

COCKHEDGE MEDICAL CENTRE

PRACTICE NEWS APRIL 2019

HELP YOUR PRACTICE

How can you help your Practice?

1) Could you look after yourself?

Most viruses are self-limiting and Antibiotics will not help. Please consider seeing the Pharmacist at your nearest chemist for minor complaints such as sore throats, coughs, colds, indigestion, constipation & eye infections.

2) Do you need to see a GP?

We have a highly trained Advance Nurse Practitioner and a Pharmacist at the practice. Please be willing to see them as well as the GP.

REPEAT PRESCRIPTIONS

The way you may order your repeat prescriptions is changing. You will need to order your repeat prescription from the Practice. This change will only affect you if your medicines are ordered on your behalf by a community pharmacy.

Please consider registering to our online service, where you can not only order your repeat prescriptions at the click of a button but also book appointments.

Another way to order your repeat prescriptions is to tear off the slip on the right hand side of your prescription and drop it in our designated prescription request box within the practice.

This change will take effect on Wednesday 22nd May 2019.

BOWEL CANCER AWARENESS (1ST-13TH APRIL)

Bowel cancer is the fourth most common cancer in the UK and the second biggest cancer killer. Every year over 41,000 people are diagnosed with the disease. However, it is treatable and curable, especially if diagnosed early.

If you are aged 60-74 and registered with your GP you will receive an NHS screening test in the post every two years. Screening can detect tiny amounts of blood in poo, which can't normally be seen. Bowel cancer screening could save your life.

For more information call the bowel screening helpline: 0800 707 6060

You are more at risk of getting bowel cancer if you have one or more of the following risk factors:

- Are 50 or over – the risk of bowel cancer increases with age, but it can affect people of any age
- A strong family history of bowel cancer
- A history of non-cancerous growths (polyps) in your bowel
- Longstanding inflammatory bowel disease such as Crohn's disease or ulcerative colitis
- Type 2 diabetes
- An unhealthy lifestyle – your diet, drinking alcohol, smoking and not being physically active can all increase your risk

Having risk factors doesn't mean that you will definitely get bowel cancer. Equally, if you don't have any risk factors, it doesn't mean you won't get bowel cancer. Symptoms to look out for:

- Bleeding from your bottom and/or blood in your poo

DIABETES PREVENTION WEEK (1ST – 7TH APRIL)

Around 200,000 people are diagnosed with Type 2 diabetes every year, but there are things you can do to reduce your risk. Making small changes to your lifestyle now can make a big impact on your future health. This means you can reduce the risk of serious complications that can come with having it.

If Diabetes is left untreated it can lead to stroke, blindness, heart disease, kidney failure and lower limb amputation. Even if you are at high risk of developing Type 2 Diabetes, it can still be prevented through losing weight, eating healthily and being more active.

The NDPP provides FREE tailored, personalised help to reduce your risk of Type 2 diabetes including education on healthy eating and lifestyle, help to lose weight and bespoke physical exercise programmes.

Having experts to help you make the right choices along the way can make it even easier. That's why Diabetes UK is working with the NHS to support people to reduce their risk.

This April, the NHS Diabetes Prevention programme (NHS DPP) IS HOLDING THE SECOND Diabetes Prevention week. We've teamed up with them to raise awareness of their Healthier You Programme. This is a free service run by the NHS to help reduce the risk of developing Type 2 diabetes.

For more information visit www.diabetes.org.uk

PHE CERVICAL SCREENING CAMPAIGN – CERVICAL SCREENING SAVES LIVES

From 5th March, Public Health England, with support from NHS England, will launch the first ever national cervical screening campaign targeted at women who are eligible for screening (those aged 25 – 64).

Running throughout England for eight weeks, from 5th March until 28th April, the campaign will include new advertising on TV, video on demand, media partnerships, social media and other digital channels, together with national and regional PR activity. Partners play an integral part in supporting the campaign with digital activity and by distributing concertina wallet cards and posters through outlets such as GP practices and pharmacies.

The NHS cervical screening programme has made a significant impact on cervical cancer mortality since it was established in 1988, saving an estimated 5000 lives a year, HOWEVER coverage is at a 20year low. We are currently encouraging all eligible women (25-64years) with a focus on younger women (25-35years) to book an appointment with us.

The campaign

The campaign key messages are:

- Two women die every day from cervical cancer in England
- Cervical screening can stop cancer before it starts by preventing potentially harmful cells from developing
- Don't ignore your cervical screening invite. If you missed your last cervical screening, book an appointment with your GP practice now
- For more information, visit nhs.uk/cervicalscreening

[PLEASE DO NOT IGNORE YOUR INVITE.](#)