

Wonersh Surgery - Newsletter



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SPRING - 2023



Welcome to the spring edition of the Wonersh newsletter.

In this edition we are focussing on cancer awareness and the importance of screening in detecting cancer in its earliest stage possible.

Please don't ignore invitations for screening or tests that are sent to you in the post. It is so important these are completed.

New Staff

We welcome a new member of staff Tamina Chowdhury to our team in March. Tamina is a physician associate who we are delighted is joining us. Tamina will be seeing patients with minor illnesses.

Hay Fever

If you're one of the many millions of hay fever sufferers across the UK, the coming of spring can signal the unwelcome return of your

symptoms. Hay fever is caused by an allergy to pollen. Common hay fever symptoms are a runny, itchy and/or blocked nose, sneezing and itchy eyes.

The met office has provided a useful guide here about surviving hay fever [Surviving hay fever: A guide for sufferers - Met Office](#) and further advice about treatments are available here [Hay Fever and Seasonal Allergies | Causes and Remedies | Patient](#)

When should you start taking hay fever tablets?

While hay fever tablets can be used for immediate symptom relief, they are also an effective pre-treatment. If you are a seasoned hay fever sufferer and know the time of year your symptoms kick in, start taking hay fever tablets early. Taking hay fever tablets every

day for one to two weeks before the season starts is ideal, although for some people this isn't always easy to predict.

This is because once your allergic reaction to pollen starts, it's harder to stop. A chain reaction occurs where more inflammatory cells are sent to your nose where the pollen lodges, causing your symptoms to become more severe.

By starting antihistamines such as hay fever tablets a few weeks early, you can effectively block this reaction before it begins. For some people, this may prevent symptoms entirely. For others, it at least limits irritation and could help to prevent a severe flare up.



Cancer Updates

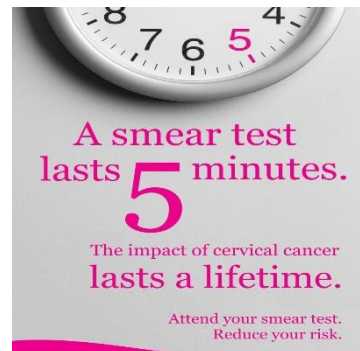
Have you received your invite for cervical screening and not actioned it?

If you are aged between 25-49 years of age **and** have received your cervical screen invite letter but not actioned it, please contact the surgery to arrange

an appointment. We currently have *over 300 eligible patients* who are due to have cervical screening in this age bracket.

Cervical screening is one of the best ways to protect yourself from cervical cancer.

Cervical screening checks a sample of cells from your cervix for certain types of human papillomavirus (HPV).



These types of HPV can cause abnormal changes to the cells in the cervix and are called "high risk" types

of HPV. If abnormal cells are not treated, they may turn into cervical cancer.

For more information on cervical screening please click on the below link, or the website is www.nhs.uk/conditions/cervical-screening

[Cervical screening - Why it's important - NHS \(www.nhs.uk\)](http://www.nhs.uk/conditions/cervical-screening)

Prostate Cancer

You are **two and a half** times more likely to get prostate cancer if your father or brother has had it, compared to a man who has no relatives with prostate cancer.

Your chance of getting prostate cancer may be even greater if your father or brother was under the age of 60 when he was diagnosed, or if you have more

than one close relative (father or brother) with prostate cancer.

Your risk of getting prostate cancer may also be higher if your mother or sister has had breast cancer or ovarian cancer.

Although prostate cancer can run in families, having a family history doesn't mean you will get it

However, it is important to speak to your GP if you have any relatives with prostate cancer, breast cancer or ovarian cancer, as your risk of hereditary prostate cancer may be higher.

Do you have a family history of prostate cancer?

If you are over 45 and your father or brother has had prostate cancer, you may want to talk to your GP.

For more information please go to the following website –

www.prostatecanceruk.org or click on the link.

Bowel Cancer Awareness Month

Bowel cancer is also known as colorectal cancer or colon cancer. The month of April is used to enlighten people on bowel cancer and also for an opportunity to raise financial support for patients and to sponsor further research into the disease.

Being aware of the symptoms of bowel cancer is always important.

Symptoms include:

- A pain or lump in your abdomen (tummy).
- Feeling more tired than usual for some time.
- Unexplained weight loss.
- Change in bowel habit.
- Change in stool consistency.
- Blood traces in the stool.

These symptoms do not necessarily mean you have bowel cancer. However, if you notice any of them, you should discuss them with your GP.

Age is a risk factor, as people over the age of 50 are more susceptible to the disease. However, younger people can also be diagnosed with bowel cancer.

People aged between 60 and 74 are invited to take part in bowel cancer screening every two years. Screening aims to detect bowel cancer at an early stage, when treatment has the best chance of working. A home test will be automatically sent to you, this is called a Faecal Immunochemical Test (FIT). Full instructions are sent with the home test. The sample is then sent back to the screening centre and the results take about two weeks.



For more

information on bowel cancer please click or visit their website:-

www.bowelcanceruk.org.uk

Pre-booked appointments

We are able to offer patient pre-booked appointments, which usually range from 2-4 weeks in advance.

If you have pre-booked an appointment and then speak to or see a clinician about your issue sooner than this, we would very much appreciate it if you could cancel your pre-booked appointment so that it can be used for another patient.

Text Messages and Mobile phone numbers

If you have your own mobile phone, and **not one which is shared with someone else, ie a family member**, let us know if you would like to be sent texts from the surgery.



This could be about reminding you about your forthcoming appointment, invites for health

campaigns such as having the COVID vaccination, as well as the link for downloading this newsletter!

Please let us know if you would like to be kept informed in this way. If you change your mobile number please let us know.

If you contact the surgery via the online consultation service please ensure you put the correct mobile number on the form. There have been cases when we have phoned up the wrong patient due to inaccuracies in the number added to the form.

Childhood Immunisations

Is your child up-to-date with their immunisations?

Childhood immunisation is important as it prepares the body to fight serious infections which might happen in the future. Young babies are very vulnerable to infections, so they need to be protected as early as possible. Remember to bring your child's Personal Child Health Record (Red Book), if they are 4 years of age and under, to their vaccine appointment.

Diseases Protected Against:

8 weeks' old – Diphtheria, tetanus, pertussis (whooping cough), polio, Hib and hepatitis B. Meningococcal group B and Rotavirus gastroenteritis

12 weeks' old – Diphtheria, tetanus, pertussis, polio, Hib and hepatitis B. Pneumococcal and Rotavirus.

16 weeks' old – Diphtheria, tetanus, pertussis, polio, Hib and hepatitis B. MenB.

1 year old – Hib and MenC. Pneumococcal, measles, mumps and rubella. MenB.

3 years and 4 months old – Diphtheria, tetanus, pertussis and polio. Measles, mumps and rubella.

12-13 years – HPV (two doses, 6-24 months apart).

14 years – Tetanus, diphtheria and polio. Meningococcal Groups A, C W and Y.

You will be contacted automatically but should this not happen for any reason please contact the surgery to book an appointment.

Do you suffer from aches and pains?

Most people with aches and pains can be diagnosed at the GP practice and can be well managed in the community. A smaller number require timely referral to secondary care orthopaedic, rheumatology, spinal or pain management services to enable best outcomes.

With increased demand on all services and research supporting the role of self-management of these conditions additional resources can help people to feel confident in coping with their aches and pains and also have a good quality of life. Not everyone is ready to manage their condition and so there are resources to help people but for those who would like the advice on how to progress we have some links in this article that we hope will help.

Our First Contact Practitioner, is a specialist musculoskeletal physiotherapist based at the practice two days a week, and has shared some helpful information to help patients who are keen to look after themselves.

For shoulder pain:

With spring around the corner, some people can pick up their activity levels and the light and the outside temperature improves. This can mean for example, an increase in gardening or DIY resulting in shoulder pain. This information can be helpful:

<https://www.youtube.com/playlist?list=PLt7UngHKF0HenXb7oEQAgPyeJaJAdWAI4>

For knee and hip and back pain:

One of the key treatments of back pain, hip and knee arthritis is exercise therapy. For ideas and programs that can help you please see:

<https://escape-pain.org/>

For some heel pain:

With the good weather, we can see that people change their exercise habits and their footwear. A sudden change can bring on some new pains in the heel and this information can be of help:

<https://www.esht.nhs.uk/wp-content/uploads/2019/04/0729.pdf>

If you levels

to your bowel please urgent for an assessment.



have high of pain or changes bladder or habits, seek more attention

If you have a new musculoskeletal problem, please contact the surgery to make an appointment to see the physio. She will be able to assess you, diagnose the problem and provide self-management advice on how you can improve the situation.

Disability access

The surgery has most of the GP consulting rooms upstairs. We have looked at installing a lift but this has not been possible. If you do not feel you can make the stairs this is fine. Please ask the receptionist to be seen downstairs. As soon as a downstairs room becomes available you will be

seen. This may mean that your appointment is later than originally scheduled.

The surgery has a disabled toilet in the same building as the pharmacy. If you need to access these facilities please let a receptionist know and she will be able to show you where this is. Please note the disabled toilet is not accessible via the pharmacy entrance. Please do not ask the pharmacy staff for directions.



Reminders

The practice has been texting patients of late to come into the surgery to check their blood pressure using our blood pressure machine located in the foyer.

Raised blood pressure can be the first indication of heart disease, so if you have had a text please don't ignore this and drop by to get this checked.

Closing dates for Easter

Please be aware we will be closed on Friday 7th of April 2023 through to Monday 10th of April 2023 inclusive for Easter.

Whilst we are closed, if you have a medical emergency, please call 111 and they can direct you to the best place to get help. **Only** attend Accident & Emergency if you have a life-threatening emergency.

Remember to order your prescriptions in plenty of time before we close for Easter.