



Preston Road Surgery Newsletter May 2018

www.prestonroadsurgery.co.uk

Tel: 01305 832203

Email: preston_receptionist@gp-j81027.nhs.uk

NEW

Improved Access to General Practice Service (IAGPS)

There is a new service in Weymouth, based at Weymouth Community Hospital. It is staffed by local GP's, Nurse Practitioners, Practice Nurses and Health Care Assistants who will provide a mixture of Primary Care appointments.

Various clinics will run between **6.30pm and 8pm on weekdays and between 9am and 5pm on weekends.**



These clinics are being provided as an extension to primary care services and for patients who do not find it convenient to get to their GP Surgery during normal opening hours. Everyone is welcome to use this service.

Please ask at the surgery if you would like to be booked into one of these clinics. Patients cannot currently book an appointment using online services.

There are appointments available for:

- ◆ GPs
- ◆ Nurse Practitioners
- ◆ Dressings
- ◆ Blood tests



This service is separate from the existing Urgent Care Service, but does use the same building and reception.

Prostate Cancer Screening

The surgery has noted an increase in calls from male patients wishing to book in for a PSA (Prostate Specific Antigen) blood test following a recent television campaign.

It may be appropriate for you to have a PSA test if you are over 50 and have talked through the advantages and disadvantages of having a PSA test with your GP.

You may have a raised PSA level, even if you don't have prostate cancer, and if your PSA is raised you may go on for more tests including a biopsy.

Please take time to visit **Prostate Cancer UK** online for further information, before asking your GP about having this test.

Prescription Charges

The Government increased prescription charges from 1st April from £8.60 to £8.80 for each medicine or appliance dispensed.

Consider if the item you are requesting could be bought cheaper, ie, paracetamol?...

Please don't order medicines each month if you are not taking them regularly. Patients can end up with a stockpile of tablets they no longer need, which then have to be destroyed.

Healthy Living Event

**Saturday 19th May
11-3pm
Park Community Centre
Weymouth**

Come along and join in the fun!

FREE RAFFLE!!

CALL 111
When you need urgent medical advice but its not a 999 emergency

Britain: 'the fat man of Europe'

One in four British adults is obese, according to the UN Food and Agriculture Organisation, prompting fears that the UK has become the 'fat man of Europe'.

The UK has the highest levels of obesity in Western Europe and obesity levels have more than trebled in the last 30 years. On current estimates, more than half the population could be obese by 2050.

The cause of the rapid rise in obesity has been blamed on our modern lifestyles, including our reliance on the car, TVs, computers, desk-bound jobs and high-calorie food.

This is one of the biggest public health crisis facing the UK today.

The consequences of obesity on our health include diabetes, heart disease, cancer, and people dying needlessly from avoidable diseases.

Britain has become an 'obese society' where being overweight is 'normal'. It is a trend three decades in the making, and will take several more to reverse.

Today's obesity levels are more than 3 times what they were in 1980, when only 6% of men and 8% of women were obese.

Compared with a healthy weight man an obese man is 5 times more likely to develop Type 2 diabetes, 3 times more likely to develop cancer of the colon, more than 2.5 times more likely to develop high blood pressure—a major risk factor for stroke and heart disease.

An obese woman compared with a healthy weight woman is 13 times more likely to develop type 2 diabetes, more than 4 times more likely to develop high blood pressure and more than 3 times more likely to have a heart attack.

Reversing the obesity trend will require society as a whole to think differently. For government and businesses, it means creating an environment that encourages healthier eating and physical activity. For individuals, it means eating less and moving more.

Visit NHS choices, for further information on what caused the obesity crisis, obesity's health consequences and what are we doing about it.