

FMC NEWS

Autumn 2009

Welcome to the sixth edition of our Patient Newsletter. We are committed to publishing one every quarter to improve communications with our patients. **We have past editions of all newsletters on display in our main waiting area as some of the content may still be of use to patients.**

We are closed for TARGET from 12 noon on the following dates:

Tuesday 15th September, Tuesday 6th October,
Tuesday 3rd November, (No closure in December)

Please remember that we are closed every Wednesday between 12.30pm & 1.30pm.

INFLUENZA

Our general advice for patients who may have the symptoms of influenza would be to take paracetamol tablets, rest, drink lots of fluid and if you feel concerned to speak to a doctor or nurse.

If you suspect that you may have contracted Swine Flu please:

- Stay where you are and indoors (i.e. isolate yourself from others)
- Telephone The National Pandemic Flu Service for advice on 0800 1 513 100 (text-phone 0800 1 513 200) or visit the website: www.direct.gov.uk/pandemicflu
- If necessary following that - contact us by telephone or by using a 'flu friend'.

PLEASE **DO NOT** COME INTO THE SURGERY OR VISIT A LOCAL ACCIDENT & EMERGENCY DEPARTMENT UNLESS YOU ARE ADVISED TO DO SO OR YOU ARE SERIOUSLY ILL, BECAUSE YOU MIGHT SPREAD THE ILLNESS TO OTHERS!

You will notice when you visit the practice that to try and stop the spread of infection we now have antibacterial hand gel, tissues and waste bins in various areas around the building.

Please remember **Catch it, Bin it, Kill it!**

We are running our usual **FLU CLINICS** as normal at this Practice on the dates shown below. These are **BY INVITATION ONLY** and will be offered to our 'at risk' patients including Carers and Healthcare Workers.

TUESDAY 13th October & TUESDAY 27th October

October is Breast cancer awareness month!

Although it's normally older women who get breast cancer, checking regularly will give you the chance to spot a lump early.

Breast cancer facts

- It is caused when the cells that make up the breast tissue fail to die; instead they endlessly divide and eventually grow into tumours.
- If detected early on, then there is a good chance the cancer can be successfully treated.
- One woman in nine in the UK will develop breast cancer during her lifetime.

Self-examination is a skill and most lumps are found by this method. By starting early and giving yourself regular checks you will be more likely to pick up a lump when it is smaller, and early diagnosis gives you a better chance of successful treatment.

Recognising breast cancer

Warning signs include:

- A change in the shape or size of the nipple or breast, one breast may become noticeably larger or lower.
- Any changes to the position or colouring of the nipple.
- Discharge from one or both nipples.
- A rash around the nipple.
- Dimpling, denting, scaling or discolouration of the skin.
- A lump or swelling in the breast, armpit or arm.
- A pain in the breast or armpit that is new for you..
- A distinct lump, like a pea, or thickening in the breast that feels different from the rest of the breast

Check for it

- As the breast tissue can vary at different times of the month, it is important to check your breasts at the same time. The best time to do your check is one week after the end of your period.
- Stand in front of the mirror with your hands at your sides and check your breasts to see if they look any different. Repeat with your hands on your hips, pressing the shoulders and armpits forward.
- Then clasp your hands behind your head and turn from side to side to check that both nipples move up and down at the same time.
- While in the bath or shower, raise your left arm and feel your left breast with the flat of your right hand. Starting from the outer top, press firmly enough to feel the tissue underneath and move in a circular motion. When you have completed a circle, move inwards slightly and repeat circling. Continue this until you have checked the entire breast including the nipple. Also check the area above the breast, especially the armpit. Repeat on the other side.
- Lie with a pillow under your left shoulder and repeat the check.

Do not worry if you find anything; just get it checked out with a doctor as soon as you can.

For further information visit: www.breakthroughbreastcancer.org.uk

Cancer Research UK - Race for life 2009

Well done to all of our staff who took part in the Race for Life event at Temple Newsam on the 5th July. They managed to raise over £200 for the charity.

Congratulations!

...to Dr Suzie Henstock on the safe arrival of a baby boy.

Watch out for our Winter edition in December 2009!