

Planning Ahead

Many people find it comforting to know that their family know their wishes for the end of their life and that their loved ones can sort-out their affairs when the end comes.

There is a document, called '**Planning Ahead**' which many people have found useful as a simple, easy to understand way to consider and then document important matters. From things like 'living wills', to details on your financial affairs, where you will be kept and how you would like your funeral.

You can pick one of these up in the waiting room, but we have also included a link to it here:

<http://www.somersetccg.nhs.uk/EasySiteWeb/GatewayLink.aspx?allId=4203>

Have you had your child's eye sight tested?

The NHS fund children's eye tests from birth

All children age 2-3 should have their sight tested as this is the best time to pick up on any vision problems that may then be fully correctable!

As toddlers eyes are very good at adjusting for sight and vision problems parents can often be surprised when a sight problem is found.

As they get older children's eye's ability to accommodate the vision problem reduces quite quickly it is important to identify any problems and correct them to make the biggest long term improvement in their vision. By age 8 most sight problems cannot be fixed.

If your child does need to wear glasses it is much easier to get them to wear them from a young age.

East Quay Vision

01278 440440

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.

HGV Medicals

Any HGV Drivers needing a medical to renew their licence can look on

www.Driversmedicals.com

The cost is cheaper than in the Medical Centre and your appointment will be earlier than we are able to offer.

Parking

We have a few disabled parking bays in front of the main entrance.

These are reserved for those patients needing a disabled parking space.

Please respect this.

Thank You

Did you know.....

It is quicker to use our **Self Check-in** than stand in the queue If you would like some guidance on using the screen please ask in reception.