

June 2018 – Surgery Newsletter



We thought we would try something a bit different this month, so I asked all our doctors and nurses to come up with a sentence or two giving tips to patients on 'How to be/stay healthy':

Dr Bhatti – Many ailments can be treated more quickly if you speak to your local friendly pharmacist. You will be surprised with how much expertise they have, so try them first to get help faster.

Dr O'Reilly - With summer coming, the British Association of dermatologists recommend a sunscreen with an SPF of 30 and a UVA rating of 4 or 5 stars which is generally considered as a good standard of sun protection in addition to shade and clothing

Dr Nambi - Bowel cancer is the 3rd most common cancer in UK and the best screening test is sending a poo sample off to Nottingham by post. However the uptake is only 50 % in our region. Please can all patients (over 60 years old) when they receive the kit, not ignore it and get involved. Even if you don't have any symptoms still send your sample off. Early detection of cancer saves a lot of lives!

Dr Pontikis – Brighter weather gives more opportunity for exercise! Current recommendations suggest doing at least 150 minutes of aerobic exercise every week (eg 30 minutes brisk walk 5 times a week). More guidance (including exercise examples) can be found on the NHS website (<https://www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-adults.aspx>) - Healthy body, healthy mind!

Sister Sue Webb - June 11-17th is Cervical Screening Awareness week: every year in the UK 3,000 women are diagnosed with cervical cancer but picking up early changes in the cervix and identifying ladies with high risk HPV virus can prevent a large percentage of cases. Please make sure you are up to date with your cervical screening test (smear test); you will receive a letter when it is due but if you are unsure or think you are overdue please ring us at the surgery to check. It may just save your life.

Sister Bonnie Beard - My top tip for a healthy life is to stop smoking - if you smoke 10 cigarettes a day it will cost about £1,825 a year. On average, the time it takes you to smoke a cigarette equals the time that cigarette shortens your life – just think what you could do with the extra money and time if you stopped smoking. If you get help to quit you are more likely to succeed in your quit attempt and help is available from your local pharmacy

Sister Sharon Radford – If you've booked a summer holiday, please don't forget to think about travel vaccinations! Don't leave it until the last minute as many vaccinations need to be administered well before the holiday itself. Download the form from our website, complete it and either hand it to reception or send to us by email.

Sister Jo Tyrrel - Eat less, move more, don't smoke, wear sun screen, come for your checks up and reviews when invited!

<p>The patient participation group will be meeting at 6.30pm as usual this month on Thursday 21st June 2018, at the Great Bentley Village Hall.</p>

Richard P Miller – Practice Manager
