

# April 2024 update

Inspected and rated

Good



For more information visit:

<https://islingtongp.co.uk/>

## April is Bowel Cancer Awareness Month

Bowel Cancer is the fourth most common cancer. The earlier that bowel cancer is diagnosed, the more treatable it's likely to be. Which is why this April we are promoting Bowel Cancer Screening to our patients.

It is very important to know the signs and symptoms of Bowel Cancer and to complete your **self-test** if you are sent one.

The **NHS has a free bowel cancer screening programme** that is available to everyone aged 60 to 74.

If you are sent one of the self-test kits, please do complete this. It could save your life.

We know that stomach or digestive issues can be embarrassing, but if you have any of the symptoms below or notice a change – please speak with one of our GPs.

### Know the symptoms of bowel cancer



- Bleeding from your bottom
- Blood in your poo
- A change in how often you poo, or regularly having diarrhoea or constipation
- Losing weight but you're not sure why
- Feeling very tired all the time but you're not sure why
- A pain or lump in your tummy

If you have any of these symptoms, it's important to ask your GP for an at-home test as soon as you can.

Dear patient,  
I am very pleased to tell you that we have appointed a **new Assistant Practice Manager** for our surgery. I hope that they will be joining our team in May and I'm sure you'll all give them a warm welcome!

On **Friday 12<sup>th</sup> April** we are running a **patient event all about cervical screening**. If you have any questions about smear tests, are worried or concerned about them, come to our event! Our Doctors and Nurses will be available between 4 and 6.30pm to answer all of your questions.

On 21<sup>st</sup> February we held our **second patient participation group (PPG)** meeting where we discussed telephone access, Dr iQ and how we triage your appointment requests. Our next meeting will be held online, via teams – if you would like to join, please visit our website.

**Denisha – Practice Manager**

### Cervical Screening Event

Location: Mitchison Road Surgery

Date: Friday 12th April 2024

Time: 4-6:30pm

Cervical screening is a free NHS test and is one of the best ways you can protect yourself against cervical cancer.

Are you worried about having your cervical screening, also known as a smear test?

Are you overdue to have yours done?

Why not come down to Mitchison Road Surgery on Thursday 11th April to discuss cervical screening with our doctors and nurses – they are happy to talk through any questions or concerns that you have.

#### Cervical Screening (smear tests)

- Cervical screening checks the health of your cervix and helps find any abnormal changes before they can turn into cancer.
- All women and people with a cervix between the ages of 25 and 64 should go for regular cervical screening. You'll get a letter in the post inviting you to make an appointment. How often you are invited depends on your age.
- Nurses perform this test. They will talk you through the screening and make you feel as comfortable as possible.

## Childhood vaccinations– Important information

**Vaccination is the most important thing we can do to protect ourselves and our children against ill health. They prevent millions of deaths worldwide every year.**

### Vaccines:

- ✓ Help to protect you and your child from many serious and potentially deadly diseases.
- ✓ Protect other people in your family and community – by helping to stop diseases spreading to people who cannot have vaccines, such as babies too young to be vaccinated and those who are too ill to be vaccinated.
- ✓ Undergo rigorous safety testing before being introduced – they're also constantly monitored for side effects after being introduced.
- ✓ Sometimes cause mild side effects that will not last long – you may feel a bit unwell and have a sore arm for 2 or 3 days.
- ✓ Reduce or even get rid of some diseases – if enough people are vaccinated

**The NHS have made a helpful video to help reassure parents that vaccinations are safe for your children. You can watch this here <https://www.nhs.uk/conditions/vaccinations/why-vaccination-is-important-and-the-safest-way-to-protect-yourself/>**

- Please try not to put off your child's vaccines. It's one of the best ways to protect them from certain diseases.
- Be aware of anti-vaccine stories that are often through social media.
- Always get your vaccine and health information from trusted sources, such as the NHS website.
- The vaccine information on social media may not be based on scientific evidence and could put your child at risk of a serious illness.
- All the current evidence tells us that getting vaccinated is safer than not getting vaccinated.