

The Bedford Park Surgery

WINTER 2020

newsletter

Dear Patients

PPG MEETING

The next PPG meeting will be held on Friday 29 May 2020 at 18.15 at the surgery. We are looking for more patients to come along and join our group to represent the patients and to help the surgery look at ways to make positive changes to the surgery and make their views heard. If anyone is interested please email the manager on Sangeeta.kathuria@nhs.net

CORONAVIRUS UPDATE

We have been sending texts to patients and have displayed the necessary information on our websites and front door entrance for patients to be signposted to the relevant bodies for further information. We are asking our patients to be proactive in helping ensuring that we can contain the virus by not coming in to the surgery if you have been in from any of the listed countries. We also request patients to not come in if they have been in contact with anyone with the virus and display any symptoms. If you are unsure, then ask for a telephone consult appointment but the best advice remains to contact NHS111 online or by phone as first line.

HEALTH AND WELLBEING TALK

We are organizing a health talk by a health and life coach, on Friday 13 March 2020 at 18.30 – 20.30. This will be held at St Peters Church Southfield Road. More information can be found on our website. If you are interested to know more about lifestyle diseases and which foods you should eat for prevention and treatment, please come along. The coach, Cecilia, will discuss lifestyle diseases and what they are, disease forming foods and health producing foods. She is a Medical Doctor working in Anesthesia and Adult Intensive Care and her aim is to inspire lifestyle changes for prevention and reversal of chronic illness so people can start taking charge of their health and life.

OVARIAN CANCER AWARENESS MONTH

March is ovarian cancer awareness month and we would like to ensure our patients are well versed in this area.

We will be putting up some information on our website for you to see however, please find below some useful tips.

Key Facts and Figures about ovarian cancer:

- On average, 720 women are diagnosed with ovarian cancer every year in London.
- Around 350 women die of ovarian cancer each year in London – almost one woman every day.

- A woman in the UK has a one in 50 chance of being diagnosed with ovarian cancer in her lifetime. When a woman is diagnosed at the earliest stage, her chance of surviving ovarian cancer for five years or more doubles. Cancer Registry data shows that 6,000 women were living with and beyond an ovarian cancer diagnosis in London in 2017.

There are 6,000 women living with and beyond ovarian cancer in London. As a consequence of ovarian cancer treatment, patients can go on to develop osteoporosis, cardiovascular disease and compromised sexual health. Patients should seek to increase their awareness of symptoms and, with their GPs, look out for signs of early menopause or Premature Ovarian Insufficiency (POI).

Helping to tackle low awareness of ovarian cancer symptoms

Some symptoms can be confused with Irritable Bowel Syndrome (IBS). If they are experiencing any of the following symptoms regularly, and they are not normal for them, it is important that they see their GP:

- Persistent bloating - not bloating that comes and goes
- Feeling full quickly and/or loss of appetite
- Pelvic or abdominal pain (that's your tummy and below)
- Urinary symptoms (needing to wee more urgently or more often than usual)

It is unlikely that their symptoms are caused by a serious problem, but it is important to get checked out.

YEAR 3 MEDICAL STUDENTS

We will be having two medical students (Beatrice and Thomas) who are from Imperial College London and will be with Dr Mendes da Costa from 10 March until 7 May 2020. We will be letting patients know on check in when they will be sitting in on consultations. If a patient does not wish to have them in the room, please notify the reception on checking in. We had a pair of students last year too which was a great experience for the surgery. We hope you will work with us to welcome the students to the surgery as we help them achieve the necessary training to move forward in their medical degree.

BANK HOLIDAYS COMING UP

We will be closed on the below days so please ensure you have your required prescriptions etc and information for the out of hours access.

Friday 10 April 2020
Monday 13 April 2020
Friday 8 May 2020
Monday 25 May 2020