



# Newsletter - Autumn 2016

**WE ARE  
MACMILLAN.  
CANCER SUPPORT**



**The World's Biggest Coffee Morning** is Macmillan's biggest fundraising

event for people facing cancer. Join us at Poplar Grove Practice on Thursday 29th September between 10am-1.00pm - Together we can make sure that no one faces cancer alone.

## Change lives with every slice!



### Seasonal Flu Vaccinations

Flu vaccination is available every year on the NHS to help protect adults and children at risk of flu and its complications. Flu can be unpleasant, but if you are otherwise healthy it will usually clear up on its own within a week. However, flu can

be more severe in certain people e.g:

- anyone aged 65 and over
- pregnant women
- children and adults with an underlying health condition (particularly long-term heart or respiratory disease)
- children and adults with weakened immune systems

Flu clinics are on Saturday 1st October and Saturday 15th October as well as some weekdays. Please call after 10am for your appointment. If you are eligible for the pneumonia or shingles vaccines, these can be done at the same time as the flu jab. The PPG/Friends of the practice will be holding a raffle on the Flu Saturdays with many prizes on offer. The child flu vaccination is not available as yet, but we will keep you informed.



### Blood Pressure Machine

There is a blood pressure monitoring machine in reception for patient's use at any time. The machine is very simple to use, the instructions are explained clearly on the machine, or feel free to ask one of the team to help. Once you have completed the check, please leave your results ticket in reception after adding your name, date of birth and registered GP to the back. They will be added to your notes for your doctor's attention.

### New Prescription Desk Coming Soon

Thanks to your constructive feedback to Dr. Dent we will soon be installing a dedicated prescription desk for all your medication requirements and queries. The aim is to streamline our prescription service enabling us to serve you, our patients, in the best way that we can. We would still encourage constant feedback to help us to continue to offer the best service possible.



### It's Jeans for Genes Day on Friday 23rd September



2016. The staff at Poplar Grove practice is taking part by wearing all things denim and donating money to this worthy cause. **DID YOU KNOW?** We each have 25,000 genes. Just one fault on one gene can cause a genetic disorder. **1 in 25 children** is born with a genetic disorder. The money raised on Jeans for Genes Day, helps the **500,000 CHILDREN** living with a genetic disorder in the UK.

## Wear jeans, save lives



Poplar Grove Practice  
Meadow Way  
Aylesbury HP20 1XB

Tel: 01296 468580  
Fax: 01296 398771

Open Mon - Thurs  
0730-1930  
Fri 0730-1830

Call Poplar Grove  
AM - 0800 and 1230  
PM - 1400 and 1830

## Some of the screenings offered by the NHS



### NHS Health Check

The NHS Health Check is your chance to get your free midlife MOT. For adults in England aged 40-74 without a pre-existing condition, it checks your circulatory and vascular health and what your risk of getting a disabling vascular disease is. This guide explains what happens at the check, when and how you get one, and

how to lower your risk.

### How do I get an NHS Health Check?

If you're in the 40-74 age group without a pre-existing condition, you can expect to receive a letter from your GP or local authority inviting you for a free NHS Health Check. Don't worry if you haven't got your invitation yet, as you will be invited for one over the next few years.

### Why should I get checked?

As we get older, we have a higher risk of developing something dangerous like high blood pressure, heart disease or type 2 diabetes. Your NHS Health Check can spot early signs and help prevent these happening to you, which means you'll be more likely to enjoy life for longer. Start by taking the online heart age test to see how healthy your heart is.

### Bowel Screening

Bowel cancer is the fourth most common cancer in the UK. If it's detected at an early stage, before symptoms appear, it's easier to treat and



there's a better chance of surviving it. To detect cases of bowel cancer sooner, the NHS offer bowel cancer screening to adults registered with a GP in England:

All men and women aged 60-74 are invited to carry out a faecal occult blood (FOB) test. Every two years, they're sent a home test kit, which is used to collect a stool sample.

### Abdominal aortic aneurysm (AAA) screening



is a way of detecting a dangerous swelling (aneurysm) of the aorta – the main blood vessel that runs from the heart, down through the abdomen to the rest

of the body.

### When AAA screening is offered

Men aged over 65 are far more likely to have an AAA than women or younger men – so any man registered with a GP

will receive a letter inviting him for screening in the year he turns 65. Men aged over 65 can request a scan by contacting their local AAA screening service directly.

### Breast Screening



Breast screening is currently offered to women aged 50-70 in England. However, the NHS is in the process of extending the programme as a trial, offering screening to some women aged 47-73.

You will first be invited for screening between your 50th and 53rd birthday, although in some areas you'll be invited from the age of 47 as part of the trial extension of the programme.

You may be eligible for breast screening before the age of 50 if you have a higher-than-average risk of developing breast cancer. If you're over the age of 70, you'll stop receiving screening invitations. However, you're still eligible for screening and can arrange an appointment by contacting your local screening unit.

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### Breast Cancer Awareness

Join thousands of people across the country – in school, at work and at home – to stand together, united against breast cancer.



October is Breast Cancer Awareness Month, a worldwide annual campaign involving thousands of organisations, to highlight the importance of breast awareness, education and research. During Breast Cancer Awareness Month, the organisation aim to get as many people as possible involved in raising awareness and funds for breast cancer research. Along with supporters, this is done through campaigning, collecting, an array of events across the UK and of course wearing it pink with all of you!

Together, by funding cutting-edge research, the aim is to ensure no one dies from breast cancer by 2050.

### Child Health Clinic

Clinics are held at Poplar Grove on Tuesdays between 130pm and 3pm (last appointment is at 245pm.)

Come with your under 5s to get advice from the Health Visitor regarding any health issues or concerns that you may have about your children. Babies can also be weighed at the same time.

Find us in the Health Promotion room on the first floor of the new wing.



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