

Patient Newsletter

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Welcome to the Summer Newsletter

The Sun has got his hat on, and so should you! Remember to use sun screen when out and about, and to keep hydrated in the (hopefully) hot weather.

Staff News: Dr Eleanor Ball who joined us in April, will be finishing her 4 month stint with us in August. We wish her well for the next stage of her training.

Diabetic Eye Screening Programme

It has been brought to our attention that a number of Optician Practices in Dorset are offering private retinal eye screening services aimed specifically at the local Diabetic population. These services are being marketed as 'enhanced screening' or 'additional screening' and available at a fee. It would appear that a small but growing number of Diabetic patients are now opting out of the NHS Diabetic Eye Screening Programme in favour of paying for their screening tests.

Whilst there is nothing to prevent patient choice, we just want to make patients aware that the NHS Programme is a free service and closely monitored and quality assured. It is offered to all patients with Type I or Type II Diabetes aged 12 years or over. It is a high performing service offering appointments at a number of local venues all over Dorset, and is committed to providing an excellent service for the local Diabetic population. In addition, it has a defined pathway to treatment for patients who screen positive, with defined standards for performance and referral timescales for any patients that enter the treatment pathway. This ensures that any patients who are at risk of sight loss are seen and treated quickly to minimise any impact on their vision. It also operates a robust failsafe process of following up patients who do not respond to invitations to ensure they do not miss out on any appropriate treatment.

Please be aware that private screening services cannot refer into Hospital eye services within the same pathway as the NHS Programme which may result in unnecessary delays in treatment and possibly being missed altogether.

Surgery Closures July to September

Bank Holiday Closures:

- ◆ Monday August 26th

The practice will be closed for Mandatory Training on:

- ◆ Monday 22nd July 1.15pm to 2pm
- ◆ Tuesday 10th September 3.30pm to 6.30pm

Please call NHS 111 if you have any urgent needs during these times.



Is Your Mobile Telephone Number Up To Date?



Do we have your correct mobile telephone number?

Please confirm your number with us next time you phone or pop in.

Thank you.

Joke Corner!

A man was at the Doctors with his teenage son. "Your son has what we call a lazy eye", said the Doctor.

"Oh dear", he answered, "it's obviously spread from the rest of his body"

Live Well Dorset

Do you want to lose weight, get active, drink less or quit smoking? Live Well Dorset is a free health service provided by your Council. They will guide you to a healthier lifestyle through advice and coaching.



- * **Get Active:** No matter your experience or daily schedule, they will guide you towards embracing an active lifestyle.
- * **Lose Weight:** They will empower you to manage your weight through healthy eating habits and physical activity.
- * **Stop Smoking:** If you want to escape smoking but are not sure what steps to take, talk to them.
- * **Drink Less:** Reducing your alcohol intake can do wonders for your health. They will support you to cut down and drink less.

Get in touch today to access your free advice and coaching:

Freephone - 0800 840 1628 or 01305 233105

Register On-line - www.livewelldorset.co.uk

Use the link below to find out what activities are happening near you:

<https://www.livewelldorset.co.uk/find-activities-and-classes-near-you/>



Obesity and Cancer Link

Does obesity cause Cancer?

Yes, obesity is the second biggest preventable cause of Cancer in the UK- more than 1 in 20 Cancer cases are caused by excess weight. The risk is higher the more weight a person gains and the longer they are overweight for. The good news is that small changes that are kept up over time can make a real difference.

What's my risk of developing Cancer if I'm overweight or obese?

Being overweight doesn't mean that someone will definitely develop Cancer. But if a person is overweight they are more likely to get Cancer than if they are a healthy weight. We can help stack the odds against cancer by losing weight or avoiding gaining more weight.

People keeping a healthy weight could prevent around 22,800 cases of Cancer every year in the UK.

Extra fat in the body doesn't just sit there, its active, sending out signals to the rest of your body. These signals can tell cells in our body to divide more often, which can lead to Cancer.

What types of Cancer are caused by obesity?

Breast (in women after the menopause), Bowel, Womb, Oesophageal (food pipe), Pancreatic, Kidney, Liver, Upper Stomach (gastric cardia), Gallbladder, Ovarian, Thyroid, Myeloma (a type of blood Cancer), and Meningioma (a type of brain tumour).

This includes 2 of the most common types of Cancer – Breast and Bowel Cancers - and 3 of the hardest to treat – Pancreatic, Oesophageal and Gallbladder cancers.

Is the link the same in children?

No. The link between obesity and Cancer is only in adulthood. But a healthy body weight is important for children too. One in 5 children are overweight or obese before they begin primary school, and even more by the time they leave. Children who are obese are around 5 times more likely to grow into adults who are obese.

A person's risk of Cancer depends on lots of different factors, including things you can't change like your age and genes. Other things that can cause Cancer, whether that's obesity, tobacco or the sun, increase a person's risk of Cancer, but do not mean that person will definitely develop Cancer.