



# YOUR VOICE

SEPT 2017

THE NEWSLETTER OF THE PATIENT PARTICIPATION GROUP  
CRANLEIGH GARDENS MEDICAL CENTRE & WESTONZOYLAND SURGERY

## What do you as patients want further education or guidance in?

Following our latest meeting it was agreed to get your thoughts on what may be of interest to you. A short survey which is detailed below will be asked to patients of the practice to get their opinions?

To get a cross section of thoughts the questions will be asked of patients by the reception team and PPG members will be speaking to patients at two Saturday Flu clinics that have been arranged for 30<sup>th</sup> September & 14<sup>th</sup> October.

After the feedback is received the patient participation group will look at undertaking an appropriate education event based on the demand and feedback received.

The following topics were raised as those were the group could take forward.

- Mental Health Issues
- Diabetes
- Alzheimer's
- Heart/Blood Pressure
- Child Inoculations
- Blood and Organ donations
- Other

If on reading this you have any preference please tick against the appropriate area and hand back this newsletter to a receptionist. If you have received this by email and want

to make a preference known simply detail one of the items listed and email it to [CG.mc@nhs.net](mailto:CG.mc@nhs.net). There is no need to put any other information with the email. In addition if you have any general comments relating to what the group are trying to achieve on this matter please feedback to our reception team or email the above address.

## Men's' Health

Five health symptoms men should not ignore: "British men are paying the price for neglecting their health: more than 100,000 men a year die prematurely.

On average, men go to their GP half as often as women. It's important to be aware of changes to your health, and to see your GP immediately if you notice something that's not right."

## Prostate Cancer

Each year about 36,000 men in the UK are diagnosed with prostate cancer, making it the most common cancer in men. It mainly affects men aged over 50.

## Symptoms

- difficulty in starting to pass urine
- a weak, sometimes intermittent flow of urine
- dribbling of urine before and after urinating

- a frequent or urgent need to pass urine
- rarely, blood in your urine or semen and pain when passing urine

These symptoms aren't always caused by prostate cancer but if you have them, see your GP.

### Medicines for Self-Care

**Somerset Clinical Commissioning Group** has made the following medicines of limited clinical value or for minor or self-limiting conditions NON FORMULARY. Your GP practice has been advised to no longer prescribe these medicines. You may seek healthcare advice from your community Pharmacy or practice, which may include a recommendation for you to self-care by purchasing your own medicines:

- Pain killers for minor aches and pains including Soluble pain killers (high salt content)
- Hay fever preparations and Nasal decongestants (and Sterimar)
- Cough and cold remedies
- Tonic, vitamin, and health supplements eg Vitamin D
- Treatments for non-serious constipation or diarrhoea
- Ear wax removers (a few drops of olive oil is just as good as anything on prescription)
- Treatments for minor facial spots
- Threadworm tablets
- Lozenges, throat sprays, mouthwashes, gargles and toothpastes
- Slimming preparations (except within national guidelines)
- Creams, gels, oils and dressings for minor sprains, sports injuries and scars

- Indigestion remedies for occasional use
- Creams for bruising, tattoos, varicose veins and scars and hair removal creams
- Nappy rash barrier creams and Antiperspirants
- Head lice lotions and shampoos (wet combing is recommended)
- Topical treatments for vaginal thrush and athletes foot
- Treatments for fungal skin, nail infections and dandruff
- Moisturisers, bath additives and sun creams for minor skin conditions
- Foods and toilet preparations except where clinically indicated e.g. cakes, mixes & biscuits; ready-made thickened juices; soya milks  
Homeopathic remedies  
Travel medicines

**For further information and guidance please refer to**

<http://www.selfcareforum.org/>

<http://www.nhs.uk/pages/home.aspx>

### Senior Splash

Years since you've had a swim? Get that old cossie out!

Val Bannister one of our PPG members is involved in senior swimming sessions. For several months a small group have been going to Chilton on Tuesday mornings when it is really quiet. Average age mid 80's with two over 90!! Some swim, some dog paddle, some just laze about with floats. The water is a comfortable temperature and there is access to shallow steps and bars making getting in and out easy.

If you or a family member would be interested please email Val on [valban17@gmail.com](mailto:valban17@gmail.com) or drop in a note to reception for her.