



Practice Update

Spring 2022

2021 has been a challenging year for us all, but here at Summervale Surgery we are proud of all we, and indeed, the wider NHS, have achieved.

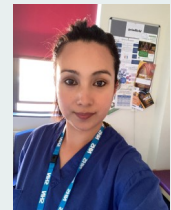
- * During the three months of October, November and December 2021, we offered **7578** GP appointments, that's on average over 115 appointments each working day!
- * During the same three month period, we offered **7957** Nurse appointments— on average nearly 125 appointments each working day.
- * We also ran multiple flu vaccination clinics and once again supported the National Covid-19 Vaccination Programme by running clinics at the surgery and offering walk-in vaccination.

Looking further afield, 2021 saw GP practices in England book more appointments than ever before, with an unprecedented 367 million appointments.



Welcome

Summervale Surgery welcomes GP Registrars, Donal Farrell (pictured left) and Pramina Shrestha (pictured right) to the Surgery. All our GP Registrars are fully qualified doctors and already have lots of hospital experience and are now on the path to specialising in General Practice. They often bring a wealth of new ideas and bags of enthusiasm which we, and our patients, really enjoy!



We are here to help you.
Thank you for treating us with respect.



Face-masks

We ask that face masks continue to be worn by patients and visitors *at all times* whilst inside Summervale Surgery.

Under guidance from NHS England, we continue to ask anyone entering the surgery to wear a face mask as part of our infection control measures.

Disposable face masks are available at the entrance for you to use.

‘C’ THE SIGNS OF CANCER EARLY

Summervale Surgery is encouraging patients with potential cancer symptoms to contact us for life-saving checks.

Summervale Advanced Nurse Practitioner **Rosie Barton** says ‘As always, we are ready to treat patients with potential cancer symptoms. We need to remind our patients of the signs and symptoms to look out for and encourage them to get checked if something isn’t quite right’.

NHS data shows that more than 16,664 people in the South West are diagnosed with abdominal or urological cancers each year. But, research shows that three in five people (60%) are concerned about burdening the NHS, with half (49%) saying they would delay seeking medical advice compared to before the pandemic.*

But early detection of potential cancer symptoms is critical. So, if you, a loved one, a friend or a colleague has any of the symptoms below, please don’t delay getting in touch.

Abdominal or urological cancers account for 6,461 cancer deaths in the South West, symptoms include:

- Discomfort in the tummy area for three weeks or more
- Diarrhoea for three weeks or more
- Blood in your pee – even just once

Alarmingly, three in five (63%) people said they didn’t recognise discomfort in the abdominal area for three weeks or more as an indication of cancer*.

More than 3,903 people in the South West are diagnosed with **lung cancer** each year, symptoms can include:

- A cough for three weeks or more that isn’t Covid
- Chest infections that keep coming back
- Coughing up blood

Two in five people don’t recognise that a persistent cough for more than three weeks as a sign of the disease*. There is also concern the symptom could easily be confused with Covid-19 so if in doubt get in touch!

Patients should also contact us if they notice any **other unusual changes**, such as a lump in the tummy area, post-menopausal bleeding, or unexplained weight loss, as these can also be signs of cancer.

(* source: Somerset Cancer Alliance)



The advertisement features a photograph of a middle-aged man with a concerned expression, looking towards the camera. He is shirtless, and the word 'JUST' is written on his abdomen. The background shows a doorway leading to a brightly lit room. The text is arranged in a clean, modern layout with a mix of white and purple colors.

“Just a bit of tummy trouble”

If it lasts for three weeks or more
Just contact your GP practice

Your NHS wants to see you.
nhs.uk/cancersymptoms

NHS

Clear on cancer Help us help you

THE CANCER SCREENING TIMELINE

There are three national cancer screening programmes in England:

CERVICAL SCREENING. At a cervical screening appointment a small sample of cells are taken from the cervix. The sample is checked for certain types of human papillomavirus (HPV) that can cause changes to the cells of your cervix. If these types of HPV are not found, you do not need any further tests. If these types of HPV are found, the sample is then checked for any changes in the cells of your cervix. These can then be treated before they get a chance to turn into cervical cancer. It is offered to women and people with a cervix every 3 years for those aged 25 to 49, and every 5 years from the ages of 50 to 64.

BREAST SCREENING. A mammogram uses X-rays to look for cancers that are too small to see or feel in the breasts. Women automatically get an invite for breast screening between the ages of 50 and 53. Then you'll be invited every 3 years until you turn 71. You will not automatically be invited for breast screening if you are 71 or over but you can still have breast screening every 3 years if you want to. You will need to call your local breast screening service to ask for an appointment.

BOWEL CANCER SCREENING. Bowel cancer is the 4th most common type of cancer. Screening can help find it at an early stage, when it's easier to treat. Otherwise known as a FIT test, this screening checks for small amounts of blood in your stool, which can be a sign of polyps or bowel cancer. Polyps are growths in the bowel. They are not cancer, but may turn into cancer over time. Everyone aged 60 to 74 is offered a bowel cancer screening home test kit every 2 years. If you're 75 or over, you can ask for a kit every 2 years by phoning the free bowel cancer screening helpline on 0800 707 60 60.

Infographic courtesy of NHS West Essex Clinical Commissioning Group

NHS CANCER SCREENING TIMELINE

When to attend, by age & frequency

Why it's important to attend

Cancer screenings can save lives by finding cancers at an early stage, or can even prevent them.

Cervical Screening

Who - All women & people with a cervix
Age - 25 to 64



Breast Screening

Who - All women
Age - 50 to 71



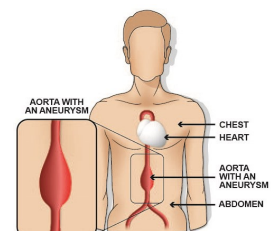
Bowel Screening

Who - All men & women
Age - 60 to 74



And it's not cancer, but don't forget—

ABDOMINAL AORTIC ANEURYSM (AAA) SCREENING. Abdominal aortic aneurysm (AAA) screening is a way of checking if there's a bulge or swelling in the aorta, the main blood vessel that runs from your heart down through your tummy. It can be serious if it's not spotted early on because it could get bigger and eventually burst (rupture). Men aged 65 and over at most at risk of getting AAA, so AAA screening (an ultra-sound) is offered to men during the screening year (1 April to 31 March) that they turn 65. Men over 65 can self-refer.



THE HEALTH BENEFITS OF... SWIMMING

Summervale Surgery nurse Christine Tring is a keen advocate of regular swimming as a way of keeping fit and with the opening of a new swimming pool in Chard in November 2021, we thought we'd just remind you of the health benefits of swimming!

Swimming has been shown to have many benefits, for people of all ages. Learning to swim teaches children a potentially life-saving skill. In adults it can greatly improve overall health (it's a great cardiovascular workout!) and help reduce stress; and regular swimming can help older people keep mentally and physically active.

Swimming involves all the major muscles in the body and strengthens your heart and respiratory system. More-over, as water supports the body, swimming is a form of exercise which minimises the pressure on joints during exercise.

And learning to swim in later life can be enjoyable. Summervale Surgery employee Sarah Cutler says 'As a child I only learnt how to do a basic breast stroke in school swimming lessons which, on reflection, I dreaded. However, at the age of 30 I decided to return to the pool and enrolled in some adult swim lessons to learn the faster paced front-crawl. I was incredibly nervous at first but my instructor was brilliant and I thoroughly enjoyed learning a new skill!'

Right: Commonwealth gold medal-winning swimmer, Matthew Clay, at the opening of the new Chard Leisure Centre. Photo courtesy of www.southsomerset.gov.uk



OUR THOUGHTS ON CLIMATE CHANGE

Did you know Summervale Surgery uses renewable energy for heating? Our air source heat pump is a renewable energy technology that extracts warmth from the air outside (even when it's cold!) and transfers this into heat for the building—a bit like a refrigerator in reverse. It enables us to heat the surgery in an energy-efficient way, with a lower carbon-footprint than other more traditional methods of heating buildings.

HEALTHIER PLANET
HEALTHIER PEOPLE

Don't let Measles, Mumps and Rubella into your child's world

Protect your child with both doses of the MMR vaccine. Book with your GP or find out more at nhs.uk/MMR

NHS

MMR vaccines protect Help us help you

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