**Pregnant, or know someone who is?**

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**Stopping Smoking in Pregnancy**

Tobacco smoke contains poisonous chemicals which pass into your bloodstream and then into your growing baby's blood. Smoking when you are pregnant also increases the risk of miscarriage, a low birth weight, premature birth and stillbirth.

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After the birth, children of smoking parents have an increased risk of cot death (sudden infant death syndrome), as well as a higher risk of developing chest infections, asthma and glue ear. Support with stopping smoking can be obtained from your midwife, the Grange Medical Centre or via the following websites and helplines:

<http://www.nhs.uk/smokefree>

<http://wakefield.yorkshiresmokefree.nhs.uk/>

Tel: Yorkshire Smoke Free 0800 612 0011
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**Whooping Cough Vaccinations**

At 28 weeks gestation, it is important that pregnant women receive the whooping cough vaccination which helps to protect your baby when they are born. Please speak to your midwife for further information.

**Electronic Appointments**



Selected appointments are now available for booking over the internet, and patients need to request a username and password from reception. This is a simple and easy process and reduces the time spent trying to contact the practice by telephone.

**Important numbers**



In April 2015, the Grange Medical Centre offered **8336** appointments with over **93% of patients attending.**

**Electronic Prescriptions**



Electronic prescriptions are now available at The Grange Medical Centre. Once we receive your repeat prescription at reception or you can request it electronically (ask at Reception for details). Once signed (allow 2 days), the electronic prescription will go to your chosen pharmacy for collection or home delivery. Patients do not need a computer to benefit from electronic prescriptions.



**The Bee Happy Café is held on the first Tuesday of every month at Hemsworth Library from 10am to 12pm. Please join us!**