



# TRMC NEWSLETTER

## TAUNTON ROAD MEDICAL CENTRE

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01278 720005

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01278 720015  
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or via online access

Website:  
[www.trmc.co.uk](http://www.trmc.co.uk)

## Contact with the Reception Team

We would like to take this opportunity to let you know that the Reception Team deal with your requests as advised by the GP's. Receptionists ask questions to try and ensure that you receive the right care in the right place at the right time and in order to do this they need a brief description of the problem that you are experiencing. All staff members at TRMC adhere to the strict confidentiality protocols and therefore the information you give is kept secure. Please do not shout at the Reception Team as they are doing their best to provide you with the care that you require and the shortage of appointments that we are experiencing is a national problem at the moment.



## Websites the GP's trust:

[www.nhs.uk](http://www.nhs.uk)

This will take you to the NHS choices site, where you can find local health related services, medical advice, a symptom checker and much more.

[www.patient.co.uk](http://www.patient.co.uk)

This website is full of helpful information for all the family such as: healthy eating, health and wellbeing and medication.

*Sometimes our Doctors and Nurses run late and we apologise for any inconvenience caused.*

*Please remember, they could be dealing with an emergency or the patient before you may need a little extra time.*

*Thank you for your understanding as one day it could be you that needs a little extra time.*

## Bowel Cancer Awareness

Bowel cancer is a general term for cancer that begins in the large bowel. Depending on where the cancer starts, bowel cancer is sometimes called colon or rectal cancer. Bowel cancer is one of the most common types of cancer diagnosed in the UK. Most people diagnosed with it are over the age of 60.

### Symptoms of bowel cancer

The three main symptoms of bowel cancer are:

- **Persistent blood in the stools** that occurs for no obvious reason or is associated with a change in bowel habit
- **A persistent change in your bowel habit** which usually means going more often, with looser stools
- **Persistent lower abdominal (tummy) pain, bloating or discomfort** that's always caused by eating and may be associated with loss of appetite or significant unintentional weight loss

The symptoms of bowel cancer can be subtle and don't necessarily make you feel ill, however, it's worth waiting for a short time to see if they get better as the symptoms of bowel cancer are persistent.

Bowel cancer symptoms are also very common and most people with them don't have cancer. For example:

- Blood in the stools when associated with pain or soreness is more often caused by piles (haemorrhoids).
- A change in bowel habit or abdominal pain is usually the result of something you have eaten.
- A change in bowel habit to going less often, with harder stools, is not usually caused by any serious condition – it may be worth trying laxatives before seeing your GP.

These symptoms should be taken more seriously as you get older and when they persist despite simple treatments.

**Make sure that you see your GP if your symptoms persist or keep coming back after stopping treatment, regardless of their severity or your age.**



## Don't ignore the warning signs.

If you've been suffering from tummy troubles such as diarrhoea, bloating, discomfort or anything else that just doesn't feel right for three weeks or more, it could be a sign of cancer.

It's probably nothing serious, but finding cancer early makes it more treatable, so tell your doctor.



## Bowel Cancer Screening

To detect cases of bowel cancer sooner, the NHS offers two types of bowel cancer screening to adults registered with a GP in England:

- **All men and women aged 60 to 74 are invited to carry out a fecal occult blood (FOB) test.** Every two years they are sent a home test kit, which is used to collect a stool sample. If you are 75 or over, you can ask for this test by calling the freephone helpline on 0800 707 60 60.
- **An additional one-off test called bowel scope screening** is gradually being introduced in England. This is offered to men and women at the age of 55. It involves a doctor or nurse using a thin, flexible instrument to look inside the lower part of the bowel.

Taking part in bowel cancer screening reduces your chances of dying from bowel cancer. Removing any polyps found in bowel scope screening can prevent cancer. However, all screening involves a balance of potential harms, as well as benefits. It's up to you to decide if you want to have it.

**Shingles eligibility**

Public Health England NHS

1 April 2018 – 31 March 2019

current age

- 69: Becoming eligible on 70th birthday (Eligible)
- 70: Eligible
- 71: Eligible
- 72: Eligible
- 73: Eligible
- 74: Eligible
- 75: Eligible
- 76: Becoming eligible on 77th birthday (Eligible)
- 77: Becoming eligible on 78th birthday (Eligible)
- 78: Eligible
- 79: Eligible
- 80: No longer eligible (No longer eligible)

Born before 25/42 Born after 1942

Patients remain eligible for the shingles vaccine up until their 80th birthday.

immunisation

**IMPORTANT INFORMATION**

- The shingles vaccination is only ever administered once
- You can request the shingles vaccination at any time of the year
- If you become eligible in September, please look out for our flu clinics as you can be vaccinated then

**DO YOU THINK THAT YOU ARE ELIGIBLE FOR A VACCINE?**

To check your eligibility or to book an appointment, please speak to one of the reception team.

Public Health England NHS

**think measles**  
It's not just a kids' problem

Teenagers, young adults and anyone who has missed their MMR vaccination can get measles.

Symptoms such as:

- high fever
- rash – sometimes starting around the ears
- sore red eyes
- cough
- aching and feeling unwell

Remember, if it could be measles – they need to be in an area where they cannot pass the infection to vulnerable patients such as the immunocompromised and pregnant women.

For more information go to [www.nhs.uk/vaccinations](http://www.nhs.uk/vaccinations)

immunisation  
Helping to protect everyone, at every age

Public Health England NHS

Born between 1 September 1998 and 31 August 1999  
**Leaving school or college?**

Whatever you do next, get your  
**MenACWY vaccine**

Getting the MenACWY vaccine from your GP practice and knowing the symptoms of meningitis could  
**save your life**

## TRMC News!

Dr Kath Speller, Dr Mark Howell and HCA Sue successfully completed the Bridgwater Bolt 10k 2018  
This is a fantastic achievement which we congratulate them on.

TRMC are supporting the Green Impact for Health Scheme, we are encouraging the use of Fairtrade products, we are using recycled products where possible and recycling as much waste as we can.

### Inhaler users please note:

COMPLETE THE CYCLE from GlaxoSmithKline (GSK) is the first UK wide recycling and recovery scheme for inhalers.  
Please hand your used inhalers in to one of the following pharmacies in Bridgwater:



Cranleigh Gardens, Asda, Superdrug or Boots



## Feedback

The GP Partners and staff at TRMC always welcome feedback; you can do this in a number of ways:

- Complete a 'Friends and Family' form, copies in the foyer or please ask at Reception
- Online via our website [www.trmc.co.uk](http://www.trmc.co.uk)
- Online via NHS Choices [www.nhs.uk/Service-Search/GP/LocationSearch/4](http://www.nhs.uk/Service-Search/GP/LocationSearch/4) or search for 'NHS Choices Taunton Road Medical Centre'

### SOCIAL MEDIA POSTS

The GP Partners and staff at Taunton Road Medical Centre request that you do not leave feedback on social media sites. We operate a practice complaints procedure as part of the NHS system for dealing with complaints and this procedure meets the national NHS criteria. Please ask at Reception for a Complaints Procedure leaflet for more information.

We do our best at all times to provide the best possible service for our patients within the resources available and if you are not happy with our service, please contact us directly so that we can investigate your complaint and put things right as far as we possibly can.

### Repeat Prescriptions

Please order your repeat prescription in plenty of time so that it does not become an urgent request

- Please allow at least 48 hours to order your repeat prescription if you collect from the Surgery
- Please allow at least 72 hours to order your repeat prescription if you collect from a pharmacy
- Urgent prescriptions will be ready after 9am the following day but are only done at the GP's discretion.



### TRMC HEALTH WALKS

Please come and join us for a gentle walk on:

Wednesday 6<sup>th</sup> June 2018 at 11am  
Wednesday 4<sup>th</sup> July 2018 at 11am  
Wednesday 8<sup>th</sup> August 2018 at 11am  
Wednesday 12<sup>th</sup> September 2018 at 11am

**Everyone welcome!**

For more information ask at Reception or telephone us on 01278 720000.

