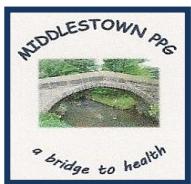


PLEASE TAKE A COPY OF THIS NEWSLETTER AND PASS IT ON TO SOMEONE ELSE AFTER YOU HAVE READ IT - THANK YOU.



MIDDLESTOWN PATIENT PARTICIPATION GROUP



Patient Pod: Middlestown Medical Centre's new Patient Pod is a FREE, quick and efficient way to take height, weight and blood pressure readings without needing an appointment. Just click 'Start' on the screen. It is located in the waiting room at Middlestown and takes 5 minutes to use. The Patient Pod can give you a printout and the information is stored directly into your medical record. This information may help save time during your appointment. Please give it a go next time you are in the surgery.

Whatever you do and wherever you go this Summer take care in the sun; cover up and use plenty of sunscreen.



YOUR PPG NEEDS YOU

Middlestown PPG is always open to new members. We have a small, dedicated team but we would really like you to join us if you can. Make your voice heard by coming to join us. If you are interested ask at reception at Middlestown, Emley or Flockton surgeries. You can complete the online form under Have Your Say/Patient Participation Group on the medical centre website, or you can email at Middlestown.Surgery@nhs.net

Next Newsletter due
October 2025

PROSTATE SCREENING: There is no National Screening Programme or single test for Prostate Cancer. All the tests used to help diagnose prostate cancer have benefits and risks that a clinician can discuss with you. In General Practice we use **both**:

- A blood test, called a prostate-specific antigen (PSA) test, to measure a person's PSA level. Measuring the level of PSA may help detect early prostate cancer but results can be unreliable and cannot be relied upon on their own.
- A physical exam of your prostate (known as a digital rectal exam or DRE).

Most cases develop in men aged 50 or older. Symptoms of prostate cancer do not usually appear until the prostate is large enough to affect the tube carrying urine from the bladder. You may notice things like an increased need to pee, straining while you pee or feeling that your bladder has not fully emptied. A family history of the condition and obesity increase the risk of prostate cancer. These risk factors and symptoms should not be ignored but do not mean you have prostate cancer. If you have any symptoms about which you are concerned, call the doctor and staff will help book either a routine appointment for a general discussion or more urgent appointment to discuss symptoms causing you concern.

[https://www.nhs.uk/conditions/prostate-cancer/#:~:text=PSA%20testing,as%20results%20can%20be%20unreliable.](https://www.nhs.uk/conditions/prostate-cancer/#:~:text=PSA%20testing,as%20results%20can%20be%20unreliable)

DID YOU KNOW?

BOWEL CANCER SCREENING over age 75. You can ask for a kit by phoning the helpline free on 0800 707 60 60. Kits are not automatically sent after you reach the age of 75.

BREAST SCREENING over the age of 70 can be booked by calling 0113 733 4974, Seacroft Hospital, Leeds. You can book an appointment every 3 years. Breast screening invitations are not sent automatically after age 70.

At our last PPG Meeting in 2 representatives from Macmillan came to speak to us. Here is a brief outline of what the Macmillan Specialist Palliative Care Team provide at the Mid Yorkshire Teaching Hospitals NHS Trust - and it is not just cancer care.

The Specialist Palliative Care Team (SPCT) comprises of 16 Clinical Nurse Specialists (CNS), 3 Registered Nurses, 4 Healthcare Assistants, 4 Care Co-Ordinators, 1 Rotational Registrar and 5 Consultants. We cover the 3 hospitals within the Wakefield District - Pinderfields, Dewsbury (including the Rosewood Centre) and Pontefract. We also cover 37 GP practices within the community and work closely with Wakefield and Pontefract Hospices (we can also refer out of area).

Our role is to provide specialist advice on symptom management, psychological support, and end of life care to people with a life-limiting illness. Often there is a misconception with Macmillan being only for cancer patients, however, we care for anyone with a diagnosis that is incurable, for example, respiratory diseases. We differ from generalised palliative care in that we are an advisory service providing extended knowledge and medication/treatment advice within palliative care. Much of this care will be provided by patients' usual medical and nursing teams in hospital, nursing homes or in community. However, some patients will develop complex symptoms and need access to specialist palliative care services.

We work closely with other specialities to make patient care as seamless and stress-free as possible. We use patient initiated follow up when someone's symptoms are controlled/they no longer need specialist support, which means they can call us at any time to access telephone/face to face support.

Any medical professional can refer to our team if they feel our support is needed. This is easily done by a healthcare professional online via ICE referrals, our paper referral form and/or via the phone on 01924 543801. The district nursing team (SPOC) also provide first line advice for patients and families 24/7 on 01924 327591.

HAYFEVER, a common condition, also known as seasonal allergic rhinitis, affects around 1 in 5 people in the UK, often runs in families and is more likely to affect people who suffer from asthma and eczema. It is an allergic condition where the body's immune system overreacts to substances which are usually harmless, e.g. pollen from grasses, flowers, weeds or trees. Symptoms include sneezing, itchy, blocked or runny nose, red, itchy, puffy or watery eyes, itchy throat, headaches and sinus pain, fatigue.

Symptoms tend to be less severe if you reduce your exposure to pollen. The following may help when the pollen count is HIGH:

- ✓ Stay indoors as much as possible and keep windows and doors shut.
- ✓ Avoid cutting grass, large grassy places and camping.
- ✓ Shower and wash your hair after being outdoors, especially after going to the countryside.
- ✓ Wear wraparound sunglasses when you are out.
- ✓ Keep car windows closed and consider buying a pollen filter for the air vents in your car. These should be changed at every service.

The commonly used hay fever treatment options are Antihistamine tablets, Steroid nasal sprays and Eye drops. These can be purchased over the counter from your local Pharmacy.

If your hay fever symptoms are not controlled on the medication you are taking after 2-4 weeks, you should discuss this with your doctor. You may need to try a different treatment or add in another treatment.

If you are taking hay fever medication regularly and your hay fever is well controlled on your current treatment, you should continue this treatment until the end of the pollen season.

ARE YOUR DETAILS UP TO DATE?

Your up to date contact details, specifically your address and mobile telephone number are important. We often find people have moved or changed a mobile telephone number and have not updated this information. This could mean a hospital letter informing you of a hospital appointment, for example, is sent to the wrong address. Please take a moment to check.

← →
Read this newsletter on the Medical Centre's website where you can click on any embedded links to access the information at www.middlestownmedicalcentre.nhs.uk click on Have Your Say then Patient Participation Group.

Please pass this Newsletter on to family or friends after you have finished with it.