**Riverside Surgery Newsletter**

**March 2019**

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| **Ovarian Cancer Awareness Month!**  **It’s time to TAKE OVAR. Raise awareness, fund research and save lives this March.**  **Ovarian cancer is the biggest gynaecological killer of women in the UK with the survival rates among the worst in Europe.**  **The earlier a woman is diagnosed with ovarian cancer the more likely she will respond to treatment. Most women are diagnosed once the disease has already spread, and one in five are diagnosed too late for any treatment at all! Without a serious boost in awareness, women will continue to be diagnosed too late!**  **Gynaecological cancers and their signs and symptoms are too-little known, often stigmatised and not talked about enough. Early detection is key and with so few women confident of spotting the symptoms there is a lot of work to do.**  Symptoms are frequent and persistent (usually happening more than twelve times a month)   * Increased abdominal size/persistent bloating * Difficulty eating/feeling full * Pelvic or abdominal pain * Urgent and frequent need to urinate * Unexpected weight loss * Change in bowel habits * Extreme fatigue |

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| **Protected Learning Time**  The surgery will be closed from 1.00pm on Tuesday 19th March for training; we will reopen at 8.00am on Wednesday 20th march.  **Sorry for any inconvenience caused.** |

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| **Contact details**  Can we please ask you to ensure that we have your latest contact telephone number; there have been a few of occasions when we have been trying to contact patients and have the wrong number.  We are also offering appointment reminders via a text message; please let us know if you would like us to do this for you when you book your appointment. | **Telephone Problems**  We would like to offer our apologies if you have been having trouble getting through on the phone, it has come to light that sometimes there isn’t an engaged tone when the lines are busy and that it sounds like a dead line.  We will try to get this rectified as soon as we possibly can but in the meantime please bear with us. |

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| **No Smoking Day**  **Wednesday March 13th is National No Smoking day.**  Stopping smoking is the single best thing you can do for your heart health! Smokers are more than twice as likely to have a heart attack as those who have never smoked!  The good news is that the risk to your heart health decreases significantly soon after you stop. By quitting you will be dramatically reducing your risk of coronary heart disease, stroke and a variety of cancers.  You can call the NHS Smoking helpline on 0300 123 1044. You can also download the stop smoking booklet at [www.bhf.org.uk/informationsupport/risk-factors/smoking](http://www.bhf.org.uk/informationsupport/risk-factors/smoking)  no smoking sign |