



# Hall Grove Group Practice Newsletter



www.hallgrovesurgery.co.uk

August 2018

Welcome to the  
August Edition of the  
Hall Grove Group  
Practice Newsletter!

**If you cannot attend  
your appointment  
please cancel it as it  
can be used by  
someone else**

You can book, check,  
and cancel  
appointments using the  
automated phone line.

If the message says  
"Unable to verify  
details" you have put in  
a number different to  
that on your records.  
Please update us with  
your **correct** mobile  
and home numbers

## **Useful Telephone Numbers**

Appointments (Hall Grove)	01707 328528
Appointments (Parkway)	01707 332233
Emergency House Call Line	01707 323355
'111' out of hours advice and GP line	111
Lister Hospital	01438 314333
Patient Transport (QEII, Lister & Hertford)	03456 051208
CCG (previously the PCT)	01707 685000

## Special Cancer Edition

### Importance of cancer screening programmes

There are several screening programmes organised nationally to identify cancer at a very early stage (before any symptoms have developed) so that they can be treated successfully. They are vital for trying to reduce the number of people dying of cancer every year.

These programmes are for Breast cancer, Bowel cancer, and Cervical cancer. If you receive a letter to attend an appointment or receive the bowel cancer kit please follow the instruction.

### Be alert to new symptoms that could be cancer

There are certain symptoms that we are alert for to consider further investigations or urgent referral to hospital. Below are some examples of symptoms to see a doctor:

- Blood in urine when no urine infection is present
- Unexplained cough for more than 6 weeks (we would organise a chest x-ray). Coughing up blood
- A patch on the skin changing with no explanation or in the mouth not improving after 4 weeks
- Breast changes, such as a lump, nipple changes or discharge, or a new eczema patch on the breast
- Any vaginal bleeding after the menopause, or irregular unexplained bleeding before the menopause
- Unexplained change in voice or swallowing ability
- Bleeding from the back passage or unexplained change in bowel habit (usually looser) for more than 4 weeks

It is also important to remember that there are always several possible causes for any symptom: even when a person presents with the symptoms that fit the criteria to trigger a '2 week wait cancer referral' (all patients referred are seen within 2 weeks) only 20% of patients will go on to have cancer diagnosed as the cause of those symptoms.

## Be aware of your body, eg Self examinations

It is very important that you are aware of your own body and any changes that occur. **Do not ignore any new symptoms that you can not explain**, for example those listed on side 1. You may not need to see a doctor immediately for many new symptoms, for example most sore throats, coughs, and bowel changes will resolve by themselves within a couple of weeks.

For **skin** changes, such as moles you are not sure about, it is very helpful to **take a photo of it**. If it changes then you can see a doctor and bring the photo to show what it looked like before.

For men it is vital that you **examine your testicles every month** for lumps or other unexplained changes. For women the same is true for **breast examinations**. For both types of examinations you can see how to do it by looking on 'You Tube', or by asking your GP the next time you are in.

## Breast Screening Mammograms

Breast Screening mammograms for females aged 50 to 70 years old run on a 3 yearly cycle. They were screening in our area in 2017 so will be due again in 2020. All those eligible should have received a letter inviting to attend the mobile unit. **If you think you missed this please call the Breast screening service on 01582 497 599.**

Ladies aged over 70 years can also request a Mammogram screening by calling the number above (if you notice changes however see a GP as soon as possible—explain why you need to be seen to get an urgent appointment).

## Bowel screening kits

The national screening programme for detecting bowel cancer early involves everyone aged 60 to 74 years of age being sent a kit every 2 years. Many bowel cancers cause microscopic blood to be released and this can be detected in stool samples. To complete the screening use the kit to take samples of three bowel motions and then send it in the envelope provided. We have had several people who have had an early cancer detected with the kit. This may have saved their lives.

For more information, including to request a kit if you did not return it last time, **call the free bowel cancer screening helpline on 0800 707 60 60.**

Many people do not send back the kits.

**Please do not be squeamish, save your life instead.**