



BARGOOSE

**Dr Simon P Hughes and Partners
Patient Participation Group**

Newsletter No 53 - Spring 2018



Third MRI scanner suite opens at the L&D



Luton and Dunstable University Hospital (L&D) was delighted to welcome the Mayor of Luton, Councillor Naseem Ayub, to the official opening of its MRI suite transformation on 1 February 2019.

The MRI suite transformation is now complete consisting of a new departmental layout with installation of a 3rd state of the art Ingenia 1.5T magnet, new dedicated inpatient bed bays and new dedicated outpatient seating/changing areas. The transformation also includes replacement of existing magnets

with dStream Philips upgrades, a new supporting infrastructure inclusive of chilled water supply and air handling unit.



The overall suite provides our patients with a friendly, comfortable, calming environment reducing patient anxiety and maximising the interaction between staff, patients and relatives. Significantly improved waiting times are to be delivered through the additional scan capacity and also with reduced scan times and a new wide-bore magnet with InBore Experience further reduces patient anxiety and claustrophobia through an immersive, multi-sensorial experience during the scan. Simon Nicholson, Imaging Manager, said: "The addition of the 3rd scanner and redesign of the department provides our patients with state of the art diagnostic MRI and a friendly and comfortable environment. We are delighted that the Mayor of Luton, Councillor Naseem Ayub, was able to attend and officially open the new facility."

The Surgery
Hexton Road
Barton-Le-Clay
MK45 4TA
T: 01582 528 700



www.bartongroupsurgeries.co.uk

Health Centre
Gooseberry Hill
Luton
LU3 2LB
T: 01582 528 721



Ordering repeat Medication

There have recently been some important changes made to prescription ordering. We know that change can be concerning for some people but we want to assure you that there is nothing to worry about and that your ordering of medication will continue smoothly. The main change is that Pharmacies can no longer be involved in the ordering of your prescription medication. This is something that patients now have to do independently .

The easiest way to order your medication is by using the SystemOne login that you already have for booking appointments. This system allows you to see your repeat medication on the same system that the Doctors use. All you need to do is tick the items you want to order up to 7 days before they are due. No need to write or type out lists of medications.

If the item you want isn't on the screen, you can still put in a request using this system or add any additional notes you may wish your GP to see. If you have a login but are unsure how to use the system for ordering medication, speak to Dispensary or Reception. If you don't have a login yet, and would like one, please speak to Reception and they can set up a password for you.

The benefit of ordering on-line is that

YOU

the patient are in control and there is less room for error.

If you do not have access to the internet then you just need you to mark which items you require from the list on the back half of your prescription and bring it up to the GP surgery yourself.

There is a post box provided for out of hours or busy periods.

For those vulnerable patients who do not have family to support them, we will continue to have a system in place so that we can assist you in the ordering of your prescriptions. If you think that that could be you, please talk to one of our Dispensary team.

***With thanks to Alex Hill, C&H.
With the above wording***



Be Ovarian Cancer Aware - Target Ovarian Cancer wants to raise awareness of the disease.



Ovarian cancer symptoms

- Persistent bloating
- Feeling full quickly and/or loss of appetite
- Pelvic or abdominal pain (that's your tummy and below)
- Urinary symptoms (needing to wee more urgently or more often than usual)

Occasionally there can be other symptoms:

- Changes in bowel habit (eg diarrhoea or constipation)
- Extreme fatigue (feeling very tired)
- Unexplained weight loss

Any bleeding after the menopause should always be investigated by a GP.

Ovarian cancer symptoms are:

- frequent – they usually happen more than 12 times a month
- persistent – they don't go away
- new – they are not normal for you



Worried about your symptoms?

If you regularly experience any one or more of these symptoms, which are not normal for you, it is important that you see your GP. It is unlikely that your symptoms are caused by a serious problem, but it is important to be checked out.

Prepare for your GP appointment

- Track your symptoms using our free ovarian cancer Symptoms Diary (available in print or as an app). Find it at targetovariancancer.org.uk/symptomsdiary
- Find out about your family history. Tell your GP if two or more relatives in your close family have had ovarian or breast cancer



What tests might your GP do?

- If your symptoms are frequent and persistent your GP should order a CA125 blood test
- They may also order ultrasound scans of your tummy and ovaries

What next?

- Ask your GP what the next steps are
- Be persistent! Return to the GP or seek a second opinion within a couple of weeks if your symptoms don't go away

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This edition: July 2017
Next planned review: June 2020
To access our list of references please contact us.
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Worried about the symptoms of ovarian cancer?



Remember

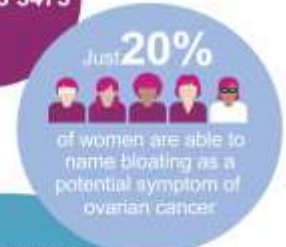
- Cervical screening tests – sometimes known as smear tests – will NOT detect ovarian cancer.
- Most cases of ovarian cancer are diagnosed in women who have gone through the menopause. But younger women can also get ovarian cancer.
- The sooner ovarian cancer is detected, the easier it is to treat. Survival can be up to 90 per cent for women in the UK diagnosed at the earliest stage.
- Other conditions such as irritable bowel syndrome (IBS) have symptoms similar to ovarian cancer but new cases of IBS are very unlikely in women over the age of 50.

Contact us

Target Ovarian Cancer is the UK's leading ovarian cancer charity. We work to improve early diagnosis, fund life-saving research and provide much-needed support to women with ovarian cancer.

Our nurse-led Support Line provides confidential information, support and signposting for anyone concerned about ovarian cancer.

Support Line
020 7923 5475



Help us raise awareness by ordering and sharing copies of this leaflet.

- Support Line | 020 7923 5475
- info@targetovariancancer.org.uk
- targetovariancancer.org.uk
- TargetOvarianCancer
- @TargetOvarian



Important date for your Diary

Thursday 26th September 2019

7.30pm

Open Evening

At Silsoe Village Hall

A problem that is increasingly impinging on Family Life

Dementia in the family ?

Recognition and Actions

There will be a speaker on this subject and this will be followed by an opportunity to meet the Doctors from the Practice with a question and answer session.

Paul Young opens new Pre-Assessment Unit at the L&D Hospital

Luton pop legend Paul Young came to officially open the new Pre-operative Assessment Unit at the Luton and Dunstable University Hospital (L&D), much to the delight of staff. Paul told staff about his experiences of growing up in Luton and congratulated them on their impressive work looking after the local community.

The new unit brings together almost all hospital pre-assessment in one place, replacing at least five other locations, and has a dedicated pharmacist and anaesthetist to give expert advice at the time of assessment. Patients have the opportunity to go straight from their outpatient clinic to the drop-in service, reducing the number of visits they have to make to hospital.

All patients can now be pre-assessed as soon as they know they are having surgery, meaning that any clinical concerns can be identified more quickly and a plan put in place for their procedure.

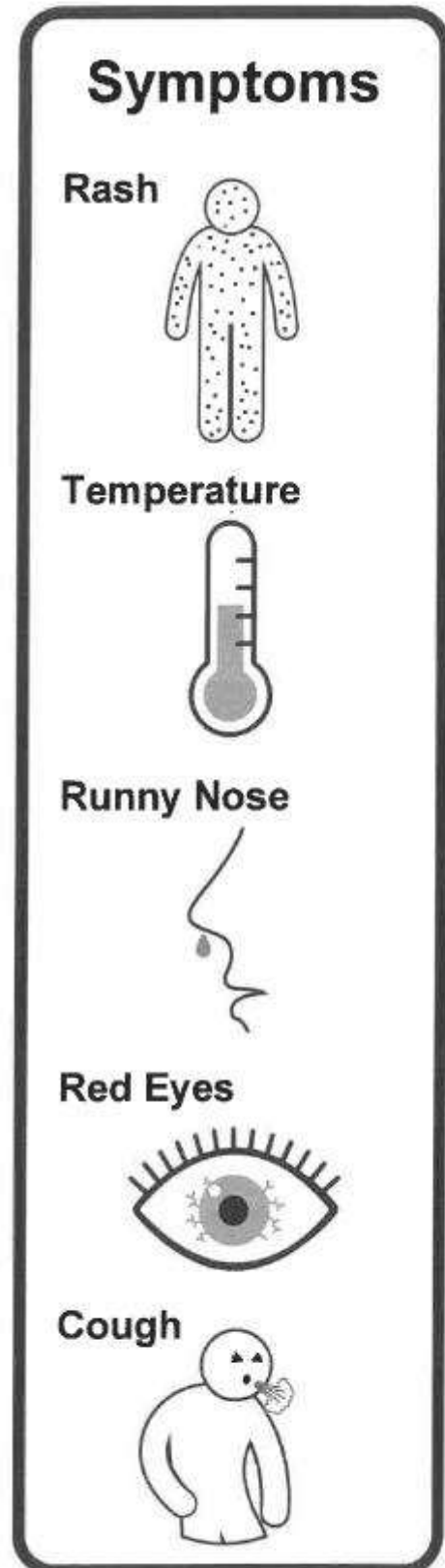
It also means that there are lots of pre-assessed patients who can be offered their surgery at short notice when other patients have had to cancel at the last minute. This is good news for both our patients and for the hospital.



Public Health
England

Measles is circulating

- Measles is extremely infectious and can be serious
- Make sure your children get two MMR vaccines on time; the first at 1 year of age and the second at 3 years 4 months
- If you or your children missed these vaccines, it is not too late. Ask for the FREE vaccine from your family Doctor (GP) if you or your children are not up-to-date.
- If you have symptoms of measles, stay at home and phone your GP or NHS 111 for advice. **STAY AWAY** from GP surgeries and A&E departments - you could spread the illness to others.
- Symptoms include: high fever, sore red watery eyes; coughing; aching and feeling generally unwell; a blotchy red brown rash, which usually appears after the first symptoms.
- Go to [nhs.uk](https://www.nhs.uk) for more measles information





**Please remember that we need a
minimum of
2 working days
for any prescription requests to
be processed**

Thank you

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.



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



Love Island's Dr Alex debunks common health myths

Love Island's Dr Alex may not have had the best of luck in the villa, but that hasn't stopped him from continuing to be a fantastic A&E doctor.

He was asked to debunk some common health myths - some of them may surprise you!

- The larger the surface area, the more heat loss", says Dr Alex, so it's actually **a myth that you lose most of your body heat through your head.**
- **An apple a day can help keep the doctor away**, but "don't have too

many apples because you're going to rot your teeth and you'll have to see the dentist", he says.

- Don't put toothpaste on the spot you've just seen on your face, says Dr Alex. Not only does it not work, but **toothpaste is actually bad for spots.** The NHS advises you avoid using it to try and clear up acne as the chemicals in toothpaste can harm your skin.
- The Love Island doctor insists you shouldn't have to feel guilty for having a lazy Sunday, as **lie ins are actually good for you.** "You've got to be able to have a day off every now and then. Sometimes you're knackered and you just need to sleep."
- It is actually **a myth that your muscles turn to fat when you stop exercising.** Your muscles will shrink if they're not stimulated, and fat stores will increase, but "one doesn't turn into the other; they're completely separate."
- Dr Alex says there's no need to worry that your leg shaving routine is making your hair grow back at super-speed, as it's a **"common misconception" that shaving makes your hair grow faster.**
- **Chicken soup can't cure a cold.** And that's that.
- **Cracking your knuckles doesn't cause arthritis**, as it is just air bubbles popping in your synovial fluid which can be found in your joints, says Dr Alex (while cracking his knuckles).

Lastly, if you're looking for cheap blonde highlights this summer, look no further than your fruit bowl, as **lemon juice can help bleach your hair.**

Quit Smoking — A layman's advice on the subject!!

If you smoke the best thing you can do for your health this year is to quit smoking. Let's not pretend it is easy because it is not. Like many who have managed it you need pretty strong will-power and a genuine reason to 'pack it in' and there is no better reason than it will improve your health starting on day one.

A common reply you get from smokers when you try to encourage them to stop is that 'their Uncle Bert' smoked 20 a day for 50yrs and lived to a ripe old age, he may have done but for every one who did there are lots and lots more who did not.

I achieved it over 30 years ago having been at college in the 'sixties' (enough said) and this is how:-

Firstly - just choose any old day, if you say I will do it on New Years Day, next birthday etc it puts you under pressure immediately, I stopped on January 2nd, it cannot be gradual, it has to be bang and stick to it.

Second - do not tell anyone just do it. If you tell someone then you are having a conversation about it and you need all the time to put it to the back of your mind.

Third - if you are at a social occasion and a smoker offers you one just say "no thanks, not at the moment" and leave it at that. If you engage in conversation it will put you under pressure and weaken your resolve.

I used patches, thought they were expensive so used to cut them in half, a friend who is a GP thought that hilarious and commented that they do help but the biggest helper is yourself.

If you really want to stop then there are professionals only too willing to help you get started.

Please do it - you increase the chances no end of being around to enjoy your children and hopefully your grand children - just like what I have. Ed

Stroke

A stroke happens when the blood supply to part of your brain is cut off, causing your brain cells to become damaged or die.

A stroke is a life-threatening medical emergency. If you or anyone else is having a stroke, you should phone 999 for an ambulance immediately.



British Heart Foundation researchers across the UK are investigating how heart and circulatory conditions are connected. If we can learn as much about stroke as we have about heart diseases in the last few decades, we can beat the heartbreak.

If you notice signs of a stroke - call 999

Act F.A.S.T to recognise the signs:

- ❓ Facial weakness – can they smile? Has their mouth or eye drooped?
- ❓ Arm weakness – can they raise both arms?
- ❓ Speech problems – can they speak clearly and can they understand what you're saying?
- ❓ Time – it's time to call 999 immediately if you see any of these symptoms.

Types of stroke:

- ⇒ **ischaemic strokes** happen when an artery that supplies blood to your brain becomes blocked by a blood clot. The artery may already have become narrowed, so the blood clot cuts off the blood supply completely.
- ⇒ **haemorrhagic strokes** happen when a blood vessel ruptures causing a bleed inside the brain. This affects all the surrounding brain cells causing them to die.
- ⇒ **mini-strokes, or transient ischaemic attacks (TIAs)**, happen when there is a brief reduction in blood supply to part of the brain causing symptoms, such as temporary speech loss. A single occurrence doesn't cause permanent damage to your brain and the symptoms usually pass within 24 hours. A person may have several TIAs over time, which means different parts of the brain can be affected. It can be difficult to tell the difference between a stroke and a TIA, so **if you think someone is having a TIA you should call 999**.

What increases my chance of having a stroke?

A risk factor is something that increases your chance of developing a condition. You are at much greater risk if you have several contributing factors such as smoking, uncontrolled diabetes, high blood pressure or high cholesterol.

Risk factors for stroke are similar to those for heart diseases, such as angina or heart attacks. The good news is that most of these risk factors are modifiable – this means you can do something about them.

If you have an untreated, irregular heart rhythm called atrial fibrillation (AF) your risk of stroke is increased by around four to five times. This is because AF increases the risk of a blood clot forming inside the top chambers of your heart. This clot can travel to your brain and block an artery.