

WASHWAY ROAD MEDICAL CENTRE

"SURGERY SNIPPETS"

- a newsletter for our patients.
October - December 2012

'FLU VACCINATION TIME AGAIN

We've started our 'flu jab campaign slowly this year, due to the delays in vaccine supply. We'll therefore be holding the first of our mass vaccination clinics on Wednesday 24 October, with a follow-up clinic in November.

Patients "at risk" will receive their vaccination invitation either by text message or letter by mid October. Priority groups this year include patients from the age of 6 months with chronic diseases – diabetes, heart & stroke disease, asthma, COPD or neurological, liver or kidney disease along with all those aged 65 or over. Primary carers are also entitled to 'flu vaccination, so talk to us if you think this applies to you.

For those patients who would like a 'flu vaccination but are not in the priority "at risk" categories, this service may be obtainable from several local pharmacies at an approximate cost of £10.

If you've not received an invitation by the end of October and think you're in the "at risk" category, please ring us on 0161 962 4354 and let us know.



"WEAR IT PINK!" 22 - 26 October 2012

WRMC is again hoping to raise money for the Wear it Pink - breast cancer charity. Last year with your help we raised over £289 towards this worthwhile cause. With every one UK woman in nine developing the disease during their lifetime, we're keen to improve the outcomes for all these women. [see over for men's cancer care news.]

There'll be fundraising opportunities all week at WRMC & we'll all be wearing pink on Friday 26 October. Any small cash donations patients wish to add to ours at reception, will be very much appreciated!

TRAFFORD'S CLINICAL COMMISSIONING NEWS

Dr Jarvis has recently taken up the post of clinical director for quality, finance and performance at Trafford's clinical commissioning group (CCG). This means he will be part of a team of GPs developing cost-effective NHS services across Trafford.

Dr Jarvis will continue to work in the practice 3 days per week with Drs Howard and Wilkinson increasing their sessions to ensure appointment availability is maintained.

STOP PRESS! STOP PRESS! STOP PRESS! STOP PRESS! STOP PRESS!



We'll be offering protection against whooping cough (pertussis) to all our pregnant women from 28 weeks onwards, at their next routine ante-natal clinic appointment. The injection also provides a booster dose of diphtheria, tetanus and polio too; 'flu vaccination can also be given safely at the same time - providing maximum protection for baby. To ensure our patients have rapid access to the protection that vaccination can bring, we've used our text messaging system to invite all patients who are approaching full-term to an extra vaccination clinic on Wednesday 3 October.

What's happening in MOVEMBER?

MOVEMBER is men's health awareness month - with a focus on **prostate cancer**.

Almost everyone knows someone with breast cancer as it affects around 45,000 women in the UK each year. But did you know that prostate cancer affects around 36,000 men annually, too? At the surgery we tend to find that men are less forthcoming about their health problems than their female counterparts, sometimes dismissing minor ongoing changes as due to "getting older". The prostate gland can enlarge over time and cause changes in men's waterworks. Mostly these are due to benign (non cancerous) conditions but it's important that you tell us about **NEW** changes such as:

- * needing to pass water more frequently, often during the night;
- * weak flow of urine or taking a long time to pass water;
- * difficulty starting to pass water (hesitancy);
- * needing to rush to the toilet;
- * blood in your urine or semen (less common)

If some of these symptoms have recently developed and are affecting you (or the man in your life) then please (encourage them to) make a GP appointment.

The good news is that unlike many other cancers, prostate cancer usually progresses very slowly. It can often be cured if it is treated in the early stages, either by removal of the prostate, or hormone therapy and radiotherapy. In many other cases, men can live for 10 - 20 years without needing any active treatment at all - just regular monitoring. Prostate cancer is most prevalent in men aged 70+ and/or those with a strong family history of prostate cancer. It is three times more common in Afro-Caribbean or African men less common in Asian men.

Find out more about raising awareness and help for all our men out there -

www.nhs.uk/conditions/Cancer-of-the-prostate/Pages/Introduction.aspx or

www.prostate-cancer.org.uk/help/community/movember.asp or www.youtube.com/watch?v=DYF2owNLQIs

BROTHER?
FATHER?
UNCLE?
GRANDFATHER?
HUSBAND?
- don't let them
stick their head in
the sand



OPENING TIMES over the CHRISTMAS & NEW YEAR HOLIDAYS

Monday 24 December	08:30 – 15:00
Tuesday 25 December	CLOSED
Wednesday 26 December	CLOSED
Thursday 27 December	08:30 – 18:30
Friday 28 December	08:30 – 18:30
Saturday 29 & Sunday 30 December	CLOSED
Monday 31 December 2012	08:30 – 18:30
Tuesday 1 January 2013	CLOSED
Wednesday 2 January	07:30 – 17:00

We can issue an extra script during November to cover Xmas & New Year if you wish. Just write "+ Xmas" on November's order.

Please make sure you collect your prescription by 3pm on: MONDAY 24 & MONDAY 31 DECEMBER.

If you need medical care whilst we're closed, please contact NHS Direct, the nurse-led information and advice line on 0845 46 47 or the out-of-hours GP service Mastercall on 0161 476 2299. Patients should ensure they have enough repeat medications to last throughout the holiday periods, as the out-of-hours GP service is for clinically urgent matters only; not routine medication requests.

..... and finally, **THANKS** to you all for being patient whilst we've been figuring out the quickest and most accurate ways of using our new computer system - EMIS Web. The transfer has gone smoothly. thanks to the incredible hard work and dedication from everyone in our team.