

THE ELMS MEDICAL CENTRE NEWSLETTER



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A HEALTHIER YOU – NO SMOKING DAY 11TH MARCH 2015

The benefits for your body start straight away.

After 20 MINUTES - Your heart rate and blood pressure return to normal.

After 8-24 HOURS - Nicotine & Carbon Monoxide start to leave your body and oxygen levels return to normal.

After 24 HOURS - Your lungs start to clear out mucus & other smoking debris.

After 48-72 HOURS - Your sense of smell & taste both improve

After 2-12 WEEKS - Exercise becomes easier and your breathing improves.

After 3-9MONTHS - Any coughs, wheezing & breathing problems are reduced as your lungs repair.

After 1 YEAR - Your risk of coronary heart disease is now half that of a smoker.

MARCH is OVARIAN CANCER AWARENESS MONTH

What are the SYMPTOMS?

- Persistent pelvic or abdominal pain (that's your tummy and below)
- Increased abdominal size/persistent bloating – not bloating that comes and goes
- Difficulty eating or feeling full quickly
- Needing to wee more urgently or more often than usual

Occasionally there can be other symptoms such as changes in bowel habits, extreme fatigue, unexplained weight loss or loss of appetite. Any post-menopausal bleeding should always be investigated by a GP. Symptoms will be; frequent – they usually happen more than 12 times a month, Persistent – they don't go away, new – they are not normal for you and may have started in the last year.



DID YOU KNOW?

- 7,000 women a year are diagnosed with ovarian cancer in the UK
- Cervical screening tests – sometimes known as smear tests – will not help to detect ovarian cancer
- Some symptoms of ovarian cancer are similar to those seen in more common conditions, like IBS, so GPs may find it difficult to diagnose
- Most causes of ovarian cancer are diagnosed in women who have gone through the menopause. But younger women and also get ovarian cancer
- Just 3 percent of women are very confident at spotting a symptom of ovarian cancer
- The sooner ovarian cancer is detected, the easier it is to treat. Survival can be up to 90 % for women diagnosed with early ovarian cancer in the UK



16th – 20th MARCH 2015

The National Association of Care Catering (NACC) has joined forces with the Hospital Caterers Association to help raise awareness of the importance of good nutritional care, which includes hydration, in all social and healthcare settings throughout the UK. The main aim is to show that by making positive changes to eating and drinking habits, people can improve their quality of life. The benefit of the campaign for professionals and staff within social and healthcare settings is the preventative role they can play in helping in the reduction of malnutrition related illnesses that can often require complex treatments, prolong recovery periods, delay hospital discharges and increase NHS costs.

ONLINE PATIENT PRESCRIPTION SERVICES

We are changing the way we are providing our online prescription services. From the 1st APRIL 2015 we will only be processing repeat online prescription requests via PATIENT ACCESS and our current system will cease to exist from the 31st MARCH 2015. To register for PATIENT ACCESS visit <https://patient.emisaccess.co.uk/>
PLEASE NOTE: YOU WILL NOT BE ABLE TO REQUEST REPEAT MEDICATION UNTIL YOU HAVE BROUGHT PICTURE ID INTO THE SURGERY TO VERIFY THE ACCOUNT.

If you have already registered with PATIENT ACCESS to use our ONLINE BOOKING APPOINTMENT service this will automatically allow you to request your repeat medication this way and you will not need to register again.

RISE IN MISSED APPOINTMENTS

HAVING TROUBLE GETTING AN APPOINTMENT? CAN'T SEE THE DOCTOR, NURSE OR PHLEBOTOMIST WHEN YOU WANT?

PERHAPS IT'S BECAUSE 137 PEOPLE WHO BOOKED APPOINTMENTS LAST MONTH DIDN'T TURN UP. THAT WAS AROUND 14 HOURS OF CLINICAL TIME WASTED.

PLEASE CONSIDER OTHER PEOPLE IF YOU ARE UNABLE TO ATTEND OR NO LONGER NEED YOUR APPOINTMENT.

TO CANCEL TELEPHONE 01244 351000 OR CANCEL YOUR APPOINTMENT ONLINE (YOU NEED TO BE AN ON-LINE USER WITH US TO DO THIS).

THIS WILL PROVIDE US WITH THE OPPORTUNITY TO OFFER ANOTHER PATIENT THAT APPOINTMENT.

STAFF TRAINING DAYS

THE NEXT SCHEDULED TRAINING DAYS FOR THE PRACTICE ARE AS FOLLOWS:

18TH MARCH 2015

30^H APRIL 2015

19TH MAY 2015

PLEASE NOTE THAT THE SURGERY IS CLOSED ON THESE AFTERNOONS FROM

12.00PM AND WILL

RE-OPEN AT 5.00PM



APRIL 2015 BOWEL CANCER AWARENESS MONTH

DID YOU KNOW? In the UK Bowel Cancer is the second most cause of cancer deaths and someone dies every 30 minutes from it.

SO WHAT IS BOWEL CANCER? It occurs when the cells in your bowel multiply and attack the surrounding tissue – which can then spread to other parts of our body. If it is treated early there is a very good chance of recovery, but only 9% of patients are diagnosed at the early stage.

THE SYMPTOMS OF BOWEL CANCER CAN BE:

- Bleeding from your bottom and/or blood in your poo
- A change in bowel habit lasting for 3 weeks or more especially to looser or runny poo
- Unexplained weight loss
- Extreme tiredness for no obvious reason
- A pain or lump in your tummy

You might experience one, some, all of the above or no symptoms but remember most symptoms will not be bowel cancer. If you are worried about any symptoms make an appointment with your GP.

DIET & EXERCISE

Taking some simple steps to improve your diet and taking regular exercise can help reduce your risk of bowel cancer. It is important to:

- Consider what you are eating
- Eat plenty of fibre
- Eat 5 portions of fruit and vegetables daily
- Avoid processed meats and have no more than 500g of red meat per week
- Keep active with regular exercise
- Keep hydrated and avoid drinks containing caffeine
- Know your alcohol limits and don't smoke
- Know the symptoms of bowel cancer and act on them if you have any concerns
- Take part in the Bowel Cancer Screening Programme in your area when you are invited.



Cheshire Young Carers (CYC) offer support to over 150 young carers across Cheshire. They aim to respond to the needs and improve life chances of children and young people providing care to a parent or sibling. This includes parents with mental illness, entrenched substance misuse, physical illness, other conditions and disabilities that may impact on the young person's wellbeing. Their objectives are:

- Improve health and wellbeing of young carers
- Reduce negative effects of caring
- Support young carers to achieve positive outcomes

They support young people aged 6 to 18 who care for and support a parent or sibling. For more information visit:

<http://www.cheshireyoungcarers.org>



Alcohol Concern set up with the Youth Alcohol Advertising Council (YAAC). It is a group of young people from across the country who are working to review alcohol advertising to see whether it is targeting under 18s and report circumstances where it feels that the rules have been breached. The charity has also launched the youth-driven campaign 'It's The Drink Talking' which has been designed to support young people aged 13 – 24 across England & Wales. It actively involves young people giving them the chance to have their say on alcohol and how it affects them. Young people are often the focus of alcohol-related discussion in the media and by politicians, but are largely excluded from the debates and this needs to change.

For more information visit:

<http://www.itsthedrinktalking.co.uk/>

Track your drinking from your mobile phone



If you have an iPhone, iPad or iPod touch, you can download the free **NHS Drinks Tracker** from the iTunes App Store.

The NHS Drinks Tracker makes it easy to:

- Calculate the units in your drinks
- Track your drinking over weeks and months
- Get personalised feedback on your drinking
- Find local NHS alcohol services

[Download it now!](#)

[Get more information on how to use this app](#)

No iPhone? No problem. You can track your drinking on a desktop [here](#) or on our handy downloadable PDF, [here](#)



ELMS NEWS



The staff at the Elms are having a non-uniform day on Thursday 5th March 2015 and all donations will go to our fundraising pot for our 24 Hour blood pressure machine.

The staff are also currently organising a Spring Hamper from their own donations to raffle as a prize for £1.00 per strip, keep a look out for this coming soon.