

Swanlow Times

Happy New Year and welcome to our January newsletter.

We are interested in ideas for inclusion in future journals,

If you have any suggestions or ideas please write them down and hand them into Reception.

Dates for your diary:

Beating Bowel cancer – 24th to 31st
January

Cervical Cancer Awareness week –
23rd to 29th January

National Bug Busting Day- 31st
January

STIQ Day – 14th January

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Beating Bowel Cancer

Bowel cancer, also known as colorectal cancer or colon cancer is any cancer that affects the colon (large bowel) and rectum (back passage). If left undetected cancer cells will multiply to form a tumour in the bowel, causing pain, bleeding and other symptoms.

Risk factors for bowel cancer that you can change

If you smoke, quitting will have many health benefits, including reducing your risk of getting bowel cancer.

Lack of physical exercise has now been identified as the single most important risk factor for developing bowel cancer.

Bowel cancer has been linked to a heavy intake of alcohol. Alcohol intake in moderation appears to be associated with a much lower risk. The more you cut down, the more you reduce your risk.

Obesity is strongly associated with an increased risk of bowel cancer. It is therefore very important to find a balance between diet and exercise that allows you to maintain a healthy weight and significantly reduce your risk of developing cancer.

Whilst bowel cancer is increasing in the younger age groups, 8 out of 10 people (83%) who develop bowel cancer are age 60 and over.

The earlier bowel cancer is caught, the easier it is to treat.

- Know the symptoms of bowel cancer
- Understand the causes of bowel cancer
- Act if you develop symptoms of bowel cancer
- Take part in the NHS bowel cancer screening programme when you are invited to participate

**Free JLS Condoms for
patients under 25
years old who have a
Chlamydia screen at
surgery**

**Ask reception staff for
more information**

National Bug Busting Day: 31st January

Many schools across the country take part in these events, and by synchronizing Bug Busting across the country you can help prevent head lice from circulating. Visit the website for more details.

<http://www.chc.org>



Cervical Cancer Awareness

Every year in the UK, over 2,800 women will be diagnosed with cervical cancer and nearly 1,000 women will die from the disease. After breast cancer, cervical cancer is the second most common cancer in women aged 35 and under.

Cervical cancer is not thought to be hereditary. Cervical cancer, in 99.7% of cases, is caused by persistent infection with a virus called human papillomavirus (HPV). HPV is a very common virus transmitted through skin to skin contact in the genital area.

Cancer of the cervix, also known as cervical cancer, is an uncommon type of cancer that develops in a woman's cervix. The cervix is the entrance to the womb from the vagina. Cervical cancer often has no symptoms in its early stages. If you have symptoms, the most common is unusual vaginal bleeding, which can occur after sex, in between periods or after the menopause.

Abnormal bleeding doesn't mean that you definitely have cervical cancer, but it's a cause for concern. It's important to see your GP as soon as possible. If your GP suspects you might have cervical cancer, you should be referred to see a specialist within two weeks.

Screening for cervical cancer

Over the course of many years, the cells lining the surface of the cervix undergo a series of changes. In rare cases, these changed cells can become cancerous. However, cell changes in the cervix can be detected at a very early stage, and treatments can reduce the risk of cervical cancer developing.

The NHS offers a national screening programme for all women over 24 years old. It is recommended that women who are between 25 and 49 years old are screened every three years and women between 50 and 64 are screened every five years. You should be sent a letter telling you when your screening appointment is due. Contact your GP if you think that you may be overdue for a screening appointment.

Causes of cervical cancer

Almost all cases of cervical cancer are caused by the human papillomavirus (HPV). HPV is a very common virus that's spread during sex. There are more than 100 different types of HPV, many of which are harmless.

HPV vaccination

In 2008, a national vaccination programme was launched to vaccinate girls against HPV 16 and HPV 18. The vaccine is most effective if it's given a few years before a girl becomes sexually active, so it's given to girls between the ages of 12 and 13.. The vaccine does not provide complete protection against the types of HPV that are known to cause cervical cancer. Therefore, if you have been vaccinated you'll still need to attend your future screening appointments.

Who is affected by cervical cancer?

Due to the success of the NHS screening programme, cervical cancer is now an uncommon type of cancer in the UK. It's possible for women of all ages to develop cervical cancer. However, the condition mainly affects sexually active women between 25 and 45 years old. Many women who are affected did not attend their screening appointments.

- Make sure that your GP surgery has your up-to-date contact details so that you continue getting screening invitations.
- It's important that you attend your smear tests even if you have been vaccinated for HPV (see below) because the vaccine does not guarantee protection against cervical cancer.

Get Fit for Free

The secret to getting fit for free is to use every opportunity to be active.

Armed with a bit of get-up-and-go and good planning, you can be fitter than ever without spending a penny.

Walking is one of the easiest ways to get more activity into your day, lose weight and become healthier.

Cycling to work is a good way of fitting exercise into your day. It'll also save you money on petrol or public transport costs. If you don't have a bike, you may be able to get a cheap bike through the Cycle to Work scheme.

Try a home workout -perfect if you'd rather stay indoors, you're short on time or if the weather's putting you off. Think about how you can use familiar objects around the house, such as the stairs, chairs, soup cans and water bottles to exercise with. Devise a mini-circuit in your own home. Use steps or a stair for step-ups, use the hallway or garden for shuttle runs.

Recommended physical activity levels

- Children aged under 5 years should do 180 minutes every day
- Young people (5-18 years) should do 60 minutes every day
- Adults (19-64 years) should do 150 minutes every week
- Older adults (65+ years) should do 150 minutes every week



New Year's resolutions

Around 7 million of us will make a New Year's resolution to improve an aspect of our health. After the overindulgence of Christmas, many people see the new year as an opportunity for self-improvement.

Here are some things you can do today to improve your health.

Check your weight - Being overweight can increase your risk of serious health problems, such as type 2 diabetes, heart disease and certain cancers.

Drink less - Try to cut down on your intake of alcohol.

Eat Healthy - For a healthy and balanced diet, try to eat five portions of fruit and vegetables a day. Too much salt in your food can cause high blood pressure and make you three times more likely to develop heart disease or have a stroke. Two thirds of Britons have too much saturated fat in their diets, putting them at an increased risk of heart disease and stroke.

Exercise regularly - Even if you're slim, you'll still get health benefits from exercising. Even a little regular activity can lower the risk of developing major chronic diseases.

Quit smoking - The health benefits of quitting smoking are immediate. After 20 minutes, your blood pressure and pulse return to normal. After 24 hours, your lungs start to clear. After three days you can breathe more easily, and your energy increases. Keep it up and you're adding years to your life.

This year STIQ Day takes place on 14th January and has been launched to get people thinking about their sexual health and encourage more people to get regular sexual health checks. No one likes to think they've caught a sexually transmitted infection (STI) but without a test you just can't be sure.

If your festive season included unprotected sex then you should be thinking about getting tested now and knowing you are infection free and will not be putting someone else's sexual health in danger.

Getting a sexual health check is easy and shouldn't be embarrassing or shameful.

Spotlight on staff

Favorite food:

Favorite film:

Last book I read:

Snow or beach:

Favorite song :

Time spent at Swanlow :