

BARGOOSE

Dr Simon P Hughes and Partners
Patient Participation Group

Newsletter No 52 - Winter 2018



WE NEED YOU

Patient Participation Groups act as a link between doctors and staff in the Practice and their patients and meet 8 times a year on Wednesdays 7.30 - 9.00pm.

The groups aims are:

“To assist in the improvement of the services provided by the Practice and to promote better understanding and communication between Patients and Practice”

We are looking for enthusiastic individuals (any age) with an interest in the future of health care to join our committee. Also, if you know of any young person (perhaps a son, daughter or neighbour) who is 16yrs or older (and a patient here) who are hoping to have a career in Medicine or related subject e.g Physiotherapy, Occupational Health The NHS / Media / Journalism then the PPG would provide an excellent opportunity for experience to add to any University or College application or their CV

If you are interested email Gill Hiscox, Practice Manager at barton.letters@nhs.net

Or leave your details with one of our receptionists

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Hexton Road
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Fake cancer causes belief 'rife', research suggests

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Drinking from plastic bottles and using microwave ovens are some of the fake causes of cancer people believe, research suggests.

In a survey of 1,330 people in England, published in the European Journal of Cancer, most people correctly said smoking was a cause.

But increasing numbers are getting the risk factors wrong.

Smoking, being overweight and overexposure to UV radiation are the biggest preventable causes of cancer.

Cancer Research UK said about four in 10 cases of cancer could be prevented through lifestyle changes and it was important to have the right information to "separate the wheat from the chaff".

Researchers at University College London and the University of Leeds carried out the survey and found that more than 40% wrongly thought that stress and food additives caused cancer.

One-third incorrectly believed that electromagnetic frequencies (35%) and eating genetically modified (GM) food (34%) were risk factors, while 19% thought microwave ovens and 15% said drinking from plastic bottles caused cancer, despite a lack of good scientific evidence.

'Worrying'

Smoking was, correctly, selected by 88% of those surveyed, 80% picked passive smoking and 60% said sun-burn were causes of cancer - all proven.

Believing in fake causes of cancer did not mean people were more likely to have risky lifestyle habits, but those who were better informed about the proven causes of cancer were more likely not to smoke, the study found.

They were also more likely to eat more fruit and vegetables.

Dr Samuel Smith, from the University of Leeds, said: "It's worrying to see so many people endorse risk factors for which there is no convincing evidence.

"Compared to past research, it appears the number of people believing in unproven causes of cancer has increased since the start of the century, which could be a result of changes to how we access news and information through the internet and social media."

He added: "It's vital to improve public education about the causes of cancer if we want to help people make informed decisions about their lives and ensure they aren't worrying unnecessarily."

Clare Hyde, from Cancer Research UK, said: "There is no guarantee against getting cancer - but by knowing the biggest risk factors we can stack the odds in our favour to help reduce our individual risk of the disease, rather than wasting time worrying about fake news."

APPOINTMENT ROTA

The appointment rota is agreed at a meeting on the first Thursday of the preceding month. It is then manually loaded on the following Tuesday.

The earliest routine appointments will therefore be available for booking from late afternoon on that Tuesday

Ask your Doctor a question

If you visit the Practice web-site www.bartongroupsurgeries.co.uk you will find loads of helpful advice reference ordering Medicines, making an appointment etc. A very useful tool is a section where you can 'ask a Doctor a question'. By entering your details you will be able to send your GP an email in which you can ask for advice, information relevant to yourself or for someone you are a registered carer for.

You will always receive a reply from the Practice and they endeavour to do this within 3 working days.

Gentlemen - DO NOT RISK YOUR LIFE FOR A WEE PROBLEM !!

Prostate problems are common, particularly in men aged over 50.

The prostate is a small gland found only in men. It surrounds the tube that carries urine out of the body (urethra).

The prostate gland produces a thick, white fluid that gets mixed with sperm to create semen.

The prostate gland is about the size and shape of a walnut but tends to get bigger as you get older. It can sometimes become swollen or enlarged by conditions such as:

- ⇒ ***prostate enlargement***
- ⇒ ***prostate cancer***

Prostate enlargement

Prostate enlargement is a very common condition associated with ageing. More than 1 in 3 of all men over 50 will have some symptoms of prostate enlargement.

It's not known why the prostate gets bigger as you get older, but it is not caused by cancer and does not increase your risk of developing prostate cancer.

An enlarged prostate can put pressure on the urethra, which can affect how you urinate.

Signs of an enlarged prostate can include:

- ⇒ difficulty starting or stopping urinating
- ⇒ a weak flow of urine
- ⇒ straining when peeing
- ⇒ feeling like you're not able to fully empty your bladder
- ⇒ prolonged dribbling after you've finished peeing
- ⇒ needing to pee more frequently or more suddenly
- ⇒ waking up frequently during the night to pee

See your GP if you notice any problems with, or changes to your usual pattern of urination.

Simple measures such as reducing the amount you drink (especially tea, coffee and alcohol) before bed can sometimes help control the symptoms. Medication can help reduce the size of your prostate and relax the muscles of your bladder.

Prostate cancer

In the UK, prostate cancer is the most common type of cancer in men, with more than 40,000 new cases diagnosed every year.

It's not clear why it occurs, but your chances of developing prostate cancer increase as you get older. The condition mainly affects men over 65, although men over 50 are also at risk.

The risk of developing prostate cancer is also increased depending on your:

- ⇒ ethnic group – prostate cancer is more common among men of African-Caribbean and African descent than in Asian men
- ⇒ family history – having a brother or father who developed prostate cancer under the age of 60 seems to increase your risk of developing it, and having a close female relative who developed breast cancer may also increase your risk of prostate cancer

The symptoms of prostate cancer can be difficult to distinguish from those of prostate enlargement. They may include:

- ⇒ needing to pee more frequently, often during the night
- ⇒ needing to rush to the toilet
- ⇒ difficulty in starting to pee (hesitancy)
- ⇒ straining or taking a long time while peeing
- ⇒ weak flow
- ⇒ feeling that your bladder has not fully emptied
- ⇒ Blood in your urine or blood in your semen

You should see your GP if you have these symptoms. It's much more likely to be prostate enlargement, but it's very important to rule out cancer.

The outlook for prostate cancer is generally good because, unlike many other types of cancer, it usually progresses very slowly. Many men die with prostate cancer rather than as a result of having it. Prostate cancer therefore does not always need to be treated immediately. Sometimes, it may initially just be monitored and only treated if it gets worse.



One wonders how the person who should be sitting there would react if they had booked a plumber to repair their hot water system and he just did not turn up!!! - Ed

FALLS - how to cope with a winter menace



Reducing the risk of falls

A fall can have consequences for an older person ranging from a temporary loss of independence to more serious injuries such as hip fractures and sadly enough even death. Fortunately there are some measures which you can take to minimise the risk of falling.

Slippery surfaces due to Ice & Snow:

- ⇒ Make sure that the path to your door is clear of snow and free of any clutter.
- ⇒ If the path is icy, melt down the ice by sprinkling salt over the slippery area or cover the ice with something gritty or non-slippery. Remember, the thicker the ice, the longer it takes to melt. Try to sprinkle salt as soon as possible especially in areas you know are prone to being icy.
- ⇒ Give extra time to get where you need to go in winter weather. Taking your time reduces the risk of falling, especially if you use a walking device.
- ⇒ Dress for the cold weather! If you do happen to fall, it is important to stay as warm as possible while you wait for help to arrive.

Checking your home environment

- ⇒ Make sure that you have good lighting, particularly on the stairs.
- ⇒ Keep a nightlight on or a torch by the bed, in case you need to get up in the night.
- ⇒ Make sure that your stairs and steps are free of clutter.
- ⇒ Handrails on both sides of your stairs make them safer to climb.
- ⇒ Put a non-slip mat in the bath and get a handrail fitted
- ⇒ Put non-slip mats under rugs
- ⇒ Avoid tasks such as cleaning windows or changing a light bulb if they make you feel dizzy or light-headed.
- ⇒ Use a stepladder to reach high places – never stand on a chair. If you can, ask someone to help you.
- ⇒ Pets are wonderful companions, but they can get under your feet. Be aware of where they are when you're moving about.

Improving your fitness, strength and balance

Try and keep as fit and active as possible. Keeping active helps you maintain strength, flexibility and energy levels, so you can carry on doing the things you enjoy and stay independent. If you don't usually do any exercise, any amount of activity is better than nothing – even taking regular brisk walks in the garden. Speak to your GP about how you can exercise safely, especially if you have a heart condition, are on medication which can affect your balance or if you don't usually take any exercise.

Eyesight, hearing and balance

Vision and hearing play a vital role in balance. Find out when your next eye check is due - get your eyes checked and your glasses prescription reviewed at least every two years, or every year if you're over 70. Remember NHS eye tests are free once you reach the age of 60. If you are a carer for someone remember to arrange for their regular eye tests.

Looking after your feet

Always report any problems with your feet to your GP or practice nurse. Well-fitting shoes are important - high-sided shoes with low heels and thin soles with a good grip can help if you feel unsteady. If you have arthritis, you may find that trainers or similar, well-cushioned shoes are more comfortable and offer welcome support. Ask your GP for advice. Make sure your slippers have good grip and fasten properly- loose worn out slippers may cause you to trip. Finally, always wear shoes or slippers-don't walk indoors in bare feet, socks or tights.

Managing your medicines

Certain medicines can affect your balance. Let your GP know if you ever feel unsteady after taking medication – you may need to change the dose or look at alternatives. If you take several medicines, your GP should review them regularly in case you no longer need them or the dose needs to be changed.

Osteoporosis

Osteoporosis is a condition which causes bones to become fragile and break more easily. Vitamin D is needed, and sunshine is the major source for most people. Extra vitamin D is recommended for certain groups of the population, including people aged 65 and over. If you think you could be at risk of not getting enough vitamin D, particularly if you are housebound or cover your skin for cultural reasons, raise this with your doctor. Always speak to your GP before starting to take a vitamin D supplement or over-the-counter medicine on a daily basis.

Help from the Surgery

You must tell your GP if you've had a fall or start feeling unsteady, even if you feel fine otherwise. There could be many reasons for this and, equally, many different ways to help you feel confident again.

The main article is by Miriam Coffie, with additions by the Ambulance Service Trust and Carers in Bedfordshire.

SOME GENERAL INFORMATION ON WHAT TO DO IF SOMEONE HAS FALLEN



Approach them calmly and reassuringly, be alert to any dangers to either you or the casualty

Get onto the floor so you are the same level as them, **IT IS BETTER TO BE SAFE THAN SORRY, SO IF YOU ARE IN ANY WAY WORRIED ABOUT THE EXTENT OF THEIR INJURY - DO NOT MOVE THEM - GET PROFESSIONAL HELP AND TRY TO KEEP THEM AS STILL AND CALM AS POSSIBLE UNTIL IT ARRIVES**

If the person is responsive –

Talk to them and try and ascertain how the accident happened and if there could be any medical cause such as a fit or stroke – do not stress them if they

are confused, This information may help when professional help arrives.

If there is any obvious bleeding and it is possible to try and stem it, do so but without moving them.



Non-Urgent Patient Transport

New telephone number for non-urgent patient transport service for bookings and queries

0345 605 1208

Would you like a PDF copy of the Bargoose Newsletter e mailed to you?

There are different topics covered each issue with up to date information. Would be particularly useful for Carers etc. Also there are many changes happening re NHS England and as things develop this will get extensive coverage in the Bargoose.

To receive a copy please apply by email to: barton.letters@nhs.net

Sexual Health services across Bedfordshire offer two main venues, Kings Brook Clinic in Bedford and Priory Clinic in Dunstable ensuring easy access to sexually transmitted infection (STI) testing and contraception services. As well as the main hubs there are satellite clinics in other areas, such as Biggleswade held at the Ivel Medical Centre. If you would like to make an appointment, please call the integrated contraception and sexual health services (iCaSH) Tel: 03003003030.



Alternatively, if you would like a free STI test kit, and do not have any symptoms, you can order an **Express Test** to be sent to your own home. The Express Test is free and easy to use and can be ordered online at www.icash.nhs.uk/expresstest.

You can have an STI and not have any symptoms. It is recommended that everyone gets tested once a year and in between any partner change. The majority of STIs can be easily treated and the best way to protect yourself is to practice safer sex and use condoms.

**Not all STIs
have symptoms.
To be safe,
always use a condom**
#ProtectAgainstSTIs
#CarryCondoms



Admission to hospital increases your risk of **blood clots** (thrombosis / DVT / PE)

If you are admitted
to hospital

Ask:

- Am I at risk of blood clots?
- Has my risk of blood clots been assessed?

Help:

- Drink plenty of fluids
- Keep mobile
- Ask your healthcare professional how you can reduce your risks



KNOW THROMBOSIS

It could save your life

Find out more at:

www.thrombosisuk.org

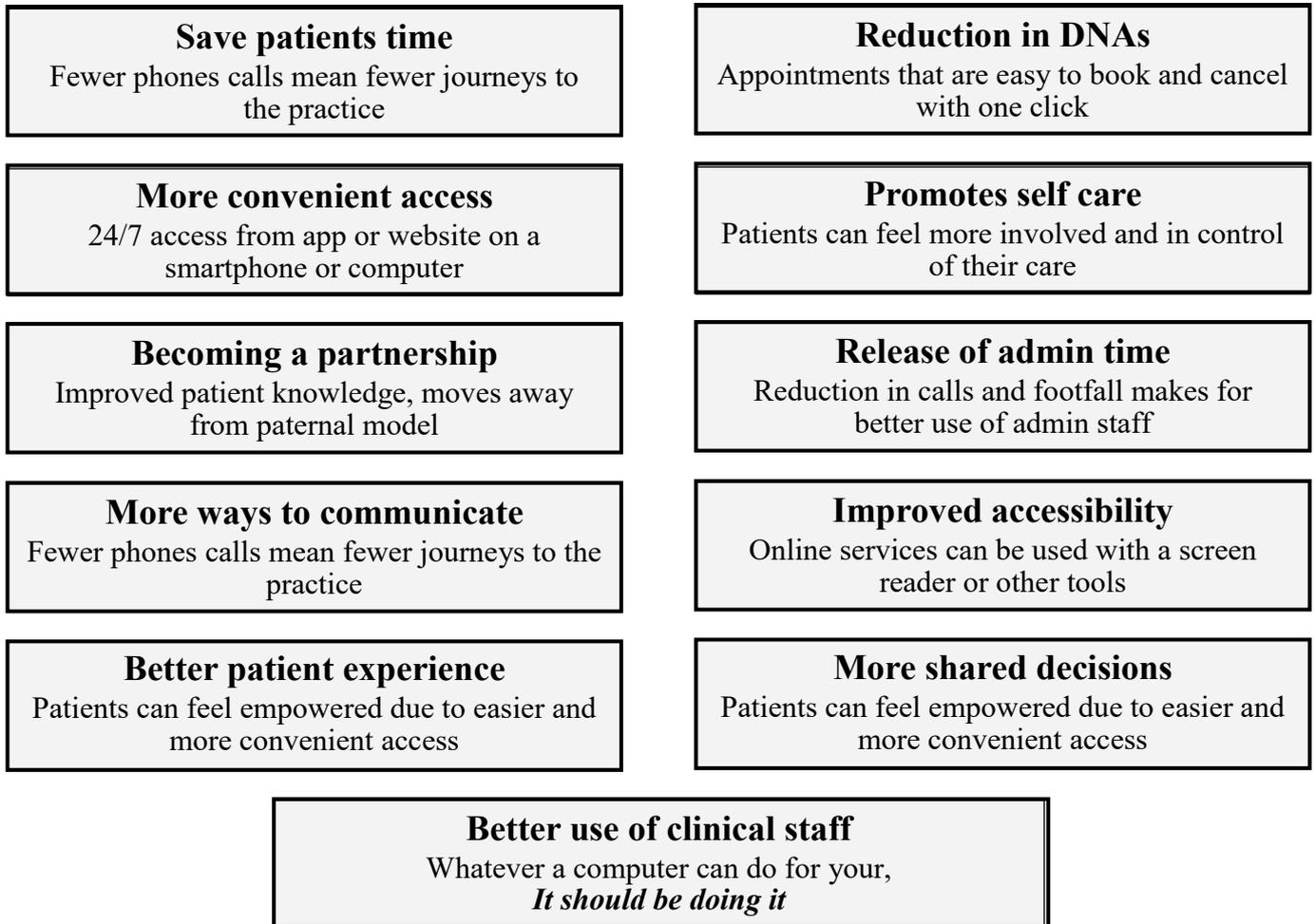


Thrombosis UK is a charity and their website is well worth a visit. It contains lots of excellent information and advice. If at any time you have a few shillings to spare they

Patients are going Digital

Over 90% of people in England now have internet access and 50% of all adults access healthcare information on line, and 1 in 2 of all Google searches are health related. 60% who use the internet to check a condition do not go on to use a frontline health service.

Let's talk about the benefits



Key programmes within NHS England

