



Parkside Medical Practice

NHS WALSALL

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KNOW YOUR HEART AGE

Lifestyle related factors like high blood pressure and high cholesterol, as well as smoking, poor diet and a lack of exercise, can increase a person's risk of developing heart disease.

To increase awareness of heart health and reduce the risk of heart attack and stroke, we are encouraging adults to complete the new **One You Heart Age Test** and get a free blood pressure reading.

The Heart Age Test will let users know how old their heart is (in comparison to their physical age) in under three minutes. It also provides them with tips on how they can lower their heart age as well as ways to reduce their risk of heart attack and stroke.

You can have your blood pressure taken at the surgery and start the heart age questionnaire on line by visiting

www.bhf.org.uk/heart-age or
www.nhs.uk/heart-age

If you do not have access to a computer we can do this for you in surgery.

Extended GP Services

This is an extension of the services offered by your GP and is available at the following health centres ...

Darlaston Health Centre - Walsall

Broadway Medical Centre - Walsall

Portland Health Centre - Aldridge

Pinfold Health Centre - Bloxwich

Appointments are available to book up to one week in advance and are available from ...

6.30 pm - 9.00 pm on weekday evenings

10.00 am - 3.00 pm on weekends

(excluding Darlaston and Portland)

11.00 am - 1.30 pm on Bank Holidays

To make your appointment

Tel: **01922 501999**

MISSED APPOINTMENTS

During January, a staggering 196, 10 minute appointments were missed by patients. This equates to 32 hours of valuable clinic time that could have been offered to someone else. Non attendance has an impact on waiting times when patients book appointments.

We have therefore reviewed our DNA (Did Not Attend) policy and will be issuing warnings to those patients who continually do not attend their appointments without notifying the practice.

Patients who continue to DNA following two warning letters, will be removed from the practice list.

