

Ovarian Cancer

Bloated tummy?
Need to wee more?
Tummy pain?
Always feeling full?

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 and may have started in the last year

Persistent pelvic or abdominal pain
Increased abdominal size/persistent bloating-not bloating that comes and goes
Difficulty eating or feeling full quickly
Urinary symptoms (needing to wee more urgently or more often than usual)

Occasionally there are other symptoms:

1. Changes in bowel habit
2. Extreme fatigue
3. Unexplained weight loss
4. Loss of appetite

If you regularly experience any 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.

Did you know?

- 7,000 women a year are diagnosed with ovarian cancer in the UK.
- Cervical screening tests-smear tests-will not help detect ovarian cancer
- Some symptoms of ovarian cancer are similar to those seen in more common conditions, like IBS, so GPs may find it hard to diagnose.
- Most cases of ovarian cancer are diagnosed in women who have gone through the menopause. But younger women can also get ovarian cancer.
- Just three per cent of women are very confident at spotting a symptom of ovarian cancer.
- The sooner ovarian cancer is detected, the easier it is to treat. Survival can be up to 90% for women diagnosed with early ovarian cancer in the UK.

If you would like more information contact Target Ovarian Cancer on:

Tel-02079235475 or e mail info@targetovariancancer.org.uk or www.targetovariancancer.org.uk

Flu Clinics 2016

Are you over 65?

Do you have diabetes, heart disease, COPD, Coeliac disease or immunity problems?

Are you pregnant or a child aged between 2 and 6 years old?

Or have you had a stroke? Or are you a carer?

If so you should have a flu vaccine

We only have one Flu Clinic left on the afternoon of 15th November. If you haven't had or booked you flu vaccine appointment please telephone on 444666 or visit the surgery to make an appointment in the 'flu clinic.

Reception: 444666

Prescriptions: 446006

www.eastquaymedicalcentre.com

Onsite Opticians : 440440 Onsite Pharmacy: 423015 Onsite Dentist: 411141

Over 60's Road Safety Awareness

Thursday 10th November

10am to 1pm

At **Junction 24** in Bridgwater

If you are aged over 60 and have any concerns in how you will continue to drive or you have a family member where you have concerns for their continued road safety this event is for you.

There will also be other health awareness groups attending:

Police, Fire Safety, Diabetes UK, East Quay Vision, Wiltshire Farm Foods, Alzheimer's Society, Zing Somerset, AAA Screening, Healthy Eating, Drink Awareness, Loneliness and 1610 Sports & Leisure

Plus raffle, refreshments

Lots to see and people to chat to so please come along

Bridgwater Bay Health Federation are running this Health Awareness event



Please remember that our receptionists are people too...

Our receptionists are here to help you and have to work under the instructions set out by the Doctors. We all work hard to provide good quality care and access to our team.

This is very challenging in the NHS today where demand and need is really high and resources are more limited than ever before.

So, please don't take your frustrations out on our receptionists - they really are doing their best.

...and treat them as you would like to be treated.

East Quay Medical Centre



Craft Fair

Saturday 12th November

10am to 12.30pm

Entry only 50p

Lots of stalls offering
Christmas Gifts, Cards, Decorations

Jams & Pickles

Body Shop gifts

Tombola

Paintings

Coffee and Homemade Cakes

Kids face painting and hair colouring

Plus

The **Grand Head Shave** at 12noon, where a member of the East Quay Staff will have a sponsored Head Shave

All proceeds for the East Quay Charity of the Year

Children's Hospice South West

Come and support us and have some fun