



Spring 2019

Issue 7



THE PPG - SURGERY NEWS SHEET

Surgery News

Welcome to our new Reception Supervisor at Buxted - Rosie Gower who joined us in mid-January. She has over 20 years' previous experience of working within a GP Surgery.

Our GP Registrar - Dr. Charlie Clark will be leaving us at beginning of April; he will be replaced by Dr Stephanie Quinn.

New telephone queuing system - in response to patients' comments on having to sometimes wait for the telephone to be answered, we introduced a new queuing system at Buxted at the end of February to help patients to identify our busy peak times. So far, we have received a lot of positive feedback

Easter arrangements:

It would be helpful if patients could order their repeat medication before

Monday 8th April 2019

This is to avoid possible supply difficulties; we cannot guarantee obtaining your medication before Easter if requests are made after this date. This does not affect the repeat dispensing service.

Our medical centres will be closed on the following dates:

Good Friday 19 th April	CLOSED
Saturday 20 th April	CLOSED
Easter Sunday 21 st April	CLOSED
Easter Monday 22 nd April	CLOSED



National Screening Programs

Patients often ask about screening programs offered by the NHS. National Screening Programmes are designed to detect early signs of disease in the population and then to provide a reliable method of referral for diagnostic testing and further treatment.

email us at: behppg@live.com





All information given here can be found at:
<https://www.nhs.uk/conditions/nhs-screening/>
 Here is a list of what is offered.

- [NHS abdominal aortic aneurysm \(AAA\) programme](#) is offered to men in their 65th year to detect abdominal aortic aneurysms (a dangerous swelling in the aorta). Men over 65 can self-refer.
- [NHS bowel cancer screening \(BCSP\) programme](#) there are 2 types of screening for bowel cancer.
A home testing kit is offered to men and women aged 60 to 74.

Bowel scope screening uses a thin, flexible tube with a tiny camera on the end to look at the large bowel. It is offered to men and women at the age of 55 in some parts of England.

- [NHS breast screening \(BSP\) programme](#) is offered to women aged 50 to 70 to detect early signs of breast cancer. Women over 70 can self-refer.
- [NHS cervical screening \(CSP\) programme](#) is offered to women aged 25 to 64 to check the health of cells in the cervix. It is offered every 3 years for those aged 26 to 49, and every 5 years from the ages of 50 to 64.

- [NHS diabetic eye screening \(DES\) programme](#) from the age of 12, all people with diabetes are offered an annual diabetic eye test to check for early signs of diabetic retinopathy.

Pregnant women are offered the following types of screening:

- [NHS fetal anomaly screening programme \(FASP\)](#) (mid pregnancy scan)
- [NHS infectious diseases in pregnancy screening \(IDPS\) programme](#) (hepatitis B, HIV and syphilis)
- [screening for Down's syndrome, Patau's syndrome and Edwards' syndrome](#)

New born babies are offered:

- [NHS newborn and infant physical examination \(NIPE\) screening programme](#) (which includes the eyes, heart, hips and testes)
- [NHS newborn blood spot \(NBS\) screening programme](#) (to check if the baby has any of 9 rare conditions)
- [NHS newborn hearing screening programme \(NHSP\)](#)
- [NHS sickle cell and thalassemia \(SCT\) screening programme](#)

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Benefits, risks and limitations of screening

Making an informed choice

Before having any screening test, it's worth finding out about the test itself and what would happen next if you found out you have a higher risk of a particular condition. Deciding whether or not to have a screening test is a personal choice and one which only you can make. When you are invited for screening, you will receive an information leaflet about the screening test.

You can discuss any aspect of the screening test with your health professional and decide whether or not it's right for you.

Different types of screening have different benefits and risks. Some of these are listed below.

The benefits of having a screening test include:

- Screening can detect a problem early, before you have any symptoms.
- Finding out about a problem early can mean that treatment is more effective.
- Finding out you have a health problem or an increased risk of a health problem can help people make better informed decisions about their health.
- Screening can reduce the risk of developing a condition or its complications.
- Screening can save lives.

The risks and limitations of screening include:

- Screening tests are not 100% accurate. You could be told you have a problem when you don't - this is called a "false positive" and may lead to some people having unnecessary further tests or treatment as a result of screening. A screening test could also miss a problem - this is called a "false negative" and could lead to people ignoring symptoms in the future.
- Some screening tests can lead to difficult decisions. For example, if a pregnancy screening test tells you your baby has a higher risk of a particular condition, you may then be faced with a decision about having further diagnostic tests that involve a risk to your pregnancy. If the diagnostic test is positive, you may then need to decide whether to continue with your pregnancy.
- Finding out you may have a health problem can cause considerable anxiety.
- Even if your screening test result is normal or negative (meaning you are not at high risk), you could still go on to develop the condition.

Further information about screening

Questions about screening results

- For pregnancy or baby screening results, contact your midwife or health visitor.
- For abdominal aortic aneurism or diabetic eye screening, contact your GP or your local screening programme.





For breast screening, cervical screening or bowel cancer screening, contact your GP, who should receive a copy of your results. You can also contact your [local breast screening unit, 01273 664966](#) or call the bowel cancer screening helpline on: [0800 707 6060](#).

Carer's Clinic - Please note the new venue and dates for these clinics.

Carers Clinic Bird in Eye Clinic, Uckfield

If you support someone who couldn't manage without your help, why not come and have a free and confidential chat with a Carer Support Worker?
2pm to 5pm on the 2nd Tuesday of each month Dates for 2019 are:

8 th January	9 th July
12 th February	13 th August
12 th March	10 th September
9 th April	8 th October
14 th May	12 th November
11 th June	10 th December

To make an appointment, call us on 01323 738390, visit our website, or drop in on one of the dates above.



www.cftc.org.uk

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THE HEARING BUS IS COMING TO BUXTED

The East Sussex Hearing Resource Bus will be outside the surgery on
Thursday 4th April from 10:30am – 3:30pm
Drop in for information or a basic hearing test.
Batteries and tubing – bring your Brown NHS Book.
The bus is accessible to wheelchair users.
No appointment needed



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