



MARDEN NEWS

The monthly newsletter from Marden Medical Practice April 2024

New Staff and Job Role Changes

Lara Bason – Compliance Manager
Kimberley Bright – General Practitioner
Assistant
Libby Good – Patient Services
Co-ordinator
April Neale – Care Navigator
Kendal Maddox – Care Navigator



Useful Numbers

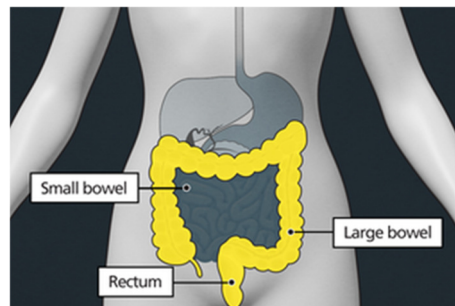
Health Visitors 452300
District Nurses 277709
RSH 261000
Family Planning 283382

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

Bowel cancer

Bowel cancer is cancer that's found anywhere in the large bowel, which includes the colon and rectum. Bowel cancer is one of the most common types of cancer in the UK. The large bowel is part of your digestive system. It helps absorb water from your food and removes food waste from your body. How serious bowel cancer is depends on how big the cancer is, if the cancer has spread, and your general health.



Bowel cancer screening can pick up bowel cancer early, which may mean it's easier to treat.

Symptoms of bowel cancer may include:

- changes in your poo, such as having softer poo, diarrhoea or constipation that is not usual for you
- needing to poo more or less often than usual for you
- blood in your poo, which may look red or black
- bleeding from your bottom
- often feeling like you need to poo, even if you've just been to the toilet
- tummy pain
- a lump in your tummy
- bloating
- losing weight without trying
- feeling very tired for no reason

See your GP if:

You have any symptoms of bowel cancer for 3 weeks or more. Try not to be embarrassed. The doctor or nurse will be used to talking about these symptoms.

Ask for an urgent GP appointment or get help from NHS 111 if:

- your poo is black or dark red
- you have bloody diarrhoea

Go to A&E or call 999 if:

You are bleeding non-stop from your bottom
there's a lot of blood, for example, the toilet water turns red or you see large
blood clots



Important

Some of these symptoms are very common and can be caused by other conditions.

Having the symptoms does not definitely mean you have bowel cancer, but it's important to get checked
by a GP.

If your symptoms are caused by cancer, finding it early may mean it's easier to treat.

What happens at your GP appointment:

The doctor will ask you more about your symptoms, general health, medical history, and if anyone in your
family has had bowel cancer.

Depending on your symptoms, the doctor may feel your tummy and ask to do a rectal
examination. This is where they put a gloved finger inside your bottom to check for any
lumps.



You'll be asked to undress from the waist down for the rectal exam. You can ask for a
male or female doctor or nurse.

You can ask for someone else to be in the room with you when the rectal examination happens.

You may be asked for a poo sample (stool sample) for testing, or be given a home test kit called a faecal
immunochemical test (FIT), to collect a small sample of poo and send it to a lab. These check if you're
bleeding from your bowel, which can be a sign of bowel cancer. You may also be asked to have a blood
test.

Referral to a specialist—The GP may refer you for more tests or to see a specialist in hospital if they think
you have symptoms that need to be investigated. This may be an urgent referral, usually within 2 weeks,
if you have certain symptoms. This does not definitely mean you have cancer.

This spring we need you to join ActiveApril

It's simple. Do something active every day for the whole of April and
get sponsored.

So, what are you waiting for? Get up, stretch out and sign up today.

You'll get a free wrist sweatband after you register.

General Enquiries = 020 7940 1760 Monday = Friday 9.00 am until

5.00 pm

Email = admin@bowelcancer.org.uk



“Patient Callback”



The Practice is getting a new phone system at the end of March
with has a new call back feature. “Patient Callback” allows
patients to request an automated call back from the surgery
when their call would have ordinarily reached front of queue,
addressing the NHS push for calls to be ‘free at point of access’ for patients.”



Contact Information

Telephone: 01743 241313

Email: marden.marden@nhs.net

Medical Emergencies out of hours number: 111