

THE ELMS MEDICAL PRACTICE NEWSLETTER



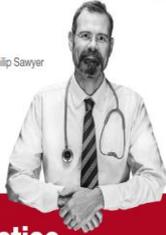
March 2016 EDITION

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NHS

Dr Philip Sawyer



If you notice
blood in your pee,
even if it's
'just the once',
tell your doctor.

BE CLEAR
ON CANCER

'BLOOD IN PEE' CAMPAIGN 15TH FEBRUARY – 31 MARCH 2016

Around 17,450 people in England are diagnosed with bladder or kidney cancer each year. Both cancers affect men and women, although they are more common in men. They can affect people of all ages but are most common in people over 50. In England around, 7,600 people die from bladder or kidney cancer each year. Knowing what to look out for can save lives. If you notice any blood in your pee, even if it is just once, tell your doctor straight away. The chances are it's nothing serious but these cancers are more treatable if they are found early. Blood in your pee is a key symptom of both types of cancer.

Other bladder cancer symptoms include; Cystitis (urinary tract infection) that is difficult to treat or comes back quickly after treatment, Pain when peeing

Other kidney cancer symptoms include; A pain in the side, below the ribs, that doesn't go away, Weight loss

Around 300,000 people are diagnosed with cancer in England each year but about 4 in 10 cases could be prevented by lifestyle changes including; Stop smoking, Being overweight or obese, try to maintain a healthy weight and keep active, Cut down on alcohol – drinking less can help reduce health risks

For more information visit nhs.uk/bloodinpee

NUTRITION & HYDRATION WEEK 14 – 20TH MARCH 16

This is a global challenge set up to reinforce and focus, energy, activity and engagement on nutrition and hydration as an important part of quality of care, experience and safety improvement in health and social care settings.



8 HEALTH TIPS - FROM THE BRITISH NUTRITION FOUNDATION

1. Base your meals on starchy foods: bread, potatoes, pasta, rice, noodles – choose whole grains and potatoes with skin which have more fibre, vitamins and minerals
2. Eat lots of fruit and veg
3. Eat more fish – aim for at least 2 portions per week and 1 portion should be oily
4. Cut down on saturated fat and sugar
5. Eat less salt, adults should eat no more than 6g per day and children should have even less
6. Get active and be a healthy weight
7. Don't get thirsty – aim for 8 – 10 glasses of fluid per day. Water is the best choice as it hydrates you without adding any extra calories to your daily intake
8. Don't skip breakfast – try porridge or wholemeal toast with fruit for a health start to the day



MARCH 14TH – 20TH 2016

Brain Awareness Week (BAW) is the global campaign to increase public awareness of the progress and benefits of brain research. Every March BAW comes together with organisations worldwide to celebrate the brain for people of all ages. There are open days at neuroscience labs; exhibitions about the brain, lectures on brain-related topics, social media campaigns, displays at libraries and community centres, classroom workshops and much more.

For more information,
Tel: 01212 401-1689



LOOK OUT FOR HIDDEN SALT

Consensus Action on Salt and Health (CASH) is a group concerned with salt and the effects on health. It was set up in 1996 and will be celebrating 20 years since they first started their fight to reduce salt in the UK diet and improve public health. The UK maximum daily salt limit is 6g. The food industry, government and health organisations like CASH have made a big difference in helping to put salt well and truly on the health agenda across many countries worldwide.

SALT AWARENESS WEEK MON 29TH FEBRUARY – SUN 6TH MARCH

STAFF TRAINING DAYS

The next scheduled training days for the Practice are as follows:

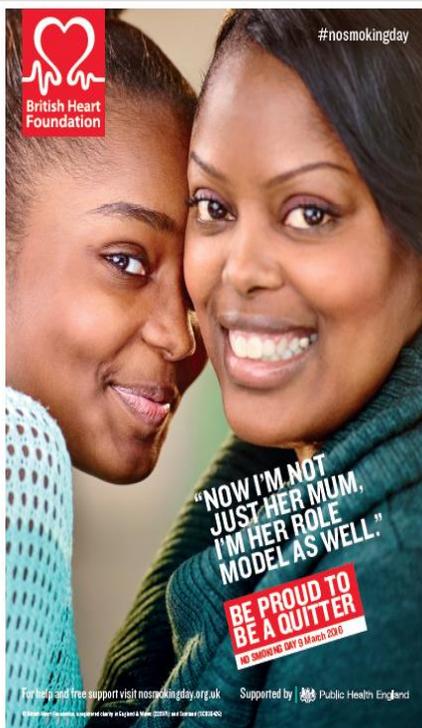
**16TH MARCH, 28TH APRIL &
17TH MAY 2016**

The surgery is closed on these afternoons from 12pm and will re-open at 5.00pm.

WHY IS IT SO IMPORTANT TO KEEP YOUR GP APPOINTMENT?

Every missed appointment is a waste of clinical time, which could be needed by patients who are very ill. If you cannot attend your appointment, letting us know early enables us to give your appointment to another patient who might really need it. Please consider others and let us know if you can't make your appointment as soon as you can.

NO SMOKING DAY 9TH MARCH 2016



#nosmokingday

British Heart Foundation

"NOW I'M NOT JUST HER MUM, I'M HER ROLE MODEL AS WELL."

BE PROUD TO BE A QUITTER

NO SMOKING DAY 9 March 2016

For help and free support visit nosmokingday.org.uk Supported by Public Health England

**Bloated tummy?
Need to wee more?
Tummy pain?
Always feeling full?**

If you have any of these symptoms more than 12 times a month and they are not normal for you, it's important that you see your GP. More info: targetovariancancer.org.uk/symptoms

#StartMakingNoise
Shout about the symptoms
Early diagnosis saves lives

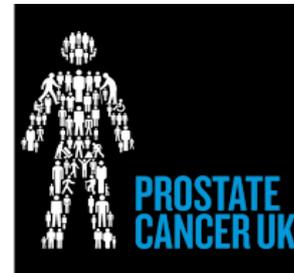
Ovarian Cancer Awareness Month | March
targetovariancancer.org.uk/startmakingnoise



OVARIAN CANCER AWARENESS MONTH MARCH 2016

Ovarian cancer can be devastating. Far too many women are diagnosed too late, once the cancer has already spread, making treatment more difficult. When a woman is diagnosed at the earliest stage, her chance of surviving ovarian cancer for 5 years or more doubles from just 46% to more than 90%.

For more information visit
www.targetovariancancer.org.uk



**PROSTATE CANCER
AWARENESS MONTH**
1ST MARCH – 30TH MARCH 16
Prostate Cancer UK help more men survive prostate cancer and enjoy a better quality of life. They support men and provide vital information. They fund research and lead change by raising awareness and improving care.

If you would like any further information you can visit their website: prostatecanceruk.org

MENINGITIS B VACCINE Information from Public Health England

The Men B immunisation programme started on 1st September 2015 for babies aged 2 months i.e. babies born on or after 1st July 2015. There was a limited catch up programme for babies born on or after 1st May 2015. The recommended routine schedule is for the Men B vaccine to be given to babies aged 2 months, followed by a second dose at 4 months, and a booster at 12 months.

Children born on or after 1st May 2015 who have not yet been vaccinated are eligible until the age of 2.

If Parents wish to pay for the Men B immunisation for their children they can seek the vaccine privately but must be aware that they will be liable for the full costs of the vaccine and any additional administration charges that the private provider may apply. Further information can be found at the NHS Choices website:

www.nhs.uk/conditions/vaccinations/pages/meningitis-b-vaccine.aspx

PATIENT PARTICIPATION GROUP MEETING



**OUR NEXT PPG MEETING IS
MONDAY 14TH MARCH 2016 4.00PM @:
THE ELMS MEDICAL PRACTICE, 2ND FLOOR FOUNTAINS
HEALTH, DELAMERE STREET, CHESTER CH1 4DS**

The PPG Group helps to make stronger the relationship between patients and the practice, which is crucial to the provision of modern, high quality general practice. It is a great way to help build a two-way relationship between the patients and the practice. We currently have 44 members in our group and would encourage more of our patients to join and help our services. If you would like to join, you can simply fill in a form online via our website, or call into the surgery to complete a form.

We also have a PPG Committee Group who help the surgery with fundraising for our Equipment Fund, are organising events to help raise awareness of 'Health and Wellbeing' and have a vision for 2016 to help raise awareness of Mental Health.