

Patient Newsletter

Issue 48
Spring 2022

ROSEMARY MEDICAL CENTRE
2 Rosemary Gardens, Parkstone, Poole BH12 3HF
Tel: 01202 723372
www.rosemarymedicalcentre.co.uk



Welcome to the Spring Newsletter

Finally the days are getting longer, and the weather is getting warmer. The spring flowers are shooting up, and the trees blossoming to give us a welcome burst of colour!

Staff News: We are pleased to welcome our new GP Registrar, Dr Kazi Uddin, who is finishing the final phase of his training on placement with us.

We are sad to say goodbye to Jackie, our HCA, who retired at the end of December, and it's also a 'goodbye' to Practice Nurse Debbie, who is also retiring at the end of March. They will both be missed.

Building Work at Rosemary Medical Centre

We are having some building works commence at the Practice. We wanted to make sure all our patients are aware of this when visiting us, and to apologise for any noise or inconvenience this may cause.



Prostate Cancer Campaign

Prostate Cancer UK and NHS England have launched a campaign to find 14,000 undiagnosed men who need urgent treatment.

Prostate Cancer is very treatable if caught early, so it's vitally important that these men are found quickly before their cancer spreads. This message is being shared on TV, billboards, bus stops and newspapers across the UK, but we won't find the 14,000 without people like you sharing our checker with your loved ones, friends and colleagues.

According to NHS England data released this week, Prostate Cancer accounts for a third of those not treated for cancer compared to before the pandemic. Referrals and treatments for Prostate Cancer dropped significantly during the pandemic, with men less likely to visit their GP and discuss Prostate Cancer. Previous NHS research found that half of people would delay coming forward to their GP during the height of the pandemic because they didn't want to burden the health service.

Although referrals and treatment levels for most other cancers have now recovered or even risen above pre-pandemic levels, the number of missing Prostate Cancer diagnoses is growing. This is compounded by the fact that early Prostate Cancer rarely has symptoms that would prompt men to visit their GP.

If you're over 50, if you're black, or if your Dad or Brother had it, you're at even greater risk, so it's important you don't wait before you act.

Will you help to find the 14,000 men and help give our dads, sons, brothers and friends the treatment they urgently need? Pass this link on: <https://prostatecanceruk.org/risk-checker.html>

Surgery Closures March - May 2022

We will be closed for Mandatory Training on:

**Thursday 3rd March
3:30pm to 6:30pm**



Joke Corner!

Patient: Dr, there's a spinning fly following me!

Dr: Don't worry, it's just a bug that's going around!

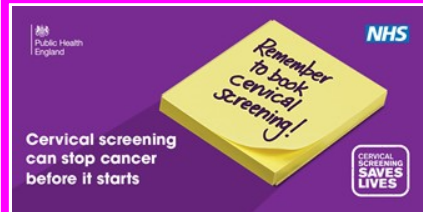


Steps 2 Wellbeing

Steps 2 Wellbeing is an NHS IAPT Mental Health Service for adults living in Dorset and Southampton. It provides a range of low and high intensity treatments for common mental health issues such as depression, anxiety, stress and PTSD. The service also offers support for people living with long term health conditions.

Patients can refer themselves to the service via our website at www.steps2wellbeing.com or they can be referred through their GP or any health care provider.

There is a video which is a short explainer of the Steps 2 Wellbeing service and how and where to access it. You can view it on YouTube via this link: <https://youtu.be/mdo4uZbhcps>



Help Us Help You - Cervical Screening Campaign

A new national campaign is calling on those eligible for cervical screening not to ignore their screening invite. The survey released this week shows embarrassment was the most common reason for not booking a screening appointment (42%) in England.

The Department of Health and Social Care (DHSC), with the support of the NHS, has launched the new Help Us Help You – Cervical Screening Saves Lives campaign this week, which urges those eligible aged between 25 and 64 not to ignore their cervical screening invite, and if they missed their last one, to book an appointment with their GP practice or sexual health clinic now.

The campaign emphasizes that screening, which only takes a few minutes, can help stop cervical cancer before it starts, and is being supported by charities, including Jo's Cervical Cancer Trust. Cervical screening checks for high-risk types of the Human Papilloma Virus (HPV), a common virus that most people will get at some point. While for people with high-risk HPV the risk of getting cancer is low, any abnormal changes can be identified early. Cell changes are easily treated, and this prevents cervical cancer. That is why attending screening appointments is so important.

In England, NHS cervical screening is offered to women and people with a cervix between the ages of 24.5 and 49 every three years. For those between the ages of 50 and 64, screening is offered every five years. It is very rare to develop cervical cancer if you are under the age of 25 or over the age of 64, if you have had regular cervical screening.

Symptoms of cervical cancer: low back pain, pain during sex, bleeding during or after sex or between periods, post-menopausal bleeding, unusual discharge. If you have experienced any of these symptoms you should contact your GP.

Our Cervical Screening Clinics are held on Saturday mornings. If you are overdue for your cervical screening please contact us to book an appointment, or if you have any worries or concerns regarding screening, please ask to book a telephone consultation with one of our Practice Nurses who can discuss the process with you and put your mind at ease.

For further information about cervical screening, please visit www.nhs.uk/cervicalscreening

COVID-19 Guidance for Healthcare Settings

Although in general all legal restrictions have now been lifted, for Healthcare settings the guidance has not changed.

Please do NOT enter the surgery if you have tested positive or have Covid symptoms, unless you have spoken to a Clinician first and they have invited you.

Please continue to wear a face covering whilst you are in the Surgery.

This is to continue to protect both patients and staff.

Thank you for your co-operation and understanding.

