

"SURGERY SNIPPETS"

- a newsletter for our patients.

April - June 2013

MAKING THE MOST OF **CANCER SCREENING**

We're promoting the FREE screening tests this quarter, that are available for patients. The purpose of screening is **to detect early changes** in the body **before they've developed into any symptoms you notice**. Find out more about screening at www.cancerscreening.nhs.uk

Detecting cancer early is key to successful treatment. No-one wants to receive a cancer diagnosis but there are many effective treatments now that can mean years and years of active life ahead. We're therefore keen to encourage our patients to take advantage of **free screening**.

Before you read about the different sorts of screening available, please consider the latest figures about **our patients'** use of screening services and cancer diagnoses.

Compared to the rest of Trafford and England, our patients:

- are more likely to be diagnosed with cancer
- are less likely and slower to attend/use cancer screening services.

- **BOWEL CANCER** - men & women aged 60 - 69 are sent a bowel cancer screening kit to take the test in their own home + post off the sample kit. If you've not returned your kit or are aged 70+ and would like to take the test, you can request this on **0800 707 6060**. Around 1 in 500 tests results in a cancer diagnosis - much earlier (and more treatable) than just waiting until symptoms develop.

Currently 6 out of 10 of our patients return their test kit -
make sure you're not one of the 4 in 10 that wait until symptoms develop.

- **BREAST CANCER** - women are invited for screening every 3 years from the ages of 50 - 70. There are plans to increase this from ages 47 - 73 over the next few years. Women aged 70+ can continue to be screened by requesting a further test on **0161 291 4444**.

Currently 7 out of 10 of our female patients attend for screening -
make sure you're not one of the 3 in 10 that wait until symptoms develop.

- **CERVICAL CANCER** - regular screening in women aged 25 - 64 can help prevent early cell changes on the cervix turning into cancer in 75% of cases. Make sure you **attend for your smear test when invited**: 3 yearly for women up to the age of 50 then 5 yearly thereafter.

Currently 8 out of 10 of our female patient respond to their screening invitation -
make sure you're not one of the 2 in 10 that wait until symptoms develop.

SCREENING IS FOR PATIENTS WITH NO SYMPTOMS.

If you notice any changes - unexplained bleeding or weight loss, or a change in bowel habit that lasts for more than 3 weeks or find a lump, then book a GP appointment instead.

TELLING US THE REASON FOR YOUR APPOINTMENT BOOKING



You'll have noticed we ask you for the reason or problem when booking an appointment - this is so we can book you the correct appointment with the most appropriate person, eg a GP trained in minor surgery techniques for a shoulder injection or a family planning trained GP for removal of a coil. For ongoing discussion about your health that needs no examination, a telephone consultation may be quicker and easier too. Some appointments take longer than others so we also need to take this into account to try and make sure the rest of the appointments run on time, for others.

If the GP/nurse you're seeing knows the reason for the appointment, they can be checking recent results & hospital letters before you enter the consulting room - giving a more efficient, helpful and patient-centred service. Also making sure we quickly see anyone who may be infectious (so they're not sitting next to you) or needing urgent admission to hospital.

CLOSURE OF NHS DIRECT

The nurse-led advice line has been replaced by NHS 111. Patients needing advice can ring and speak to a trained adviser by dialling 111.

It is anticipated that this service will deal with all out-of-hours care in due course, however there have been teething problems and the launch of this has been delayed. When the change occurs we'll feature more about this on our website www.wrmc.org.uk

TRAVEL VACCINATIONS

If you're going abroad please make sure you're properly protected with the appropriate vaccines and advice, beforehand.

Book a telephone consultation with one of our practice nurses about 8 weeks before you travel on 0161 905 4711. Most vaccines are available on the NHS free of charge.

MEASLES VACCINATIONS - with the increasing outbreaks of measles, we're keen to ensure all children over 12 months are vaccinated.

The greatest priority is to protect those children who've never had an MMR vaccination, so we'll be reminding them about booking a vaccination appointment with our nurses on 0161 905 4711.

Current advice is not to bring forward children's 2nd MMR dose however we will post further news on our website www.wrmc.org.uk

BANK HOLIDAY CLOSURES - SPRING 2013

The surgery will be closed on the following dates: **Monday 1st April; Monday 6th & 27th May.** The surgery will also be closed for a Trafford-wide training event on the afternoon of **Weds 1 May from 1pm.** Should you need **urgent** medical attention that cannot wait until we re-open, one of the services below may be able to help:

Mastercall (24 hour GP out-of-hours service)	0161 476 2299
NHS 111 (24 hour NHS advice line)	111
Minor injuries unit, Altrincham General Hospital (8am - 8pm Mon - Fri; 10am - 6pm weekends & bank hols)	0161 934 8300
Trafford NHS Walk-in Centre Next to A&E at Trafford General Hospital	0161 747 4978 (8am - 8pm daily)



NHS Choices website at www.nhs.uk gives more information about NHS Walk-in Centres near you. Finally, don't forget to **ORDER & COLLECT** your repeat prescription in good time.