

Times are Changing but we are stable

The NHS is really struggling at the moment. At East Quay we are facing the same problems that all GP surgeries in England are facing. Over recent years we have seen an unprecedented growth in workload as work is transferred from hospital to us without any funding. Our list size has grown significantly and NHS rules dictate that we are unable to close our list without big penalties. The prevalence of disease and long term conditions is also unprecedented and more and more guidelines dictate additional work for all of these again without additional resource. Expectations of what medicine and the NHS can provide often don't meet the reality today. At East Quay we all work hard to ensure that the service we provide is as high quality and accessible as we can make it but against this background, this is a mammoth challenge.

As you will I be aware, we have had a number of GPs retire over the last twelve months but we have been extremely lucky in these very unsure times within the NHS to recruit five new GPs who are now partners at East Quay Medical Centre. Our new partners are Drs Murray, Wood, Powell, Silsby and Ash.

We have also seen the retirement of our Nurse Practitioner, Aileen Young and again, we have recruited Gemma Bull to join the nursing team. Gemma has moved over to Primary Care from the Community nursing team.

Do you know about

'Breathe Easy'

Your local support group for anyone suffering from a **lung condition**

Come along and meet with others who understand what you are going through

Hear from professional health experts on how to manage your condition

The Group meet every 2nd Wednesday of the month

Holy Trinity Church Hall
Hamp Street (off Rhode Lane)
Bridgwater
1.30pm to 3.30pm

Come along to the next meeting on **Wednesday 8th June** and see what you think

Reception: 444666

Prescriptions: 446006

www.eastquaymedicalcentre.com

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

Bowel Cancer-*the facts*

Currently, bowel cancer affects more men than women-but it's not exclusively a male problem.

What exactly is bowel cancer?

It is a cancer that starts in the large bowel. According to Bowel Cancer UK, most bowel cancers develop from polyps-abnormal tissue growth-that are usually non-cancerous and can be easily removed if found early enough.

What are the signs and symptoms to look out for?

There are 3 main symptoms to be aware of: blood in your stools, changes in your bowel habit and abdominal pain.

If you notice any of these symptoms, bear in mind that they may be caused by a number of things, including haemorrhoids or eating something that doesn't agree with you.

When should you see your GP?

If you have symptoms that persist-or if you have any concerns at all-especially if you're over 50.

What are the treatments for bowel cancer?

The main treatments include surgery to remove part of the bowel, chemotherapy, radiotherapy and newer medication called biological treatments. The treatment you receive will depend on where the cancer is and how far it has spread.

How can you reduce your risk of developing it?

A healthy lifestyle can lower your chances of getting bowel cancer. This includes eating less red and processed meat and more fish and fibre-rich foods such as beans, cereal, fruit and veg. There are also claims that regular exercise can lower your risk as can keeping to a healthy weight. Also, smoking and drinking alcohol have both been linked to an increased risk of bowel cancer.

Are You Sun Aware?

- According to the British Association of Dermatologists, there are more than 100,000 new cases of skin cancer are diagnoses every year in the UK.
- The dark pigment that gives your skin its natural colour is called Melanin.
- Wearing sunscreen with sun protection factor (SPF) would prevent UVC light burning your skin.
- SPF30 or higher should be used if you have very fair skin that burns easily in the sun
- Some sun exposure is beneficial as it helps your skin produce vitamin D. Vitamin D is needed for healthy bones. Most of our vitamin D comes from sunlight. Vitamin D may help lower blood pressure.
- Melanoma is considered to be the most serious type of skin cancer as it's more likely to spread than other types. The good news is that protecting your skin from sun damage will reduce your risk of developing melanoma.
- According to the NHS, a SPF of at least 15 is recommended for all skin types, plus you should also make sure the sunscreen you use protects against UVA as well as UVB rays.
- Don't forget to wear a hat and sunglasses when you're in the sun as well as sun cream.
- If you are determined to get a tan, the NHS advises starting with just 30 minutes of sun exposure a day and increasing it gradually by five or ten minutes a day.

An Apple a day.....

Experts from the University of East Anglia claim certain fruits and vegetables may help more than others when it comes to the battle of the bulge.

The researchers claim fruit and veg that contain high levels of beneficial substances called flavonoids could help maintain a healthy weight. Apples, pears, berries, grapes, onions and peppers are among those that were found to have the greatest effect.

Did you know?

You can now order your repeat prescription on-line. That means, you can order anytime of the day or night. No having to try and get through on our prescription phone-line and no having to visit the practice to make your request.

If you would like a log-in to be able to order your prescription on-line please ask at reception for details