

It is summer, and the hottest one on record. So at Kingstone Surgery have climate change on our minds.

One of the big changes a 'Greener NHS' can do is look at our high carbon emission activities. And one of those is... **asthma inhalers**. This great [BBC article](#) describes it well. In brief the 'aerosol spray' (pMDI) pumps are much larger carbon emitters than the dry powder 'suck in' pumps (dpi).

- The carbon emissions of an aerosol spray pump inhaler (pMDI) is equivalent to that of a car journey from Kingstone to Sheffield city.
- The carbon emissions of a dry powder inhaler (dpi) are less than that of a car journey from Kingstone to Locks garage.

Not all patients will be suitable for switching, however. There is a good patient decision aid to help you know if you might be suitable for switching [here](#). If you think you are (and especially if you are due an asthma review) please do book with one of our asthma trained nurses- currently either Alison or Julie.

Help us protect this planet one inhaler at a time!

Following the recent tragic death of 40-year-old cancer campaigner, blogger, broadcaster and former teacher Dame Deborah James from bowel cancer public awareness has been raised of this disease which, if caught early, can be so much more easily treated and cured.

As local GPs we're really keen to encourage people to take up the opportunity to get screened as it helps diagnose cancers early and really does save lives.

Bowel screening uptake is lower than the national average in several parts of the South and West Herefordshire Primary Care network Area (although Kingstone is one of the better areas). We get informed by the bowel screening service if you haven't returned your sample- and you may have noticed we send you text messages to encourage you to take up screening if we get informed of this. It takes us time but we strongly believe it is worth it.

Bowel screening test kits are sent out to everyone in England aged 60-74 who is registered with a GP. The program slowly being expanded to everyone over 50.

Bowel screening is for people who don't have any symptoms – if you notice a change in your bowel habit to looser stool (poo)/ constipation, blood in the stool, weight loss, a lump in your tummy, excessive tiredness or tummy pain contact us. We will discuss your symptoms and arrange appropriate tests for you.

The bowel cancer screening test (FIT) is a simple stool (poo) sample test which looks for blood in the stool, which can be an early sign of bowel cancer. It is able to detect even tiny traces of blood that are not visible to the naked eye.

If you need a replacement kit or are over 75, you can ask for a kit to be sent to you by phoning the bowel cancer screening helpline on 0800 707 60 60. For more information see this [Cancer Research UK article](#).

Finally, one quarter of our registered patients do not have a mobile phone number on record. Increasingly (and as the above example demonstrates) we find it helpful to send text messages to communicate with you. If you have recently got a mobile phone (and many more people have during the pandemic), or changed your number please let us know!