

Preston Road Surgery Newsletter April 2019

Tel: 01305 832203

Email: preston.receptionist@dorsetgp.nhs.uk

www.prestonroadsurgery.co.uk



New Phone System

We are pleased to be updating our phone system in April, this will involve some downtime on April 10th between 1-2pm. **During this time the Preston phone number will be unobtainable.** There will be no redirect or answer phone message possible. If the nature of your call is urgent please dial 999 or less urgent call 111. If your call can wait, please try again later. We apologise for any inconvenience this may cause.



Be Aware of the Symptoms of Ovarian Cancer

It's known as the Silent Killer -

Ovarian cancer is often spoken of as the silent killer due to a perceived lack of symptoms in its early stages. For so many women their cancer is only diagnosed after it has spread to areas other than the original site. This makes successful treatment much more difficult to achieve.

But there are symptoms - Abdominal swelling, persistent bloating, abnormal bleeding, an increased urgency to urinate, abdominal pain, back pain, feeling full, lack of appetite or difficulty eating. All these symptoms, whether experienced together or in isolation, are warning signs that should not be ignored.

Often missed and mis-diagnosed - There isn't a lack of symptoms, but there is a lack of awareness of them. Women often notice the changes in their bodies but might attribute them to other things or ignore them as just a part of ageing. Even when they do visit their GP, the vagueness of their symptoms all too frequently leads to mis-diagnosis of other less serious conditions.

Early diagnosis is the key - The statistics for ovarian cancer speak for themselves. If diagnosed early, around 90% of patients will still be alive five years later. If diagnosed in later stages, that statistic is virtually reversed. The 2 tests used most often to screen for ovarian cancer is a transvaginal ultrasound and a CA-125 blood test.

The lack of awareness of the symptoms of ovarian cancer is a major problem. Widespread misunderstanding is risking lives. Recent research underscores why the work of the **Gill Harler Fund** is so important to improving the outcomes for women with ovarian cancer.

For further information visit
www.gillharlerfund.org



Are you due an Annual Review?

All patients with a Long Term Condition, i.e. Asthma, Diabetes, Heart Disease, COPD, Hypertension should have an annual review.

Patients are given an 'Annual Review Month' to have their condition reviewed. This is to ensure you are on the correct medication, and that your condition has not deteriorated warranting further investigation or medicines.

If you are newly registered with the surgery and know that you are due for a long term condition blood test or review, please book an appointment.

If you don't know when your annual review is due, don't worry, we will contact you,

Your Data Matters to the NHS

Information about your health and care helps us to improve your individual care, speed up diagnosis, plan your local services and research new treatments.

You can choose whether your confidential patient information is used for research and planning or you can choose to opt out.

There may still be times when your confidential patient information is used: for example, during an epidemic where there might be a risk to you or to other people's health. You can also still consent to take part in a specific research project.

Choosing to opt out will not affect your care and treatment. You will still be invited for screening services, such as screenings for bowel cancer.

You do not need to do anything if you are happy about how your confidential patient information is used.

If you do not want your confidential patient information to be used for research and planning, you can choose to opt out securely online or through a telephone service. To find out more or make your choice visit:

nhs.uk/your-nhs-data-matters
or call 0300 303 5678

Speaking up - People First

If you have a learning disability and want to chat to a health professional, learn how to stay well, or try your hand at making some healthy 'Mock tails' Come along to a **'Speaking Up' meeting on Wednesday 17th April at Weymouth College 10.30am—12pm.** Call Lisa on 07902 528895 for further information.

Easter Holiday
We will be closed on

Good Friday
19th April
&
Easter Monday
22nd April

For medical emergencies call 999
For medical advice call 111

Weymouth Urgent Care Centre
Weymouth Hospital
Open every day
8am-8pm

(last patient to arrive before 7.30pm)

Clinicians on hand to deal with minor ailments and injuries, including broken bones, cuts, sprains, burns, bites and wound infections.

Please consider the UCC to ease the pressure on A&E services.

Tel: 01305 762541

Did you know on average 120 appointments are not attended each month at Preston Surgery!

Please contact the surgery if you cannot attend your appointment so this can be offered to someone else.

Would you like an evening or weekend routine GP or nurse appointment?

GP and Nurse appointments are available at Weymouth Hospital outside of normal GP surgery hours.

Just ask a receptionist if you would like to book one of these appointments.