



# Mansfield Medical Centre

## Newsletter

Spring/Summer 2017

We would like to welcome you to our new look

### **From the patient voice**

The patient voice needs to be heard and your voice is important, helping to take the surgery forward.

We meet on the 2<sup>nd</sup> Tuesday of the month starting at 7pm and last about 1 hour. If you cannot come to a meeting why not join our Virtual group who receive minutes by email and are asked for opinions on various matters **We do need members of this group to be active.**

**You represent important groups of our patient population and we need to hear your views and if you can support our efforts we would appreciate it.**

**Minutes of meetings and other information are available for you to take, on the notice board to the left of reception. You will also see the date of the next meeting.**

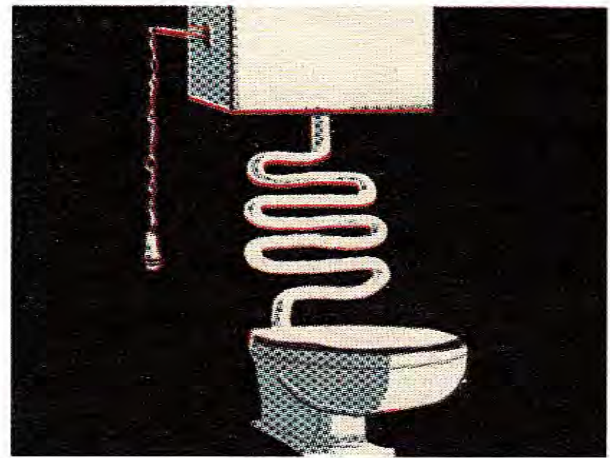
### **Do you know**

- There are changes to Blood Taking system at UHCW - see p6 for more details
- There are several Chemists in the area at which you can either make an appointment or call in to have your blood test taken, for example:-
  - ☐ Vantage Chemist 130 Far Gosford Street contact 024 7622 2985 for details of times
  - ☐ Humber Pharmacy 9 Humber Road contact 024 7645 5464 for details of times
  - ☐ BJ Chemist 197/199 Gulson Road contact 024 7625 7930 for details of times

# The bowel

The bowel, or intestine, can be broadly divided into two separate parts—the large and the small intestine. The small intestine is further divided into the duodenum, jejunum and ileum, and the large intestine is divided into caecum and colon.

These distinct segments are important because each one has a specialised function.



## **Not so “small” intestine**

The small intestine is where the majority of digestion takes place. In an adult, it measures about 16 feet and has a diameter of about an inch. Enzymes are released from the pancreas into the bowel when food is detected. Another hormone is activated that stimulates bicarbonate to be released into the bowel, neutralising stomach acid. As food moves through the small intestine, it is broken down into molecules that are absorbed into the bloodstream.

Proteins are turned into amino acids, fats into fatty acids and glycerol and carbohydrates into sugars. These can then pass through the bowel wall into the blood vessels. Certain parts of the small intestine absorb certain nutrients as they pass—the duodenum, for example, absorbs iron.

## **Clever colon**

The main function of the large intestine is to absorb water. It takes about sixteen hours for matter to pass through it. By the end of the passage through the large intestine, faeces have formed. The colon also absorbs a few select nutrients, such as vitamin K, which is produced by bacteria living there.

**MP**

# Men's Page

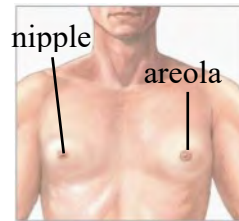
This page will be devoted to issues affecting males of all ages so if you have any items you would like included please write them down and hand the envelope to reception who will pass it on.

## Male Breast Cancer

### **Male Breast Development**

Before puberty begins and hormone levels shift and rise, female and male breasts look very much alike.

Children's breasts in both genders are primarily skin, fat, and connective tissue - supporting a nipple and areola. In our early teen years, the gender-specific hormones begin to transform our bodies for adulthood. In men, testosterone encourages testicular growth and usually prevents breast development. In women, oestrogen signals developing milk-producing glands and increases breast size. Pregnancy completes female breast development.



Most men who are diagnosed with breast cancer usually do not feel breast pain, but this is not a hard and fast rule. For men with a family history of breast cancer, doing a male breast self-exam is an easy way to be aware of any changes in your breast.

Changes to watch out for include:

- A lump or swelling
- Breast skin dimples or puckers that don't resolve
- Red, scaly skin on breast, areola, or nipple
- Nipple retraction
- Swollen lymph nodes in your armpit

The vast majority of breast lumps are caused by a condition called gynecomastia. This is a common non-cancerous condition where male breast tissue becomes enlarged.

You should always talk to your GP if you notice a lump in your breast or you have problems affecting your nipples, such as discharge.



# Patient Voice Project news

## Diabetes support project :-

Work on this project is still ongoing with one of our panel members attending some sessions on becoming a mentor for the group. He will then work in conjunction with our practice nurse to enable the support group to start. We will keep you informed as things develop and hope that the first meeting will not be too far away

## Lets get moving :-

Those of us still attending these sessions continue to feel the benefit, with one or two moving on to do other forms of exercise. We would like to see our numbers increase so that more of those with mobility problems get benefit from the exercise and improving our core stability, as well as the social time we enjoy after our session.

See the article below and if this applies to you then perhaps consider giving the sessions a try

### SLIPS TRIPS AND FALL

As we get older there is an increase in the amount of injuries caused by slips trips and falls that can be linked to our balance as well as on bad weather conditions.

Our core stability decreases with age so it is important that we try to maintain it as much as possible as this is what helps our balance. Simple mobilisation exercise can help us achieve a better core stability and help prevent trips and falls. Try to wear shoes that are suitable preferably with a low sturdy heel. If you need a walking stick use it, managing without is not always the wisest option. You could also check your home for trip hazards such as loose mats or worn carpet.

This may seem obvious advice but each year hundreds of all ages get injured from this type of accident

# Children and Teens

A picture to colour - Magical creatures from Harry Potter



## *Websites produced specially for Kids and teenagers*

Children, young people and parents across Coventry now have more ways to quickly and conveniently find advice on staying well physically and mentally.

[www.healthforkids.co.uk](http://www.healthforkids.co.uk) for children 4-11 years and their parents or carers This site offers a fun way for children to learn about health with games, activities and quizzes.

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[www.healthforteens.co.uk](http://www.healthforteens.co.uk) - for teenagers - hosts videos and webchats as well as articles to educate teenagers on a range of health topics such as contraception, mental health, drugs and alcohol.

## **New System for blood taking at UHCW**

- A simple online appointment booking service for blood tests has been launched at University Hospital Coventry. This new service allows patients to book a slot to have their blood taken at a time that suits them. The system also aims to help to reduce clinic waiting times so that patients can be seen more quickly. You can book an appointment on-line through the UHCW website.

<http://www.uhcw.nhs.uk/for-patients-and-visitors/blood-tests-x-rays>

use the new online appointment system before attending for a blood test to avoid any disappointment.

- Walk-in appointments remain available, but you may have to wait for the next available appointment time. Please note that you will be given an approximate time slot and this may vary depending on time slots already booked. Once available slots are filled you will be asked to attend another day.
- The walk - in centre at Stoney Stanton Road continues to operate unchanged.
- There are pharmacies across the city that have blood taking facilities which may be much more convenient for you so why not try it out and avoid the wait at the drop-in.

### **New Booklet - Your Drinking and You**

- This booklet has some very useful information on the alcohol content, shown in units, of some of the most popular drinks. There is a wealth of information to help you assess your drinking habits and help you manage them.

More information is available at :-

[www.nhs.uk/change4life](http://www.nhs.uk/change4life)

There are also copies available at the surgery

# Campaign Page

## Support the react to red campaign



### Tell other carers

As a patient, family member or carer there are 5 simple things you can do while in hospital, community care or in your own home to prevent a pressure ulcer developing:

1. Regularly check skin isn't sore or discoloured in anyway. If it is let a health-care professional know .
2. It's really important you keep moving while in bed or on a chair. Change your position as much as possible when appropriate
3. When you're unwell or immobile going to the toilet can be difficult ensure that skin is clean and dry or ask for help
4. Eat a well balanced diet and drink plenty of fluids
5. Special equipment is available for those at risk of developing pressure ulcers. Ask for help and your healthcare professional will advise you

June 12 - 18 Carers Week

Raising awareness of the input carers have. There will a variety of events taking place as well as informations stands around the city

June 11-17 Diabetes Week

Promoting a better understanding of diabetes and it's impact on health and wellbeing. Promoting better awareness of symptoms, treatment and lifestyle

## **Surgery Information**

### **Opening Times**

(extended hours in brackets) are:

**Monday, Tuesday, Thursday & Friday** 8.30am – 1pm & 1.30pm - 6.30pm

(6.30 – 7pm Appointments Only)

**Wednesday**- 8.30am – 1.00pm & 2pm - 6.30pm

**closed 1pm - 2pm for training**

(6.30 – 7pm Appointments Only)

**Saturday** (8.00am – 11.00am)

(Appointments Only)

### **1 doctor and one nurse on alternate weeks**

**Extended Hours** are for booked appointments only. The surgery will be closed but entry will be gained by using the door bell. No other services will be available during these times.

Please remember our **nurses** are very experienced and qualified to deal with a number of chronic conditions. It may be more appropriate to see a nurse first.

**Cancelling Appointments** - You can now cancel using the mobile No **07763120755** to **send a text message**. This phone will not be answered but text are regularly monitored. Please give as much notice as possible if you cannot attend as someone else can use that slot.

You must register to use online services forms available from reception

## **Repeat Prescriptions**

**Allow 48 hours before collecting.**

*Order either by using*

- Surgery website ([www.mansfieldmedicalcentre.nhs.uk](http://www.mansfieldmedicalcentre.nhs.uk))
- Registered on “myvision” Ask at Reception for details - re-registering necessary from 29 May due to the new computer system
- Using the POD system - **024 7624 6072** Monday to Friday between 8am and 5pm.
- Use the slip on your prescription
- Posted request enclosing a stamped addressed envelope

For safety reasons, telephone requests are **not** accepted .