



The Bute Practice
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Opening hours
8.30am— 6pm

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Bowel Screening: Scottish Bowel Screening Programme

Why is screening important?

Bowel cancer is the third most common cancer in Scotland after lung and breast cancer. Every year, over 3,000 people are diagnosed with the disease.

The Scottish Bowel Screening Programme will invite all men and women in Scotland between the ages of 50 to 74 for screening every two years. The programme was launched in 2009 across Scotland and is now an integral part of the services offered by all NHS Boards

It is therefore vital that you inform your doctor's surgery of your latest address so we can send you regular invitations for screening.

Screening aims to find bowel cancer at an early stage in people with no symptoms. The screening test looks for hidden blood in the bowel motion, as this may suggest a higher chance of bowel cancer.

Other changes in the bowel can also be found, such as polyps ('wart'-like growths). If found, most polyps can be easily removed and often prevent future cancers developing.

If bowel cancer is detected early enough through screening, there is a 90% chance of treating the disease successfully.

Scottish Bowel Screening Helpline: 0800 0121 833

Healthy tips: what can I do?

Most people suffer from problems with their bowels at times.

Sometimes a change in diet can be all that is needed (especially if you are constipated). Try some of the tips below for yourself.

- Take part in the screening programme every 2 years.
- Drink 6 to 8 glasses of water a day.
- Eat 5 portions of fruit and vegetables a day.
- Eat lots of fibre, e.g. wholemeal bread, cereal, beans.
- Don't eat too much red meat.
- Stop smoking.
- Gentle exercise can also help. It may surprise you to know that it can help to get your bowels moving properly.
- Don't be embarrassed to go and see your doctor if you have any worries about your bowel habits.

If you want to get healthier, your doctor or practice nurse can help you with healthy eating plans and exercise programmes.

How will the screening programme be run?

All men and women aged between 50 and 74 will receive a Faecal Occult Blood test (FOB) kit by post to their home address. The kit is completed at home and returned to the national Bowel Screening Centre for Scotland, which is based in Dundee at King's Cross Hospital.

An alternative kit is available for those with disabilities and a verbal explanation can be given on how to do the test kit from the Bowel Screening Centre Helpline.

The centre tests all the completed screening kits and then notifies:

- all participants of their results
- all GP practices of positive FOB results
- all NHS Boards of positive results requiring further investigations.

If the overall result of screening is positive, then the individual will be referred to their local hospital for further assessment and may be offered a colonoscopy, if appropriate

HOLIDAYS

The Health Centre will be closed on the following days:

2013

MONDAY 30TH SEPTEMBER

Direct dial Numbers

Appointments

501521 or 501527

Prescriptions

501532 or 501524

HEAR FOR THE PATIENTS

If you wish the group to discuss any topic please e-mail the details to bute.practice@nhs.net. You can also call Practice Manager Graham Bolton on 501533. Alternatively please get in touch with any group member

Five a Day



Fruit and vegetables are part of a balanced diet and can help us stay healthy. That's why it so important that we get enough of them.

5 A DAY highlights the health benefits of getting five 80g portions of fruit and vegetables every day. That's five portions of fruit and veg altogether, not five portions of each.

Five reasons to get five portions

- Fruit and vegetables taste delicious and there's so much variety to choose from.
 - They're a good source of vitamins and minerals, including folate, vitamin C and potassium.
 - They're an excellent source of dietary fibre, which helps maintain a healthy gut and prevent constipation and other digestion problems. A diet high in fibre can also reduce your risk of bowel cancer.
 - They can help reduce the risk of heart disease, stroke and some cancers.
 -
- Fruit and vegetables contribute to a healthy and balanced diet.

Fruit and vegetables are also usually low in fat and calories (provided you don't fry them or roast them in lots of oil). That's why eating them can help you maintain a healthy weight and keep your heart healthy.

5 A DAY is based on advice from the World Health Organization, which recommends eating a minimum of 400g of fruit and vegetables a day to lower the risk of serious health problems, such as heart disease, stroke, type 2 diabetes and obesity.

To get the most benefit out of your 5 A DAY, your five portions should include a variety of fruit and vegetables. This is because different fruits and vegetables contain different combinations of fibre, vitamins, minerals and other nutrients.

Almost all fruit and vegetables count towards your 5 A DAY. Potatoes and cassava don't count because they mainly contribute starch to the diet.

Patient Contact Details

From time to time we have to cancel or re-arrange a Doctor's or Nurses' surgery. Although this is not a regular occurrence this can cause problems.

The most frequent problem is that patient's contact details are incorrect. Our first mode of contact is by telephone and if your telephone number held by the practice is incorrect it makes contacting you the patient very difficult

It is both frustrating and worrying when this happens and it is something which patients really should make sure they do as a priority. The information about you, (address, date of birth, telephone number etc) is shared with the hospital who can access this and if this is not correct you could find yourself missing an important appointment, or perhaps the chance of being seen earlier than hoped because they have a cancellation.

Please when you next come to the health ask the receptionist to check your contact details to ensure that they are correct.

REPEAT PRESCRIPTIONS

If your doctor has agreed to you obtaining repeat prescriptions these may be requested by telephone, in writing or in person. Repeat prescriptions can be sent to the Chemist for you if you wish to make use of this service. **Please allow 48 hours for prescriptions going to the Chemist to be processed.** Prescriptions can be posted to you if you provide us with a stamped, self-addressed envelope.

You may have noticed that the practice will no longer process prescription requests before 11.00am on a Monday morning. This is to free up the telephone lines to allow patients who need to book an appointment. Monday is the practice's busiest day and we struggle to cope with the workload early in the morning.

On the other weekdays you can order your prescription by calling 01700 501524/501532

Cancellation of appointments – call 01700 501521/501527

Exercise without the injuries

Exercise is a great way of keeping your body in shape and staying healthy - but it can also be painful and demotivating if you injure yourself.

Make sure that you know what you're doing before you launch in.

Knowing your body

The last thing we want to do is put you off of exercise with talk of injuries - as we said before, it has amazing body benefits. But before you sprint off into the sunset, take a moment to learn a little more about your body first. There are over 600 muscles in the human body, which support and work alongside over 200 bones. Depending on the type of exercise you are doing, you could be using hundreds of muscles at any one time.

Your body is an impressive system that needs care and maintenance, just like a car engine. For example, when you exercise, your muscles need [oxygen](#) to use as fuel. Your [heart](#) beats faster and your [lungs](#) work harder to supply oxygenated [blood](#) to your muscles.

Warming up and stretching

Some of the most common sports injuries are muscle sprains and strains. Hamstring muscle tears alone account for 10-15% of all sports injuries. This is why you should always warm up properly before every exercise session. You

Once you've warmed up you can stretch your muscles. Your muscles are a bit like elastic bands. If you stretched an elastic band as far as you could, it would snap.

However, if you started stretching the elastic band slowly and gradually increased the stretches, it would stay intact. Similarly, when you stretch your muscles, it increases [blood](#) flow and prepares them to be used.

Take around 5-10 minutes to warm up and stretch, making sure to concentrate on the areas of the body you will use the most

Treating sprains and strains

Sprains, strains and [inflammation](#) can be treated by easing off exercise for a while and using the RICE technique. RICE stands for:

- Rest
- Ice
- Compression
- Elevation

Resting the affected area is important, as it gives the damaged muscles time to heal.

Ice, compression, and elevation all help to stop the swelling that occurs after injury. Remember to cover any ice packs with a towel before applying to the affected area. Compression bandages can be bought from pharmacies.

IMPORTANT CHANGES TO THE SCOTTISH IMMUNISATION PROGRAMME IN 2013-14

During 2013-14, there will be significant changes to the routine Scottish immunisation programme. These include:

- From 1 June 2013, changes to the current schedule for administering the Men C conjugate vaccine, including the removal of the 4-month dose. From September 2013 MenC vaccine will be introduced into the adolescent dose administered at the S3 appointment in secondary schools
- From 1 July 2013, the introduction into the childhood immunisation schedule of a vaccine to protect infants against rotavirus
- From 1 September 2013, the introduction of a shingles vaccine for people aged 70 years (routine cohort) and 79 years (catch-up cohort) to protect against herpes zoster
- From Autumn 2013, phased implementation of the seasonal flu programme to extend to healthy children aged 2 to less than 17 years will begin. Vaccination will be offered to some pre-school children, accompanied by a limited pilot programme involving primary school children



| TELEPHONE **08454 24 24 24** | TEXTPHONE USERS
18001 08454 24 24 24

Confidential health advice and information service for people in Scotland
NHS 24 works in partnership with local NHS Boards out-of-hours services to provide patients with health advice and help when GP practices are closed.

Calling NHS 24

If you or someone you care for are unwell and you feel that it can't wait until your GP surgery re-opens then you can call NHS 24.

Local Arrangements

Medical Changes to Out of Hours Services

How to Access Health Services when the Bute Practice is closed.

For a life threatening emergency you should still call 999. This is unchanged.

If you need health advice or care when your GP surgery is closed, call NHS24 directly on the number above.

NHS 24 will take your call and provide advice or will arrange for you to be seen by a doctor or Emergency Nurse Practitioner.

There will be a doctor on duty throughout the period when the Bute Practice is closed.

If a patient is well enough to travel, they will be asked to come to a treatment centre for assessment . If they are not, then a home visit will be provided, or an ambulance will be sent out.

The treatment centre is at the **A&E department in the Victoria Hospital - Rothesay**.

NHS 24 will know where the doctor is at any time and will be in the best position to get a doctor to a patient quickly. It is therefore safer, and more effective, to phone NHS 24 than just turning up at the hospital, when the doctor could be out on call.

REMEMBER— IF YOU REQUIRE EMERGENCY TREATMENT YOU SHOULD STILL CALL 999



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