



Royal Crescent Surgery Newsletter April 2019

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New Phone System

We are pleased to be updating our phone system in April, this may involve a very small amount of 'down time'. We apologise for any inconvenience this may cause.



Be Aware of the Symptoms of Ovarian Cancer

It's known as the Silent Killer -

Ovarian cancer is often spoken of as the silent killer due to a perceived lack of symptoms in its early stages. For so many women their cancer is only diagnosed after it has spread to areas other than the original site. This makes successful treatment much more difficult to achieve.



But there are symptoms - Abdominal swelling, persistent bloating, abnormal bleeding, an increased urgency to urinate, abdominal pain, back pain, feeling full, lack of appetite or difficulty eating. All these symptoms, whether experienced together or in isolation, are warning signs that should not be ignored.

Often missed and mis-diagnosed - There isn't a lack of symptoms, but there is a lack of awareness of them. Women often notice the changes in their bodies but might attribute them to other things or ignore them as just a part of ageing. Even when they do visit their GP, the vagueness of their symptoms all too frequently leads to mis-diagnosis of other less serious conditions.

Early diagnosis is the key - The statistics for ovarian cancer speak for themselves. If diagnosed early, around 90% of patients will still be alive five years later. If diagnosed in later stages, that statistic is virtually reversed. The 2 tests used most often to screen for ovarian cancer is a transvaginal ultrasound and a CA-125 blood test.

The lack of awareness of the symptoms of ovarian cancer is a major problem. Widespread misunderstanding is risking lives. Recent research underscores why the work of the **Gill Harler Fund** is so important to improving the outcomes for women with ovarian cancer. For further information visit www.gillharlerfund.org

** Coming soon at the surgery **

The PPG are working with Digital Champions to offer you Free One to One sessions to help to get online and use online services. More info coming soon...

Are you due an Annual Review?

All patients with a Long Term Condition, i.e. Asthma, Diabetes, Heart Disease, COPD, Hypertension should have an annual review.

Patients are given an 'Annual Review Month' to have their condition reviewed. This is to ensure you are on the correct medication, and that your condition has not deteriorated warranting further investigation or medicines.

If you are newly registered with the surgery and know that you are due for a long term condition blood test or review, please book an appointment.

If you don't know when your annual review is due, don't worry, we will contact you,

Your Data Matters to the NHS

Information about your health and care helps us to improve your individual care, speed up diagnosis, plan your local services and research new treatments.

You can choose whether your confidential patient information is used for research and planning or you can choose to opt out.

There may still be times when your confidential patient information is used: for example, during an epidemic where there might be a risk to you or to other people's health. You can also still consent to take part in a specific research project.

Choosing to opt out will not affect your care and treatment. You will still be invited for screening services, such as screenings for bowel cancer.

You do not need to do anything if you are happy about how your confidential patient information is used.

If you do not want your confidential patient information to be used for research and planning, you can choose to opt out securely online or through a telephone service. To find out more or make your choice visit:

nhs.uk/your-nhs-data-matters
or call 0300 303 5678

Speaking up - People First

If you have a learning disability and want to chat to a health professional, learn how to stay well, or try your hand at making some healthy 'Mock tails' Come along to a 'Speaking Up' meeting on **Wednesday 17th April at Weymouth College 10.30am—12pm.** Call Lisa on 07902 528895 for further information.

Easter Holiday

We will be closed on

**Good Friday
19th April**

&

**Easter Monday
22nd April**

**For medical
emergencies call
999**

**For medical advice
call 111**

Weymouth Urgent Care Centre

**Weymouth Hospital
Open every day
8am-8pm**

*(last patient to arrive
before 7.30pm)*

Clinicians on hand to deal with minor ailments and injuries, including broken bones, cuts, sprains, burns, bites and wound infections.

**Please consider the
UCC to ease the
pressure on A&E
services.**

Tel: 01305 762541

**Did you know on
average 340
appointments are
not attended each
month at the
Surgery!**

**Please contact the
surgery if you
cannot attend your
appointment so this
can be offered to
someone else.**

**Would you like an
evening or weekend
routine GP or nurse
appointment?**

**GP and Nurse
appointments are
available at
Weymouth Hospital
outside of normal
GP surgery hours.**

**Just ask a
receptionist if you
would like to book
one of these
appointments.**