

# Practice Newsletter

## March 2021



### March is ovarian cancer awareness month

In the UK nearly 7,500 women are diagnosed with ovarian cancer every year and it is the sixth most common cancer in women in the UK.

Symptoms are frequent (they usually happen more than 12 times a month) and persistent, and include:

- increased abdominal size/persistent bloating (not bloating that comes and goes)
- difficulty eating/feeling full
- pelvic or abdominal pain
- needing to wee more urgently or more often

Other symptoms can include unexpected weight loss, change in bowel habits, and extreme fatigue.

You should speak to a GP if:

- you've been feeling bloated most days for the last 3 weeks
- you have other symptoms of ovarian cancer that won't go away
- you have a family history of ovarian cancer and are worried you may be at a higher risk of getting it

Tyneside and Northumberland Mind have launched a new mental health support line from 08.00am until 8.00pm every weekday until 31st March 2021.

This will provide a friendly voice and listening ear on the end of a phone. Please call (0191) 4774545

We continue to contact patients who are invited for a covid vaccine. Please be patient and wait to be contacted.  
Please note if you have tested positive for covid you cannot be vaccinated until 4 weeks after your positive test. Please inform us when we contact you to book in your vaccine.

**Practice Closures** - Please note the practice is closed between 1pm-2pm every Monday and closed all afternoon from 12.30pm on the following dates for staff training: -  
Wednesday 17th March 2021

Would you like to sign up for newsletters by email or to receive letters from us by email instead of by post? You can also book appointments and order medications online too. Please speak to reception.

**If you have a minor ailment – think pharmacy first.**

If you have any of the following you can get treatment from a local pharmacist without the need for a prescription from a GP. If you do not pay for prescriptions then you will still receive the items free of charge. If you would usually pay for prescriptions this would usually be cheaper than the price of a prescription.

**Aches and pains**

Back pain, Headache, Migraine, Period pain, Teething and Toothache

**Allergies**

Bites and stings, Hay fever and Skin reactions

**Colds and flu**

Cough, Congestion, Sore throat, Fever and/or temperature

**Ear care**

Earache, Ear infection and Ear wax

**Eye care**

Bacterial conjunctivitis (sticky eyes) and Styes

**Stomach aches**

Constipation, Diarrhoea, Haemorrhoids, Indigestion, Reflux, Threadworm and Vomiting

**Head lice**

**Any skin or mouth problem**

Athletes foot, Chickenpox, Cold sores, Contact dermatitis (inflammation of skin), Fungal nail infection, Impetigo (blisters), Nappy rash, Scabies, Skin rash, Vaginal thrush and Warts and verrucae

**Why reception ask you the symptoms before offering you an appointment?**

This is to triage each patient to ensure they are offered suitable appointments for their problem or signposted to more suitable services. This not only saves you attending appointments with the wrong person but helps the GP to prepare for your consultation if you are booked in. We do this because the partners of the practice have requested we do this. Just the same as our clinical staff all of our staff have signed a confidentiality agreement so we will not discuss the symptoms with anyone else.

If the problem comes under the minor ailments scheme (list of problems above) that most local pharmacies offer we would advise to try that first. This means that the clinicians appointments in the practice are kept for problems that can't be dealt with by the pharmacy or any other service.

Some problems are more suitable for specialist services i.e. physiotherapy, mental health services or are better dealt with by our nursing team.

Some things can be done without the need for an appointment e.g. sicknotes can be ordered via our website which are then emailed back to you once completed by the doctor, reception can directly refer you for a phone appointment with physiotherapy, refer you to the midwife etc.