

**YOU MIGHT LIKE TO
KEEP THIS HANDY!**

Roundstone News

LOVEMEAD GROUP PRACTICE

SUMMER 2021

Did You Know?
We currently have 18858 patients

The Practice would like to thank all our patients for your patience and understanding whilst we navigated the COVID vaccination campaign. We continue to experience high call volumes and pressure on the service. We are looking at ways to improve access and are contacting patients who would normally be due a review by text where appropriate. Please look on our website for more information about services available.

We are publishing on this newsletter 2 items which we believe are most pressing for our patients; COVID passports and Spotting Cancer Early

COVID PASSPORT

You can access your Covid-19 vaccination status through the free NHS App on a smartphone or tablet. Proof of your Covid-19 vaccination status will be shown within the NHS app. If you do not have access to a smartphone and require your vaccination status you can call the NHS helpline on 119 and ask for a letter to be posted to you. This must be at least 5 days after you've completed your course of the vaccine. Please do not contact the practice about your Covid-19 vaccination status. We cannot provide letters or certificates to show your Covid-19 vaccination status.



Many patients are asking for:

- exemption from masks (for airlines)
- covid passport support
- other travel related requests.

We will help where we can.

Please note:

- there may be a charge
- there will be a delay as we must put the care of our unwell patients first.



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‘Putting Patients First’

Trowbridge Primary Care Network is Trowbridge Health Centre and Lovemead Group Practice. We’re working together to deliver the Covid Vaccination programme and we are very pleased to offer you your immunisation today.

We are also working together to reduce rates of cancer and diagnose people with cancer earlier.

Spotting cancer early saves lives

Although the pandemic has changed the way we work at the Surgery, we still want to hear from anybody - of any age - who has discovered something that looks or feels unusual.

There is a list of symptoms on the back of this leaflet – if you have any of these and are worried about cancer, please ring your Surgery to speak to a doctor or nurse as soon as possible. If we need to examine you we will book a face to face appointment to check you over.

Cancer screening programmes are still running

Screening is designed to pick up early cancer changes in people who feel healthy, so please do not ignore an invitation for screening, even if you feel well in yourself.

There are national screening programmes for three types of cancer: breast, bowel and cervical cancer. Surgeries are still doing smear tests as usual, so please book an appointment if your smear test is due (or overdue!)

Even if you have been screened, it is still important to tell your doctor if you notice something any new changes that are not normal for you.

Can Cancer be prevented?

There are steps you can take yourself that will make developing cancer less likely.

- Not smoking or stopping
- Being a healthy weight
- A healthy diet with plenty of fibre and healthy proteins
- Protecting your skin in the sun
- Drinking less alcohol
- Exercising regularly

Please see www.nhs.uk/live-well for further information and support.

Cancer symptoms

www.cancerresearchuk.org has helpful information about cancer symptoms and seeking help if you are concerned. Symptoms of cancer can be general (unexplained pain, weight loss or extreme and disruptive fatigue lasting more than 2 weeks and not resolving with rest) or specific to certain cancer types (a good selection of which are summarised below in an infographic from CRUK). More often these symptoms are a sign of something less serious, but if it is cancer, and it can be diagnosed and treated early, it can make a real difference.

Cancer can occur at any age, but is most common in people aged 50 or over. However, whatever your age, if you are concerned about any symptoms you are having, whether new, unusual or persistent, get them checked out.

Cough

One of the symptoms of coronavirus is a new continuous cough. In some people, a continuous cough can also be a symptom of cancer. If you have a cough that is continuing for more than 2-3 weeks - no matter how it started - and especially if you also have other symptoms such as unexpected weight loss, fatigue or loss of appetite, please speak to your GP. February 2021

These are some of the key signs and symptoms of cancer. But if something's unusual for you, it's best to tell your doctor – even if it's not on this list.

