

# Armada Family Practice

## WHITCHURCH HEALTH CENTRE

### Retirement of Dr Worsley and Dr Crichton

As some of you may already know, Dr Worsley and Dr Crichton will be retiring from the practice at the end of June 2018. We will be holding a goodbye coffee morning on Friday 29th June at 10:00am - 12:00pm for patients to say their goodbyes.



### PSA Blood test.

The PSA test is a blood test that can help detect prostate cancer.

The test, which can be done at your GP surgery, measures the level of prostate-specific antigen (PSA) in your blood.

PSA is a protein only made by the prostate gland. Some of it will leak into your blood. How much depends on your age and the health of your prostate.

There is currently no national screening programme for prostate cancer in the UK because there is no single test which can diagnose prostate cancer.

If you are thinking about having a routine blood test for PSA then you must discuss this with your GP beforehand by telephone consultation.

If you are experiencing any urinary symptoms you must see a clinician for further assessment.

Please go to [prostate.cancer@nhs.uk](mailto:prostate.cancer@nhs.uk) for further information about how to be prostate aware.

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### Surgery Opening Times

8:30 TO 6:30PM

MONDAY TO FRIDAY

### Emails

Would you like to receive our surgery newsletter by email? If so please ensure we have your up to date email address.

### Facebook

We now have our own facebook page to keep our patients informed of useful information and details of current affairs within the practice.

You can find us under

Armada Family Practice—



Whitchurch Health Centre

### Useful Telephone Numbers

NHS 111 (out of hours)	111
District Nurse	0117 3773356
Health Visitors	01275 547031
BRI	0117 923 0000
Southmead Hospital	0117 950 5050
St Peter's Hospice	0117 915 9400
Alzheimer's Society	0117 961 0693
CRUSE bereavement	0117 926 4045
Diabetes Education	0117 959 8970
Dementia Helpline	0845 300 0336
Carers Support	0117 965 2200
SBCH	0117 342 9692
Midwives	0117 342 9841

During April we had 86 GP appointments & 101 treatment room

Appointments that patients did not attend!

This totals a shocking 187 wasted appointments during April.

Please call the surgery to cancel your appointment if you are unable to make it or you no longer need it, giving as much notice as possible, so the appointment can be rebooked by another patient.

## **Hay fever**

Hay fever is usually worse between late March and September, especially when it's warm, humid and windy. This is when the pollen count is at its highest.

### **What causes hay fever**

Hay fever is an allergic reaction to pollen, typically when it comes into contact with your mouth, nose, eyes and throat. Pollen is a fine powder from plants.

### **Symptoms of hay fever include:**

- |                                        |                |
|----------------------------------------|----------------|
| -Sneezing and coughing                 | -Loss of smell |
| -A runny or blocked nose               | -Feeling tired |
| -Pain around your temples and forehead | -Earache       |
| -Itchy throat, mouth, nose and ears    | -Headache      |
| -Itchy, red or watery eyes             | -Loss of smell |

### **If you have asthma, you might also:**

- Have a tight feeling in your chest
- Be short of breath
- Wheeze and cough



### **A pharmacist can help with hay fever**

Speak to your pharmacist if you have hay fever. They can give advice and suggest the best treatments.

### **May Bank Holidays**

Please be aware that the surgery will be closed:

Monday 7th May and Monday 28th May 2018.