

# On Call

**Bute House Medical Centre Newsletter** Issue 3 (Spring 2016)

Contact information to help you  
keep in touch with us.

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## STAFF UPDATES

- 1) **Atin Batra** – New Practice Business Manger (8.30am - 6.30pm)
- 2) **Andrea Moran** – Respiratory Specialist Nurse (Monday 9am - 5pm)
- 3) **Nicola Swinden** – Smoking Session Advisor (Monday 2pm - 4pm)
- 4) **Vincent Charles** – Mental Health Care Co-ordinator (Fortnightly Thursday 9pm - 12pm)
- 5) **Julia Davies** – Diabetic Specialist Nurse (Last Friday of the month)



## YOUR NAMED ACCOUNTABLE GP

Our contract with NHS England requires that we advise all patients of their named accountable GP. Your named accountable GP already takes responsibility for your care. This does not prevent you from seeing any other doctor in the practice. If you are unsure as to who your 'named accountable GP' is please ask a member of the Practice Team.

## NATIONAL SCREENING PROGRAMMES

Screening tests aim to PREVENT disease or detect at an early TREATABLE stage. Several screening tests are available in the UK. You may think you don't need them because you feel well, but we strongly encourage you to take part BEFORE you have symptoms.

- **Chlamydia:** Chlamydia is one of the most common sexually transmitted infections (STIs) in the UK. It's passed on from one person to another through unprotected sex (sex without a condom) and is particularly common in sexually active teenagers and young adults. Most people with chlamydia don't notice any symptoms and don't know they have it. It is one of the most common causes of infertility later on in life and therefore needs to be screened for and treated as soon as possible. There is a national urine screening programme for ALL people under 25 years.
- **Cervical Screening:** A cervical screening test (previously known as a smear test) is a method of detecting abnormal cells on the cervix. The cervix is the entrance to the womb from the vagina. Detecting and removing abnormal cervical cells can prevent cervical cancer. Cervical screening isn't a test for cancer; it's a test to check the health of the cells of the cervix. Screening is offered every 3 years to women aged 25-49 years, then every 5 years until 64.

**To participate in these screening programmes, please contact the surgery staff to arrange testing.**

## BOWEL CANCER SCREENING PROGRAMME

Bowel cancer is a general term for cancer that begins in the large bowel. Depending on where the cancer starts, bowel cancer is sometimes called colon or rectal cancer. You will be invited for a screening test at age 55 (a camera test in the bowel) and every 2 years between ages 60-74 (a home test for hidden blood in your faeces/poo). If you have questions or have missed your test please call the national bowel cancer screening programme on 0800 707 60 60.

## **SELF-CARE WITHOUT NEEDING TO SEE YOUR GP**

Atchoo!!! The Hayfever season will be here again soon. Please remember that your local Pharmacist is a great source of advice. Many medicines for minor ailments can be brought at low cost over the counter at your local pharmacy without you needing a GP appointment. Most are open late nights and weekends and no appointment is needed.

Your local pharmacy can help with the following:

- Coughs, colds and sore throats
- Hay fever and allergies
- Eye infections
- Constipation and diarrhoea
- Acne and eczema
- Minor aches and pains
- Thrush
- Threadworms
- Nappy rash
- Mouth ulcers
- Haemorrhoids

*So before you make an appointment to see your Doctor think*

***'Could I treat this myself at my local pharmacy?'***

## **VACATION VACCINATIONS**

Now the winter is almost behind us people start to look forward to summer and summer means.



**SUMMER HOLIDAYS!!! HOORAY!!!**



Remember, many of the exotic, and not so exotic, overseas holiday destinations have inherent problems for the visiting holidaymaker. To visit many destinations you do need vaccinations. Almost 1 in 4 holiday makers from this country do not have vaccinations despite travelling to areas that have life threatening disease. The correct vaccinations are insurance. Most people today take out travel insurance and even medical cover insurance when travelling abroad. Vaccination is the most important form of insurance you can have and yet 25% of people traveling abroad would rather take the risk than have an injection or two.

Please make an **appointment at least 4 weeks before you travel**, to see one of the nurses to discuss your travel plans and any required vaccinations.

## **TRAINING and TEACHING**

- We are a training practice and have qualified doctors undergoing further training in general practice. These doctors, also known as GP registrars, work in placements with us for periods varying from 4 months up to a year. These doctors often bring with them skills and expertise from recent hospital placements.
- We also teach and support medical students who are training to be doctors. There may be a medical student in with the doctor you have made an appointment to see. The staff will make you aware of this and ask your permission before entering the consultation room.

## **RESEARCH ACTIVE**



- Conducting high-quality clinical research helps us to keep improving NHS care by finding out which treatments work best.
- Our practice is actively conducting clinical research. You may be asked to participate in a clinical research study. Alternately, ask our staff about clinical studies suitable for you.
- Taking part in a clinical research study is voluntary and can be a rewarding experience.