

Dear Patients,

Hesa Medical Centre would like to welcome you all to our first Newsletter. We would like to take this opportunity and Thank our Patient Participation Group, they have helped us to improve our overall service we provide to you.



Don't forget to tell us what you think.

We are interested in what you think and welcome your feedback. We cannot always change things but if we don't know we cannot try. Next time you come to the surgery let us know how we are doing, what we do well and what we need to do better. Feedback cards are available from reception.



Importance of Screenings

Bowel Cancer Screening Kit

If you are aged 60-74 you will be invited to carry out a faecal occult blood test every two years. Taking part in bowel cancer screening provides an opportunity for early diagnosis and improved chances of successful treatment. Doing the test could save your life. We know it doesn't come top of the list of things to do at the weekend but it could be a life saver. **You know it makes sense - Do it.** People aged 75 and over can still be screened for bowel cancer by requesting a screening kit by calling 0800 707 6060.

People younger than 60 are not eligible for the FOB screening test but if you are worried about bowel health or have a family history of bowel cancer speak to your Doctor.



Changes to ordering prescriptions



Did you know that there have been changes to how repeat prescriptions can be ordered? You can no longer order your repeat prescriptions through a chosen Pharmacy only directly from your GP practice. A patient ordering their own prescription is a safer way and reduces waste and cost. Reducing costs is something we all welcome. If you are on repeat prescriptions you should have received a letter from the practice detailing the changes. If you need further information please contact the surgery or go to the practice website.

Breast Cervical Screening

All women registered with a GP and aged 50 to 70 will be invited for breast screening every three years. If you live in England, you may be invited for breast screening between the ages of 47 to 73, as part of a trial. It is rare for women under 50 to develop breast cancer, so they are not routinely screened. Breast screening cannot prevent breast cancer. It can only find a cancer that is already there. But if a cancer is found, it is often very small and hasn't spread. This means it is usually easier to treat.



HEALTH EVENTS AT HESA

We are open to any concerns 8am to 8 pm Mon-Friday and 9am to 1pm on Saturday. In addition to this we are holding health events on the following days, which are open to general public.

**Thursday 9th January 2020
Monday 3rd February 2020
Wednesday 18th March 2020**

