

March

MARDEN NEWS

The monthly newsletter from Marden Medical Practice March 2023



Bowel (colon) cancer is the third most common cancer in the UK and is the second biggest cancer killer after lung cancer – around one in eighteen of us will get bowel cancer at some point in our lives.

What causes bowel cancer?

Natural dietary fibre helps maintain a healthy gut.

Bowel cancer is sometimes linked to a diet that is high in red meat (in particular processed, smoked meats such as ham, bacon, salami, sausages etc) and low in naturally occurring roughage. So to maintain a healthy gut and increase your chances of avoiding bowel cancer you should restrict your intake of red meat and eat plenty of whole cereals (brown bread, brown rice etc), fresh fruit and vegetables.



Sometimes bowel cancer is caused by the genes you inherit. If someone in your immediate family has had bowel cancer and particularly if it occurred at a young age, then you should be screened regularly. Bowel cancer is most likely to occur when people are in their sixties and seventies. At some time after your 60th birthday you will be invited to take part in the national screening programme – don't ignore it! It's estimated that if just 60% of those invited took part, over a 10-year period the bowel cancer death rate would be cut by around 20%. As well as detecting actual cancers, screening reveals polyps that can potentially develop into cancer. Polyps can usually be removed with a non-surgical procedure.

Who's at risk?

It's not known exactly what causes bowel cancer, but there are a number of things that can increase your risk, including:

AGE: almost 90% of bowel cancers occur in people aged 60 or over.

DIET: a diet high in red and processed meat and low in fibre can increase risk.

WEIGHT: bowel cancer is more common in those who are overweight or obese.

INACTIVITY: increases your lifetime risk.

ALCOHOL AND SMOKING: both may increase the risk of bowel cancer.
FAMILY HISTORY: having an immediate relative (parent or sibling) who developed bowel cancer under the age of 50 puts you at a greater lifetime risk.

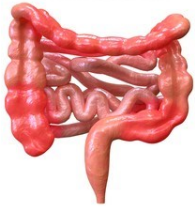
Useful Numbers

Health Visitors 452300
District Nurses 277709
RSH 261000
Family Planning 283382

Pharmacies

Rowland's On Site
369446
Asda 276810
Sainsbury's 244744
Taylor - Radbrook
249931
Williams Co-op
344277
Conway 352352
Lunt's - Hereford Rd
351918
Boots - Pride Hill
351311
Rhodes 343998
Boots - Cophthorne
350747
Lloyds - Riverside
344523
Tesco
845449
Pharmacy Express
245715

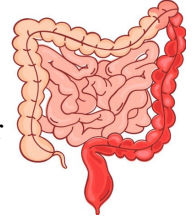
Crohn's Disease



Over a long period of time, conditions such as severe ulcerative colitis or Crohn's disease, can put you at an increased risk of developing bowel cancer.

If you would like to know more download our 'GUT INSTINCT' booklet or call the GUTS office on 01483 408316 to ask for a copy.

ULCERATIVE COLITIS



Fundraising Office: Level A, Royal Surrey County Hospital, Egerton Road, Guildford, Surrey, GU2 7XX: Call us 01483 408316: Email nerissa.deeks@nhs.net
Screening Services: For information and advice on bowel cancer screening (in association with Colorectal Cancer Family Clinic), please contact: Beverley Gumbiti-Zimuto, Level D, Royal Surrey County Hospital, Egerton Road, Guildford, Surrey, GU2 7XX.
email: rsc-tr.GUTS@nhs.net



**LET'S WORK TOGETHER TO PROMOTE
A LOCAL GREENER NHS**



The NHS in Shropshire, Telford and Wrekin has set ambitious targets for delivering a net zero NHS. In order to achieve this, we plan to help reduce the emissions we control directly (the NHS Carbon Footprint) and those we have influence on (the NHS Carbon Footprint Plus).

The Medicines Management Team at NHS Shropshire, Telford and Wrekin are working hard to help contribute to the delivery of a net zero NHS by 2040. Medicines account to approximately 25% of emissions within the NHS in England, with respiratory inhalers contributing to 3% of this.

The aim is to optimise prescribing, substitute high-carbon products for low-carbon alternatives, and improve waste processes. Alongside encouraging a switch from Ventolin inhalers to Salamol, we're also raising awareness for signs of poor asthma control.

Contact us: 01952 580300: Email us: stw.generalenquiries@nhs.net: Write to us at Halesfield 6, Halesfield, Telford, TF7 4BF

Integrated Care System Shropshire, Telford and Wrekin NHS Shropshire, Telford and Wrekin

Stay in control of ASTHMA

Are you having more than six Salbutamol inhalers prescribed in a year?

Overreliance on your reliever inhaler is a sign of poor asthma control.

Speak to your GP or healthcare professional at your next review.

Don't forget to recycle your used inhalers at your local community pharmacy

Integrated Care System Shropshire, Telford and Wrekin NHS Shropshire, Telford and Wrekin

Choose a greener inhaler and help tackle climate change

NHS Shropshire, Telford and Wrekin are supporting the roll-out of environmentally friendly, greener inhalers.

Patients will be prescribed Salamol® (Salbutamol) metered dose inhaler (MDI) instead of Ventolin® (Salbutamol) MDI. Salamol® works just as well and in the same way, but has smaller amounts of powerful greenhouse gases to deliver medication into your lungs.

By making this change, you will be helping us in building a more sustainable NHS.

Salamol® (Salbutamol)	200 doses =	33.0 mile petrol car journey
	CO2 equivalent to a 33.0 mile petrol car journey	
Ventolin® (Salbutamol)	200 doses =	75.0 mile petrol car journey
	CO2 equivalent to a 75.0 mile petrol car journey	

For more information, speak to your local community pharmacy or healthcare professional at your next review.

Don't forget to recycle your used inhalers at your local community pharmacy!

Contact Information

Telephone: 01743 241313

Email: marden.marden@nhs.net

Medical Emergencies out of hours number: 111