



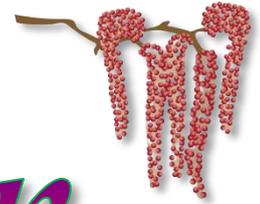
Pick up your **FREE** copy of this
Newsletter at the Reception Desk

Mar 2018



Newsletter

Glastonbury Surgery, Feversham Lane, Glastonbury, Somerset BA6 9LP
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HEALTH
CONNECTIONS
MENDIP

Living and feeling
better starts with
a simple step –
connecting

- Do you live in Mendip, Somerset?
- Do you have a long term health condition?
- Would you like support in developing your knowledge, skills and confidence in order to help you better manage your long term health conditions?
- Would you like to meet people who are in a similar situation to you?
- Do you want to find groups and services in the community that might help improve your health and wellbeing?
- Are you interested in volunteering and sharing your knowledge and experience?

If the answer to the above is yes, then have a look at all the support that is available in Mendip by using our Directory of Services or book an appointment for one to one support with a Health Connector.

Our Directory of Services at www.healthconnectionsmandip.org covers over 50 categories including: Arthritis, Autism, Befriending/Isolation, Bereavement, Brain Injury, Cancer, Carers, Counselling/Therapy, Dementia, Diabetes, Drugs and Alcohol, Eating Disorders, Epilepsy, Exercise, Families and young children, Fibromyalgia, ME and CFS, General Advice, Hearing, Home from Hospital/Help at Home, Learning Difficulties, Leg Club/Leg Ulcers, Lung Conditions, Mental Health, Mobility, Motor Neurone Disease, Multiple Sclerosis, Older People, Pain Management, Palliative Care, Parkinson's, Polymyalgia Rheumatica, Sexuality Support/Sexual Health, Sight, Sleep, Smoking, Stroke, Transport, Volunteering, Weight Management, and Wellbeing.

If you have an idea for a new group, get in touch as we have helped people set up scores of groups, which can be found on the Directory.

Heath Connections Mendip is a FREE service. They listen carefully to your health story, helping you find a way of feeling better for longer. They can connect you to local people and services, helping you find practical, lasting ways of getting more from life to feel better sooner.

As well as working one-to-one we run Health Connections groups such as Talking Cafes, Self-Management Programme, On Track goal setting groups, introduction to exercise sessions and a Health and Wellbeing Information programme.

Call **01373 468 368** now to start connecting. Or visit one of the local meetings currently held at:

- **Glastonbury Talking Café** at Tor Leisure, Street Road, Glastonbury, every Tuesday term time 10am to 12 noon
- **Street Talking Cafe** at The Crispin Community Centre, High Street, Street, last Wednesday of every month 11am to 12 noon

You can also email them at mendip.healthconnections@nhs.net or for more information about Health Connections and how they can help visit www.healthconnectionsmandip.org.

438 appointments in total were lost in December and January due to non-attendance preventing other people from taking those appointments.

Please try to remember to cancel your appointment if it is no longer required.

Free Text Message Reminder Service...

Make sure you don't miss your appointment! This service is free and completely confidential.

Pick up a patient text form from reception today...



Staff News

Please join us in wishing three members of staff all the best for the future as they leave us for pastures new:

Sadly Dr Harding Richards is leaving after two years at the surgery. He will be much missed.



Also leaving after a successful six months with us as a GP Registrar is Dr Andrew Lee.



At Easter time Heidi Biddlecombe, Health Care Assistant will also be leaving us.



We are delighted to welcome new members of staff:

Dr Joe Rowton has permanently joined our team after his very successful year with us as GP Registrar.



Dr Patrick Fahy-Browne who has joined us as a GP Registrar.



Bev Vincent has joined us a Health Care Assistant with ten years of experience.



Ovarian Cancer Awareness Month - March



Ovarian cancer, or cancer of the ovaries, is one of the most common types of cancer in women.

The ovaries are a pair of small organs located low in the tummy that are connected to the womb and store a woman's supply of eggs.

Ovarian cancer mainly affects women who have been through the menopause (usually over the age of 50), but it can sometimes affect younger women.

Symptoms of ovarian cancer

Common symptoms of ovarian cancer include:

- feeling constantly bloated
- a swollen tummy
- discomfort in your tummy or pelvic area
- feeling full quickly when eating

➤ needing to pee more often than normal
The symptoms aren't always easy to recognise because they're similar to those of some more common conditions, such as irritable bowel syndrome (IBS).

When to see your GP

See your GP if:

- you've been feeling bloated most days for the last three weeks
- you have other symptoms of ovarian cancer that won't go away
- you have a family history of ovarian cancer and are worried you may be at a higher risk of getting it

It's unlikely you have cancer, but it's best to check. Your GP can do some simple tests to see if you might have it. If you've already seen your GP and your symptoms continue or get worse, go back to them and explain this. If you have a family history of ovarian cancer, your GP may refer you to a genetics specialist to discuss the option of genetic testing to check your ovarian cancer risk.

Causes of ovarian cancer

The exact cause of ovarian cancer is unknown. But some things may increase a woman's risk of getting it, such as:

- being over 50 years of age
- a family history of ovarian or breast cancer – this could mean you've inherited genes that increase your cancer risk
- hormone replacement therapy (HRT) – although any increase in cancer risk is likely to be very small
- endometriosis – a condition where tissue that behaves like the lining of the womb is found outside the womb
- being overweight

Treatment for ovarian cancer

The treatment for ovarian cancer depends on things such as how far the cancer has spread and your general health.

The main treatments are:

- surgery to remove as much of the cancer as possible – this will often involve removing both ovaries, the womb and the tubes connecting them to each other (fallopian tubes)
- chemotherapy (where medicine is used to kill cancer cells) – this is usually used after surgery to kill any remaining cancer cells, but is occasionally used before surgery to shrink the cancer



Treatment will aim to cure the cancer whenever possible. If the cancer has spread too far to be cured, the aim is to relieve symptoms and control the cancer for as long as possible.

Outlook for ovarian cancer

The earlier ovarian cancer is diagnosed and treated, the better the chance of a cure. But often it's not recognised until it has already spread and a cure isn't possible. Even after successful treatment, there's a high chance the cancer will come back within the next few years. If it does come back, it can't usually be cured but chemotherapy may help reduce the symptoms and keep the cancer under control for several months or years. Overall, around half of women with ovarian cancer will live for at least five years after diagnosis and about one in three will live at least 10 years. Cancer Research UK has more information about the survival statistics for ovarian cancer.

Minor Head Injury / Lump on Head



Minor head injuries are common in people of all ages and rarely result in any permanent brain damage. If your child experiences a knock, bump or blow to the head, sit them down, comfort them, and make sure they rest. You can hold a cold compress to their head – try a bag of ice or frozen peas wrapped in a tea towel. The symptoms of a minor head injury are usually mild and shortlived. They may include:

- a mild headache
- nausea (feeling sick)
- mild dizziness
- mild blurred vision

If your child's symptoms get significantly worse, take them straight to the accident and emergency (A&E) department of your nearest hospital or call 999 for an ambulance.

What to look out for

Signs of a brain injury after a head injury include:

- **unconsciousness** – either brief (concussion) or for a longer period of time
- **fits or seizures**
- **problems with the senses** – such as hearing loss or double vision
- **repeated vomiting**
- **blood or clear fluid coming from the ears or nose**
- **memory loss** (amnesia)

If any of these symptoms occur after a head injury, immediately go to your nearest A&E department or call 999 and ask for an ambulance.

How common are head injuries?

Each year around 700,000 people attend A&E departments with a head injury in England and Wales. Of these, more than 80% only have a minor injury. The most common causes of head injuries are falls, assaults, and road traffic collisions. Children are more likely to sustain a minor head injury because they're very active.

Treating a minor head injury



Most people who attend hospital with a minor head injury are allowed to return home shortly afterwards and will make a full recovery within a few days. After attending hospital with a minor head injury, you'll usually be discharged fairly soon and be able to recover at home. Most people will make a full recovery in a few days. For the first 24 hours after the injury, it's important for someone to stay with the injured person to keep an eye out for any new symptoms that develop. It's also important to rest, avoid aggravating the injury with stressful situations, and avoid contact sports until fully recovered.

Mild headaches can be treated with paracetamol, but always read the manufacturer's instructions to ensure the correct dosage is taken. Don't give aspirin to children under the age of 16.

Preventing head injuries

It can be difficult to predict or avoid a head injury, but there are some steps you can take to help reduce the risk of more serious injury. These include:

- wearing a safety helmet when cycling
- reducing hazards in the home that may cause a fall
- childproofing your home
- using the correct safety equipment for work, sport and DIY.



Book
appointments

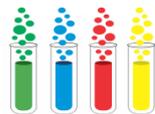
View
health records

Renew
prescriptions

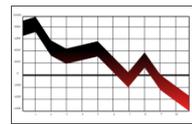
NHS

Did you know, you can access GP services from your computer, tablet or mobile phone with Patient Online? Visit www.localsurgerywebsite.nhs.uk to find out more.

- Book GP appointments
- View your health records
- Renew prescriptions



Test Results



If you have had any tests organised by the practice, the doctor or nurse will contact you by telephone or letter **only if any action needs to be taken**. However, if you are still experiencing symptoms for the existing problem, please contact the surgery.

Specimens are sent to the laboratory every weekday just after midday. If you are asked to hand in a specimen, please ensure we receive it by 11am.

Please note that we do have a strict policy regarding confidentiality and data protection. In this respect we will only give out results to the person they relate to unless that person has given prior permission for their release or if they are not capable of understanding them.



--- Cut out and keep ---

Useful Telephone Numbers

EMERGENCY	999	NHS Out of Hours	111
<u>Local Hospitals:</u>		District Nurses	(0300) 323 0022
Musgrove Park Hospital	(01823) 333 444	Health Visitors	(01458) 834851
West Mendip Hospital	(01458) 836 450	(now in Library Hub, G'bury)	
Yeovil District Hospital	(01935) 475 122	Hearing Aid Repairs	(01823) 342186
<u>Shepton Mallet:</u>		Midwives - Musgrove	(01823) 343985
Community Hospital	(01749) 342931	- Bridgwater	(01278) 436773
Treatment Centre	(01749) 333600	Patient Transport	(01278) 727444
<u>Social Services:</u>		Police (Non-Emergency)	101
Somerset Direct (Adults)	(0300) 123 2224	Priory Health Park, Wells	(01749) 672137
Care Direct (Children)	(0300) 123 2224	Smokefree	(0300) 123 1044
<u>St Margaret's Hospice:</u>			
Taunton	(01823) 259394		
Yeovil	(01935) 709480		
Samaritans	(01823) 288998		