

Huthwaite Medical Practice

Autumn Newsletter 2011



Welcome!

Welcome to our Autumn Newsletter which is concentrating on prostate awareness. Prostate cancer is the second most common cause of cancer death in men with 10,000 deaths per year. However, Benign Prostatic Hyperplasia (non cancerous prostatic enlargement) is the most common prostate disorder and it affects approximately half of all men over the age of 60. Prostatic problems are increasing and it is vitally important that men are aware of which signs and symptoms to look out for. In October I am running the Worksoop half marathon to raise money for Prostate Action which is now the main prostate charity. If you wish to donate to this important charity there will be donation buckets in reception throughout October.

In other news we would like to say a huge congratulation to Dr Dodd who is expecting her first child in December. Whilst she is away on maternity leave we would like to welcome Dr Arshad who some of you may already have met. He trained in Nottingham and has been working as a GP locum for the last year. He will be with us until August 2012. We also welcome Dr Garrioch and Dr Skelton who are our new GP registrars. We also have a new member of the reception team Kate Fullwood who is settling in well. We would also like to say a tearful goodbye to Josie Marlow (who is retiring but still coming in from time to time to help out!!!) and also to say a very big Happy 70th Birthday! She has been a very dedicated hard working member of the team. We shall also miss her chocolate cakes!!!

Lastly the new building is progressing with planning going ahead. As you will see from the HIP group we are going to undertake (yet another!) survey to gather some of your ideas regarding how to improve the appointments system and reception area. Please take the time to fill one in, either in the surgery or via the website www.huthwaitesurgery.co.uk during the weeks of Monday the 10th October until Friday 21st October.

Dr Genillard

Huthwaite Involving Patients - (HIP)

You might be wondering what this means - well it's the name of your Health Centre's Patient Participation Group. A group which comprises of Doctors, Practice staff and Patients who meet on a regular basis and discuss ways of making the process of visiting the health centre, which is not always a pleasant one, into a more rewarding and satisfying experience.

The group was originally formed in 2009 with only 4 members; we are still small with approximately eight people attending out of a possible eight thousand patients who are currently registered at the Huthwaite health centre. Our aims originally were small, the biggest issue was how to improve the telephone booking system, and hopefully you have seen some changes for the better. With the new Health Centre coming to fruition next year things on this front will only get better.

The group has a committee with four main officers

- Chairman - Mr Steven Wright - College lecturer
- Secretary - Mrs Jane Watson - Housewife
- Treasurer - Mr John Taylor - Retired miner
- Communications officer - Mr Robert Allen - Retired Engineer

If you have visited your Health Centre in the last year you may have seen one or more of us asking you to complete a questionnaire on how you made your way to the Health Centre, what the parking is like, etcetera and how good the process of making an appointment or seeing a doctor or a nurse is. These are the first steps in knowing what might be right or wrong and what needs to be addressed; and hopefully as patients we will be able to see some positive results in the future. The group will be in attendance on the Flu clinic days on Saturday the 8th and 29th of October.

We have also held health promotion events and try not to preach but to make the events light hearted and fun with cooking demo's, the bicycle riding smoothie maker and maybe some other attractions like tasters of complimentary therapies such as Indian Head Massage and Reflexology, so come along to our next event Thursday 3rd November at Huthwaite Leisure centre New street at 2:00 to 4:00pm.

So if you feel you would like to contribute a couple of hours per month then please contact Lorraine the Assistant Practice Manager and arrange to come along to our next meeting. Currently our meetings are held once a month on a Wednesday evening it's usually the third Wednesday in each month, @ 5:30pm at the health centre, so come along and help make a difference.

Please note this groups function is only to help with patient/practice running and relationships on a general basis and cannot help resolve individual issues which should be taken up directly by calling to see the Practice Manager

R Allen

While a flu vaccine won't prevent coughs and colds, it will protect against the most common strains of the flu virus this season. The flu virus constantly changes so you need a new flu jab every autumn.

Although most people recover from flu after a couple of weeks, some can develop life-threatening complications. You are more vulnerable to it's effect if you fall into one or more of the following AT RISK groups

- Chronic respiratory disease and asthma that requires continuous or repeated use of inhaled or systematic steroids or with previous exacerbations requiring hospital admission.
- Chronic heart disease
- Chronic renal failure
- Chronic liver disease
- Chronic neurological disease*
- Diabetes
- Immunosuppression
- Currently Pregnant



If you fit into one of these categories please make an appointment for your flu vaccine . If you are not sure speak to a Receptionist who will check for you.

THE VACCINE IS FREE TO ALL IN THE AT RISK GROUPS

Prostate Article

Prostate problems are increasingly frequent as life expectancy increases. Prostate problems can affect men of any age but are more common as men get older. Early treatment and accurate diagnosis can stop these diseases having very negative effects on health. The key to prevention and earlier detection is empowering men to lead healthier lifestyles and be more aware of the symptoms and signs to look out for.

What is the prostate?

A small (walnut sized) gland in the pelvis of men
It is located between the penis and the bladder and surrounds the urethra (tube that carries urine from the bladder to the penis)
It helps produce the fluid in semen

What should you look out for?

You should visit your doctor if you regularly experience one of the following:-

A weak sometimes intermittent flow of urine
Difficulty starting to urinate
A need to urinate frequently
A need to urinate urgently
Having to go to the toilet several times during the night
A feeling that your bladder is not completely empty after you finishing urinating
Pain or burning when passing urine
Pain in the back, hips or pelvis



When should I see the doctor?

If you have the above symptoms that are persisting see the doctor as the longer prostatic symptoms are left untreated the more impact they are likely to have on quality of life.

If caught early prostate cancer is usually successfully treated.

If you would prefer to see a male doctor let the receptionists know and they will arrange this for you.

What will happen when I see the doctor?

The doctor will listen to what problems you have been having
The doctor will need to check the prostate gland by performing a digital rectal examination. This is a simple examination where the doctor will pass a gloved lubricated finger into the rectum (back passage). This is not a painful procedure and is over very quickly. The doctor will be able to assess the size, tenderness and surface of the prostate.
The doctor may then need to do a further blood test such as the Prostate Specific Antigen (PSA) test
The doctor may decide to refer you to a urologist

There are 3 main conditions that affect the prostate:-

1. Benign Prostatic Hyperplasia (BPH)

This means enlargement of the prostate gland
As the prostate enlarges it squeezes the urethra limiting the flow of urine out of the bladder
This leads to men finding it very difficult to empty the bladder and can lead to them being unable to pass urine (this would require a hospital admission).
It is easily treated with drugs or surgery
It needs to be monitored so that any changes can be spotted and treated

2. Prostatitis

This is a poorly understood condition
50% of men suffer this at some point during their life
Men suffer with pain and discomfort around and between the anus and scrotum and need to urinate frequently
This needs proper management as it can be difficult to treat
Treatment includes antibiotics, anti-inflammatories and other drugs

3. Prostate cancer

1 in 14 chance of developing this as a man
More common once over 50years old
Can have no symptoms in the early stages
If diagnosed will be referred to a urologist who will decide how aggressive the cancer is and how far it may have progressed
Treatment options depend on how advanced the cancer is, the mans age and fitness level, past medical history and the mans personal preference.
Treatments include surgery, radiotherapy, brachytherapy, active surveillance, hormone treatment, HIFU (high intensity focused ultrasound) and cryotherapy (freezing).

Lifestyle

There is some evidence that being overweight and having a high cholesterol may increase your risk of prostate cancer.
BPH is more common in obese men

Try to keep fit and healthy and become more prostate aware

New Website

We have a new and improved website and have introduced some new features, including:

1. Repeat prescriptions – new site for ordering your repeat prescriptions, linked (securely) to our records system.
2. Up-to-date information on the New Building
3. From the 10th October we will be conducting our annual survey which will be available on the website for you to complete

Please visit us at www.huthwaitesurgery.co.uk