

ARDEN PATIENT GROUP NEWSLETTER

June 2007

www.ardenmedicalcentre.co.uk

Tel: 01564-739194



Welcome to Sue Phillips

We are pleased to announce the appointment of Sue Phillips-our new Practice Manager who has joined us following the retirement of Val Tabb. Sue has a background of marketing, IT and customer service and has joined us from the financial services sector.

Resignation of Tris Thacker from PPG

It is with regret the PPG has accepted the resignation of Tris Thacker. Tris was a founder member and past Chairman of the PPG and we would like to thank him for all his commitment and input. We wish him well in his other voluntary roles.

BOWEL CANCER SCREENING PROGRAMME

Bowel cancer is the third most common cancer in the UK, and the second most common cause of cancer related death. The lifetime risk of being diagnosed with bowel cancer is around 1 in 20 for women and 1 in 18 for men. Randomised trials of mass bowel cancer screening have shown that screening can reduce mortality by around 16% due to earlier detection.

The NHS Bowel Cancer Screening Programme began in Solihull for the first time at the start of April 2007. All residents aged 60-69yrs will be eligible for screening as part of this programme. Solihull is part of the first wave of a national roll-out programme. Invitations to participate in screening will be sent directly to individuals and followed up later by FOBt (faecal occult blood test) kits. Individuals within this age range will be invited to participate in screening every two years.

Individuals with positive FOBt results will be offered a colonoscopy as a diagnostic test via local screening centres.

FEEL 10 YEARS YOUNGER!!

Cycling is one of the best forms of exercise, with regular cyclists having fitness levels of someone 10 years younger. **Cyclesolihull** aims to get more people cycling locally and organises regular community cycle rides throughout the summer. These short rides are ideal for anyone starting to cycle again or who simply want to ride with a few other people. Future rides starting locally are on Saturday 30 June from Dorridge station and Sunday 8 July from Knowle Parish Church, both rides starting at 2pm. Doctor Jane Holt regularly joins the rides. 'Apart from the health benefits they are also great fun and an opportunity to explore the local area'. Further information is available from www.cyclesolihull.org.uk.

Smoking Cessation-STOP NOW

With the law banning smoking in public places coming into effect on 1 July 2007, now is an excellent time to consider stopping smoking. This will not only improve your health but will also benefit the health of those around you. We offer a structured smoking programme with support and guidance from one of our experienced cessation advisors. Simply allow 20-30 minutes for your first appointment when we will measure your carbon monoxide level and give you the help and support needed for you to become a NON-SMOKER.

STOP PRESS

FLU SATURDAY – is currently planned for 13 OCTOBER 2007 subject to vaccines availability – Refreshments will be available and a raffle held in aid of the practice.

STRIDERS AND STROLLERS GROUP – Dorridge PPG have commenced a group. Anyone wishing to join can get details from Mrs N Carey on 01564-776711

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TRAVEL INFORMATION –make sure you are covered.

BACKGROUND-A travel health consultation is a health promotion activity. It is not just a simple matter of looking at your travel destination and giving vaccinations – in addition we perform a detailed assessment to determine the most significant risks associated with each trip. Destination is only a small part of this. Medical history, destination stopovers, exact location within countries, duration and season of travel, purpose of travel mode, budget and planned activities all need to be considered.

The main preventative strategy in travel health is education-advising the traveller about potential hazards and how to minimise the risk to them.

WHAT WE WOULD LIKE YOU TO DO-Whenever possible we would like all travellers to complete a risk assessment form 4-6 weeks in advance of the trip. This information, plus details of your travel itinerary, then forms the basis of your consultation with the nurse...but it is never too late to offer useful advice and to administer vaccinations.

WHY PREVENTION IS SO MUCH BETTER-The art of travel advice is not to simply give all the vaccinations at our disposal but to use vaccines appropriately, and in conjunction with other health promotion activities. A travel consultation is an ideal opportunity to check that the traveller has completed their primary vaccinations. In the UK we do not normally re-boost Diphtheria, Tetanus and Polio once a person has received 5 doses. However, if you have not had a booster for 10 years or more and are travelling abroad this may need review.

The vast majority of vaccines are only recommendations and not requirements and the decision as to whether to receive them or not lies with the traveller.

WHAT IS NEEDED-Generally Hepatitis A and Typhoid should be considered if travel is planned to the Indian Sub-continent, Africa, Central and South America, the Far East and Eastern Europe.

Currently the only vaccine for which there may be a compulsory requirement is Yellow Fever. (Please note we do not give Yellow Fever injections here at Arden.) They are available c/o the Premier Medical Centre, Station Road, Knowle. This is a private clinic and your vaccinations will need to be paid for.

It is also compulsory for visitors travelling to the Hajj to have a certificate to show they have been inoculated against Meningitis.

Malaria prevention needs to be discussed with the traveller on an individual basis to ensure we advise the best possible protection.

IT'S NEVER TOO LATE-Although most vaccines should ideally be given a minimum of 4 weeks before travelling for best protection, it's never too late to get either advice or the appropriate vaccines. So don't worry, just call on the usual number (01564-739194) and book an appointment with the nurse.

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