



Surgery Update

Winter 2022

I am delighted to announce that Dr Helen Jarrett joins the team on the 5th December 2022 as a part-time salaried GP.

*Season's Greetings to our patient's from
all of the team at Summervale Surgery.*

Donna Noyce, Practice Manager

Please note we will be closed for the Christmas/New Year Bank Holidays on Monday 26 December 2022, Tuesday 27 December 2022 and Monday 2 January 2023.

Do you look after somebody?



Do you have a relative or friend who is dependant on you to help with their care needs? If so, please let us know.

Many of our patients who are carers don't see themselves as carers and it can be difficult for them to see their caring role as separate from the relationship they have with the person for whom they care. People often provide un-paid care to family, friends or neighbours for many reasons, such as illness, frailty, disability, a mental health problem or an addiction.

Un-paid carers make a tremendous contribution to society, but this can often be at the detriment of their own health.

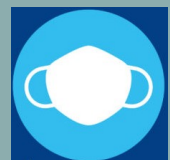
By registering as a carer with the surgery, we can signpost you to additional support when you need it. It also makes it easier for us to offer practical things (like health checks and 'flu jabs) to maintain good physical health and help us ensure that we take your caring role into account during our interactions with you.

Help us to help you. Ask at Reception for a Carers Identification Form.

Face-masks

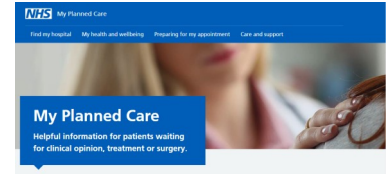
Whilst face masks are no longer mandatory, we ask that face masks continue to be worn by patients and visitors *at all times* whilst inside Summervale Surgery as part of our infection control measures, unless you are exempt.

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



NHS WEBSITE 'MY PLANNED CARE'

There is a huge amount of media attention on current NHS waiting times as we enter this winter. For those of our patients who are referred into Secondary Care for more specialised opinions, investigations or treatment, it can be a very worrying time.



The NHS website 'My Planned Care' (www.myplannedcare.nhs.uk) gives you advice and support while you wait and helps you to prepare for your hospital consultation, treatment, or surgery. **This includes giving you information about waiting times at your hospital and other supporting and local services while you wait.**

The site is updated weekly and can be viewed by anyone, which means you, your family or carer as well as your NHS team can all see the latest information. If you are looking for an update, please check this website before contacting your hospital.

CALLING ALL MEN.....

Are you at risk of prostate cancer?



1 in 8

In the UK, about 1 in 8 men will get prostate cancer at some point in their lives.



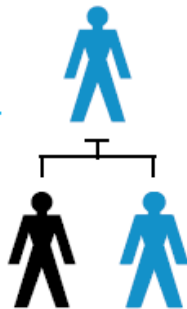
Prostate cancer is the most common cancer in men in the UK.

Over 50 years old

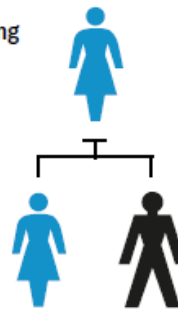
Prostate cancer mainly affects men over 50 and your risk increases with age. The average age for men to be diagnosed with prostate cancer is between 65 and 69 years.

Family history and genes

You are two and a half times more likely to get prostate cancer if your **father or brother** has been diagnosed with it, compared to a man with no family history of prostate cancer.



Your risk of getting prostate cancer is higher if your **mother or sister** has had breast cancer.



Ethnicity



Black men are more likely to get prostate cancer than other men. In the UK, about 1 in 4 black men will get prostate cancer at some point in their lives. If you're black, you may be more likely to get prostate cancer if you're aged 45 or over.



Speak to our Specialist Nurses
0800 074 8383* | prostatecanceruk.org

Check your risk in 30 seconds:
prostatecanceruk.org/risk-checker

BE PROSTATE AWARE

Mouth Cancer Action Month.

As part of this, the Oral Health Foundation (with the support of Denplan, part of Simplyhealth, and the Mouth Cancer Foundation), have released 'The State of Mouth Cancer UK Report 2022'

Some of the key findings are outlined below:

- New cases of mouth cancer in the UK reached 8,846 last year. This has increased by **34%** in the last decade and by **103%** compared with 20 years' ago. Last year, 3,034 people in the UK lost their life to mouth cancer.
- Almost nine-in-ten (88%) UK adults have now heard of mouth cancer. However, awareness on the signs, symptoms and risk factors is poor.

Awareness of the major signs and symptoms for mouth cancer are as low as 17%.
Awareness on the major risk factors of mouth cancer is as low as 9%.

- 58% of mouth cancers appear on the tongue and tonsils.
- The ten-year survival rate is between 18% and 57%, depending on where the cancer strikes and how early it is diagnosed.

- The report calls for more funding for NHS dentistry, investment in education and the need to boost uptake of the HPV vaccination.

Up to 90% of all mouth cancers are linked to lifestyle factors

The everyday choices we make can affect our chances of developing mouth cancer. Smoking cigarettes significantly increases your risk of developing the disease, as can chewing tobacco and drinking excess alcohol. Find out what else can increase your risk at www.mouthcancer.org #MouthCancerAction #Mouthaware

Regular visits to your dental team are so important. Attending appointments as often as they recommend makes it more likely that any problems will be caught as early as possible, including mouth cancer.

The earlier a problem is caught, the easier it tends to be to tackle. Mouth cancer is no exception. The smaller the affected area, the better the chances are of a full recovery. If in doubt, get checked out!

BE MOUTH AWARE LOOK OUT FOR THE SIGNS & SYMPTOMS OF MOUTH CANCER



As mouth cancer can strike in a number of places, including the lips, tongue, gums and cheeks, it's extremely important that we all know what to look out for.

Ulcers which do not heal within three weeks

Red & white patches in the mouth

Lumps or swellings in the mouth or head & neck area

If in doubt, get checked out

Early detection is crucial. If any of these signs are noticed, please tell your doctor or dentist immediately.

Mouth cancer can affect anybody and it's important that we all know what to look out for. If you notice any changes in your mouth please speak to a dentist or doctor immediately.



THE HEALTH BENEFITS OF... SITTING LESS

There is increasing evidence that, unless you are a wheelchair user, sitting down too much can be a risk to your health.

To reduce our risk of ill health from inactivity, we are advised to exercise regularly, at least 150 minutes a week, and reduce sitting time. Studies have linked being inactive with being overweight and obese, type 2 diabetes, some types of cancer and early death. Sitting for long periods is thought to slow the metabolism, which affects the body's ability to regulate blood sugar, blood pressure and break down body fat.

Adults aged 19 to 64 are advised to try to sit down less throughout the day, including at work, when travelling and at home. NHS tips to reduce sitting time include

- stand on the train or bus
- take the stairs and walk up escalators
- set a reminder to get up every 30 minutes
- place a laptop on a box or similar to work standing
- stand or walk around while on the phone
- take a walk break every time you take a coffee or tea break
- walk to a colleague's desk instead of emailing or calling
- swap some TV time for more active tasks or hobbies



Patients may have noticed that some of our staff now use Standing Desk Converters and spend at least part of their day standing whilst working. Dr Jonathan Bone, a keen advocate of this, says ‘ I spend my whole life telling people to increase their exercise and I thought I ought to follow my own advice! Standing desks can be a great way to relieve back pain or reduce the risk of developing it . They also help you burn off more energy in your day to day life’.

OUR THOUGHTS ON CLIMATE CHANGE

We now collect EMPTY medication blister packs for recycling. Just ask in Dispensary! We have also moved to using recycled, non-bleached paper as routine.



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