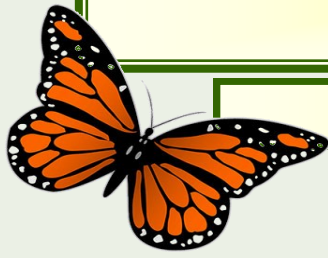




Meltham Road Surgery Newsletter



April & May

Spring



April - Bowel Cancer Awareness Month

Bowel cancer is the name for any cancer that starts in your bowel, rectum or appendix. It's the fourth most common cancer in the UK: about 40,000 people are diagnosed with it each year.

You can get bowel cancer at any age but you're more likely to get it if you are over 40. Usually, larger bowel cancer develops from small, non-cancerous (benign) growths of tissue called polyps that can develop in your bowel or rectum. These polyps can sometimes become cancerous (malignant) over time.

Bowel cancer also includes cancer that starts in your large bowel but this is rare—only about 1,000 people get this type each year in the UK.

The earlier bowel cancer is diagnosed, the better your chance is of a cure. If you don't get treatment, the cancer can grow through the wall of your bowel and spread to other parts of your body.

The three main symptoms of bowel cancer are:

- Persistent blood in the stools—that occurs for no obvious reason
- A persistent change in your bowel habit—which usually means going more often with looser stools
- Persistent lower abdominal (tummy) pain, bloating or discomfort—that is always caused by eating and may be associated with loss of appetite or significant unintentional weight loss.

To detect cases of bowel cancer sooner, the NHS offers two types of bowel cancer screening to adults registered with a GP.

All men and women aged 60 to 74 are invited to carry out a faecal occult blood (FOB) test. Every two years, they're sent a home test kit, which is used to collect a stool sample. The FOB test doesn't diagnose bowel cancer—the results show if you need to have your bowel examined. If you're 75 or over, you can ask for this free test by calling the free phone helpline on 0800 707 60 60.

An additional one-off test called bowel scope screening is gradually being introduced in England. This is offered to men and women at the age of 55. It involves a doctor or a nurse using a thin, flexible instrument to look inside the lower part of the bowel.

Advice for patients requesting prescriptions

NHS North, Kirklees and NHS Greater Huddersfield Clinical Commissioning Groups (CCGs) have agreed to stop the routine prescribing of items that you may have previously been allowed on prescription these include:

- ♦ Multivitamins & Minerals
- ♦ Skin creams, emollients and verrucae treatments
- ♦ Hair & scalp products
- ♦ Camouflage products
- ♦ Sunscreens
- ♦ Gluten free products
- ♦ Soya & thickened infant formulas & infant formula for lactose tolerance
- ♦ Hay fever medication
- ♦ Paracetamol (unless on regular repeat)

These items are readily available to buy over your local pharmacy counter.

Missed Appointments

In February And March

427

Appointments were **MISSED!**

If you cannot keep your appointment please call and cancel it 01484 432940.



Care Navigators / Signposting By Reception Staff

Care navigating / signposting provides patients with a first point of contact which directs patients to the most appropriate source of help. Web and app-based portals can provide self-help and self-management resources as well as signposting to the most appropriate professional.

The receptionists have all received the appropriate training and have access to a directory of information, they have been instructed by the GP's to ask a few questions in order to signpost patients to the most appropriate source of help, advice or service. They will not make clinical decisions. Patients have the option to

politely refuse. They may signpost patients to services in the community as well as within the practice. This benefits the practice by freeing up GP time, and benefits the patients making it easier to get an appointment with the GP and shortens the wait to get the right help.

Register For Online Services

DID YOU KNOW THAT IF YOU REGISTER FOR ONLINE SERVICES YOU CAN

BOOK YOUR OWN APPOINTMENTS

ORDER REPEAT PRESCRIPTIONS

VIEW TEST RESULTS

ASK AT RECEPTION FOR DETAILS

Free Wi-Fi available



Mental Health Awareness Week

14th –20th May 2018

Mental health affects one in 4 people. It includes our emotional, psychological, and social well-being. It affects how we think, feel and act. It also helps determine how we handle stress, relate to others and make choices. Mental health is important at every stage of life, from childhood through to adulthood. Over the course of your life, if you experience mental health problems, your thinking, mood and behaviour could be affected. Many factors contribute to mental health problems including: Biological factors, such as genes or brain chemistry, life experiences, such as trauma or abuse, family history of mental health problems. If you feel you are suffering from any mental health issues make an appointment with your GP or you can self refer to Kirklees IAPT service who can help with various issues such as stress, depression, anxiety, bereavement and sleep, you can contact them on Tel:01484 343700 Mon-Fri 8.30am—4.30pm. You can also contact the Samaritans anytime of the day on Freephone Tel:0116123.



Hay Fever

Hay fever is usually worse between late March and September when it's warm, humid and windy. This is when the pollen count is at its highest.

Check if you have hay fever

Symptoms of hay fever include:

- sneezing and coughing
- a runny or blocked nose
- itchy, red or watery eyes
- itchy throat, mouthy, nose and ears
- loss of smell
- pain around your temples and forehead
- headache
- earache
- feeling tired

Hay fever will last for weeks or months, unlike a cold, which usually goes away after 1 to 2 weeks.

How to treat hay fever yourself

There's currently no cure for hay fever and you can't prevent it. But you can do things to ease your symptoms when the pollen count is high.

Do:

- put Vaseline around your nose to trap pollen
- wear wraparound sunglasses to stop pollen getting into your eyes
- shower and change your clothes after you've been outside to wash pollen off
- stay indoors whenever possible
- keep windows and doors closed as much as possible
- vacuum regularly and dust with a damp cloth
- buy a pollen filter for the air vents in your car and a vacuum cleaner with a special HEPA filter

Don't:

- cut grass or walk on grass
- spend too much time outdoors
- keep fresh flowers in the house
- smoke or be around smoke—it makes your symptoms worse
- dry clothes outside—they can catch pollen
- let pets into the house if possible—they can carry pollen indoors

A pharmacist can help with hay fever

Speak to your pharmacist if you have hay fever. They can give you advice and suggest the best treatments, like antihistamine drops, tablets or nasal sprays to help with itchy and watery eyes and sneezing and a blocked nose.

See a GP if:

Your symptoms get worse or if they do not improve after taking medicines from the pharmacy.

