**Riverside Surgery Newsletter**

**March 2018**

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|  **Surgery Opening times** |
|  | **Open** | **Lunch** | **Closed** |
| **Monday** | **8.00am** | **1.00 – 2.00pm** | **6.00pm** |
| **Tuesday** | **8.00am** | **1.00 – 2.00pm** | **6.00pm** |
| **Wednesday** | **8.00am** | **1.00 – 2.00pm** | **6.00pm** |
| **Thursday** | **8.00am** | **1.00 – 2.00pm** | **6.00pm** |
| **Friday** | **8.00am** | **1.00 – 2.00pm** | **6.00pm** |

**The practice is open on a Wednesday morning between 07.00am and 9.00am for pre-booked appointments only; these will be with the Advanced Nurse Practitioner.**

**The surgery will be closed on the afternoon of Tuesday 20th March for Protected Learning time.**

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| **Easter Coffee Morning**We will be holding our Easter coffee morning on Wednesday 21st March between 11.00am and 1.00pm in aid of Macmillan. Please come along for refreshments and a chat.C:\Users\GARNT\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\9NIKZ8HP\happyeaster[1].gif |

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| **DNA’s**We would like to thank everyone that took the time to cancel their appointments in February. We had **34 DNA’S** which is slightly higher than January but still a drop from the same time last year. The total cost to the NHS last month for the missed appointments was **£768.40** | **No Smoking Day**The national no smoking day is on the 7th March this year and is a great opportunity to stop smoking. The following website has plenty of tips and information to help you on your stop smoking journey. [www.nhs.uk/livewell](http://www.nhs.uk/livewell) |
| **Ovarian Cancer Awareness Month**11 women die in the UK every day from ovarian cancer. Awareness of ovarian cancer is low, both among women and GPs, with two-thirds of women diagnosed once the cancer has already spread.Ovarian cancer is cancer arising from the cells in and around the ovary and fallopian tube. What are the symptoms?​* Persistent bloating - not bloating that comes and goes
* Feeling full quickly and/or loss of appetite
* Pelvic or abdominal pain (that's your tummy and below)
* Urinary symptoms (needing to wee more urgently or more often than usual)

Occasionally there can be other symptoms:* Changes in bowel habit (eg diarrhoea or constipation)
* Extreme fatigue (feeling very tired)
* Unexplained weight loss

If you regularly experience any one or more of these symptoms, which are not normal for you, it is important that you see your GP. It is unlikely that your symptoms are caused by a serious problem, but it is important to get checked out.  |

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| **Prostate Cancer Awareness Month****Prostate cancer is the most common cancer in men and it is thought that here in the UK around 36,000 are diagnosed with this terrible disease each year.****Some prostate cancer signs related to urination include:*** Burning or pain during urination.
* Difficulty urinating, or trouble starting and stopping while urinating.
* More frequent urges to urinate at night.
* Loss of bladder control.
* Decreased flow or velocity of urine stream.
* Blood in urine (hematuria
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