually transmitted infection which spreads about easily from partner to partner because you don't know you have.

**Why Should I care?** Untreated Chlamydia in women can cause pelvic inflammatory disease and is the biggest cause of preventable infertility (unable to get pregnant when you do want to). Chlamydia in males can lead to swollen and painful testicles. This is all so easily prevented with a quick test that you can do yourself.

**How do I do the test?** The test is dead simple. No embarrassing examinations.



### Contraceptive options

There's so much more than 'the pill' and many more reliable methods

Implants & Injections

Intrauterine devices

Patches and rings

Chat to us about all the options available



For further information:

<http://www.tht.org.uk/sexual-health/Young-people>

- Sexual Health
- Sexuality and gender
- Relationships
- STIs and HIV



C-Card condom scheme available at the surgery for free condoms and lube

Useful links:

Testicular self-examination

<http://www.cancerresearchuk.org/about-cancer/type/testicular-cancer/about/finding-testicular-cancer-early>

Cervical screening