

STILLMOOR HOUSE MEDICAL PRACTICE PATIENT NEWSLETTER

PLEASE LEAVE THIS NEWSLETTER IN THE WAITING ROOM FOR ALL PATIENTS TO READ, THANK YOU.

STILLMOOR HOUSE UPDATE

STILLMOOR STATS

Every month patients miss appointments that are not cancelled beforehand.

So far in 2016 up to the end of May there have been a total of **1,478** missed GP and Nurse appointments, which does not include appointments that patients were late for.

IF YOU CAN'T KEEP IT PLEASE CANCEL IT.

During the same time period the staff have dealt with **31,783** incoming calls.

The Patient Fund.

The patient fund raised £450 for Stillmoor House during a recent Coffee Morning so a big thank you goes out to everyone involved. The patient fund has also bought a new Doppler machine for our Nurses to use and the Blood Pressure machine at reception was again purchased by the patient fund.

There will be a Barn Dance held on 20th August at 7.30pm this year to help raise money for the fund. If you interested in attending please ask at reception for further details. Tickets will also be available at reception in due course.

Staff Changes.

Since April this year we have seen Dr Eddy, Dr Notman and Practice Nurse Sue Haggart retire. We wish them all well for the future and hope they enjoy their well earned retirement. We

would like to take this opportunity to also thank everyone for their kind comments, cards and presents. They have all been very much appreciated. You may have noticed new staff starting this year and we have welcomed Sarah Clegg and Sue Chenery to the clinical team. Sarah is our new Emergency Care Practitioner who was an experienced Practice Nurse working in the Plymouth area. Sue joined us from the District Nurse team and will be taking over the management of the Warfarin Clinic.

Productive General Practice.

The Productive General Practice (PGP) programme is ongoing and has seen us make improvements with prescriptions. This process enabled us to streamline the procedure to enable us to issue prescriptions within 2 working days of request and also having a call back option for the dispensary.

Health Fayre.

In conjunction with

Carnewater, "My Life, My Choice" is planned for 23 September 2016, 10.30am - 4.30pm and will take place at the Shire House Suite. More details will follow as they are finalised.



Inside this issue:

Prostate cancer awareness	2
Fitness advice	2
Hayfever advice	3
Macmillan	3
Antibiotics update	3
Healthy eating—recipe idea	4

QUARTERLY SERVICE UPDATE - ASTHMA CARE PLANNING

The practice operates many dedicated clinics for patients who have particular medical conditions, each quarter we will look at a particular service in a little more detail....

The Asthma Clinic is held at the practice on various days throughout the week and is run jointly by Practice Nurses Cathryn Davison and Patricia Kempthorne with Dr Rushton as the Lead GP.

Patients are initially as-

sessed by a GP who may refer to the Practice Nurse for further tests/investigations.

If you have Asthma it is important to attend regular reviews to ensure you are still receiving the correct treatment to keep it as controlled as is possible.

When you attend your appointments, please bring your inhalers, Asthma medications and aero chamber/spacers you use so that we can check your

technique when using them.

It is also important to keep these appointments so that there are no problems when collecting any prescriptions.

ASTHMA

PROSTATE CANCER AWARENESS —WHAT THINGS TO CONSIDER?

Prostate cancer is cancer that starts in the prostate gland, a walnut sized gland at the base of the bladder in men.

Read more at <http://www.cancerresearchuk.org/about-cancer/type/prostate-cancer/>

The symptoms of growths in the prostate are similar whether they are non cancerous (benign) or cancerous (malignant). The symptoms include:

- having to rush to the toilet to pass urine.
- passing urine more often than usual, especially at night.
- difficulty passing urine, including straining to pass it or stopping and starting.
- a sense of not being able to completely empty the bladder.

Very rarely you may get:

- pain when passing urine.
- blood in the urine or semen.

Other symptoms of prostate cancer may be caused by prostate cancer cells in the bone may cause pain in:

- back.
- hips.
- pelvis.
- other bony areas.

Other symptoms that may occur are:

- weight loss, particularly in elderly men.
- difficulty getting an erection (where you haven't had difficulty before).

When to seek medical advice

See your GP if you have any of the symptoms above. While the symptoms may not be the result of prostate cancer, these types of symptoms always need to be investigated further.

The symptoms of prostate cancer can be very similar to some other prostate conditions. So it can be very difficult for GPs to decide who may have a suspected cancer and who may have something much more minor that will go away on its own. With many symptoms, it is perfectly right that your GP should ask you to wait to see if they get better or respond to treatment such as antibiotics. If GP's referred everyone who came to see them to a specialist immediately, the system would get jammed. Then people needing urgent appointments wouldn't be able to get them.

HEALTHY LIFESTYLE— KEEP ACTIVE TO KEEP WELL

Being active provides long term benefits for your health. It helps to control your weight, reduce blood pressure and cholesterol and improve your mental health; helping you to look and feel great.

Being physically active doesn't have to mean long gym sessions or strenuous work-out regimes. You could go swimming, take exercise classes or play a sport, but physical activity also includes everyday things like gardening, walking and climbing the stairs.

Set yourself a goal to build up to at least 30 minutes of moderate activity on five or more days per week. Moderate physical activity makes you breathe more heavily and makes you warmer.

It's never too late to start—whatever your age, size or physical condition everyone can benefit from getting physical!

Involve friends and family to make activities more fun, sociable and enjoyable.

GET THE FITNESS BUG!

Physical activity guidelines for adults aged 19-64.

To stay healthy, adults aged 19-64 should try to be active daily and should do:

- at least 150 minutes of moderate aerobic activity such as cycling or fast walking every week.
- strength exercises on two or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms).

OR

- 75 minutes of vigorous aerobic activity, such as running or a game of singles tennis every week.
- strength exercises on two or more days a week that work all the major muscles.

OR

- A mix of moderate and vigorous aerobic activity every week. For example, two 30-minute runs plus 30 minutes of fast walking equates to 150 minutes of moderate aerobic activity, and
- strength exercises on two or more days a week that work all the major muscles.

A rule of thumb is that one minute of vigorous activity provides the same health benefits as two minutes of moderate activity.

One way to do your recommended 150 minutes of weekly physical activity is to do 30 minutes on 5 days a week.



For more information go to www.nhs.uk/livewell/fitness/

'Bless you'..... Hayfever season is here!

Hayfever, also known as seasonal allergic rhinitis, is a very common condition that affects two in every 10 people in the UK.

It is caused by an allergy to airborne substances such as grass or hay pollen, which affects the upper respiratory passages (nose, sinus, throat and eyes).

Hayfever usually occurs during the spring and summer months. Exactly when you get it depends on which pollens you are allergic to. From May to July, grass and flowers are in pollen, making these the most common cause

of hayfever at this time. During spring, from March to May, pollens from trees are the most common cause of hayfever.

Hayfever symptoms can be similar to a cold, and include a runny nose, watery eyes and repeated sneezing attacks.

You are more likely to get hayfever if there is a history of allergies in your family, particularly asthma or eczema.

If you feel your hayfever is not well controlled or you have symptoms

but are not on any medication please make an appointment to discuss your symptoms with a GP.



More information regarding hayfever treatment and symptoms can be found at: <http://www.nhs.uk/conditions/hay-fever/Pages/Introduction.aspx>

Help is at hand.....

MACMILLAN

If you would like to talk, Macmillan can be contacted by phone free on **0808 808 00 00**, Monday to Friday 9am - 8pm.

Macmillan also operate information and support centres that offer free, confidential information and support and these centres can be found on their website.

You can also ask questions online by completing a form and Macmillan will endeavour to reply within 2 working days.

You can also order or download free

information that is easy to understand.

There are many challenges that Macmillan can help you face such as coping with your cancer care, finding the help you need or even planning a holiday after diagnosis. **What Macmillan say about themselves.**



“At Macmillan, we know how a cancer diagnosis can affect everything. So we're here to support you and help you take back some control in your life. From help with money worries and advice about work, to someone who'll listen if you just want to talk, we're here.”

To contact Macmillan:

<http://www.macmillan.org.uk/>

0808 808 00 00

ANTIBIOTICS

What are antibiotics?

Antibiotics are important medicines for treating bacterial infections in both humans and animals. However, bacteria can adapt and find ways to survive the effects of an antibiotic.

This means antibiotics are losing their effectiveness at an increasing rate. The more we use antibiotics, the greater the chance bacteria will become resistant to them and they can no longer be used to treat infections.

To slow down the development of antibiotic resistance, it is important to use antibiotics in the right way; to use the right drug, at the right dose, at the right time, for the right duration. Antibiotics should be taken as prescribed, and never saved for later or shared with others.

Infections with antibiotic-resistant bacteria increase levels of disease and death, as well as the length of time people stay in hospitals. Inappropriate use of antibiotics may increasingly cause patients to be-

come colonised or infected with resistant bacteria.

25,000 people across Europe die each year from infections resistant to antibiotics.

Research has shown that only 10% of sore throats and 20% of acute sinusitis benefit from antibiotic treatment but the prescription rates are much higher than this.

PLEASE LEAVE THIS NEWLETTER IN THE WAITING ROOM FOR ALL PATIENTS TO READ, THANK YOU

USEFUL TELEPHONE NUMBERS:

Bodmin Hospital	01208 251300	NHS 111 Service.....	111
Bodmin District Nurses..	01208 834561	Stillmoor House.....	01208 72488/72489
Midwife	01208 834555	(for blood test results please call after 1100)	
Health Visitors.....	01208 834565		
Social Services.....	0300 1234100		
RCH Treliske.....	01872 250000		
Derriford Hospital.....	08451 558155		
Emergency Dentist.....	01872 354375		

REMEMBER IF YOU CHANGE YOUR ADDRESS / TELEPHONE NUMBER / OR NAME—PLEASE INFORM US - WE NEED TO KEEP YOUR DETAILS UP-TO-DATE.

THANK YOU FOR TAKING THE TIME TO READ THIS NEWSLETTER; WE HOPE YOU HAVE FOUND IT USEFUL AND INFORMATIVE.

Healthy Eating Recipe

Each quarter we will give you a recipe idea to help with healthy eating.

This pasta sauce recipe counts as 5 of 5-a-day and the sauce is freezeable too.

Pasta with tomato and hidden veg sauce (serves 4)

Ingredients

- 1 tsp olive oil
- 1 large onion, chopped
- 2 celery sticks, chopped
- 2 carrots, chopped
- 1 leek, chopped
- 2 peppers, deseeded and chopped
- 2x 400g tin of chopped tomatoes with garlic
- 1 tbsp. each of caster sugar and balsamic vinegar
- 300g dried pasta shapes
- Parmesan shaved and rocket to serve (optional)

Heat the oil in a large non-stick saucepan and gently cook the onion, celery, carrots and leek until soft, about 20 minutes. Add the peppers and cook for 10 minutes more, then tip in the tomatoes, sugar and vinegar. Simmer for at least 20 minutes, the longer the better.

Cook the pasta following the pack instructions. Meanwhile, blitz the sauce with a hand blender until smooth, season and return to the heat to keep warm while the pasta cooks.

Drain the pasta and toss through the sauce. Serve in bowls topped with shaved Parmesan and rocket leaves, if you like.



Recipe from BBC goodfood.com

Preparation method