

CRADLEY SURGERY
NEWSLETTER

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**CERVICAL CANCER PREVENTION
AWARENESS WEEK 2024**

Jo's Cervical Cancer Trust is the UK's leading cervical cancer charity. They provide trustworthy information and support to everyone that needs it, and campaign for the best cervical cancer prevention, diagnosis, treatment and care.

In January it was Cervical Cancer Prevention Week, and the Cradley team helped to support Jo's Cervical Cancer Trust to raise awareness of cervical cancer, encourage uptake of the HPV vaccination and cervical screening by donating to Jo's Cervical Cancer Trust and wearing the T- Shirts to raise awareness.

You can play your part too. Get involved, show support on social media, tell your friends, go for screening. Join the campaign:

www.jostrust.org.uk/ccpw.



From Land's End to Cradley Surgery! Our team all showed support by wearing the Jo's Cervical Cancer Trust T- Shirts.



Spotlight On...

National No Smoking Day
13th March 2024

Stopping smoking is one of the best things you will ever do for your health. The chemicals in cigarettes and other smoking products kill thousands of people in the UK every year. The toxins in cigarettes affect your body while you're smoking and after the cigarette is finished. The chemicals in cigarettes damage the structure of your blood vessels, including the arteries that carry oxygen rich blood to your heart and brain. By giving up smoking, you protect your body from the harm of dangerous chemicals such as:

Carbon monoxide; This is a poisonous gas that you breathe in when you smoke.

Tar; This is also in cigarette smoke and can cause cancer. When you breathe it in, 70% of the tar stays in your lungs and damages them.

Nicotine; This is the addictive chemical found in cigarettes. It increases your heart rate and blood pressure.

When you stop, you give your lungs the chance to repair and you will be able to breathe easier. There are lots of other benefits too – and they start almost immediately.

The NHS offer free stop smoking services including free counselling and support to anyone who wants to quit smoking. You can go to group support sessions. You can receive daily emails for support, join the Quit Smoking support group on Facebook and download the NHS Quit Smoking app to help you quit smoking and start breathing easier today! NHS website: Quit smoking - Better Health - NHS (www.nhs.uk)

Smokefree.nhs.uk: 0800 022 4332

Contact us on 01886 880 207 or send us an online consultation for help and guidance from our doctors!

Hay fever Medication/ Gap Year Immunisations/ Travel vaccinations

It certainly is starting to look very pretty outside our surgery at the moment with the trees in blossom and flowers starting to bloom and the grass needing a good haircut! It does serve as a reminder that we should be thinking about medication if we are hay fever sufferers.

Please do think about starting your medication for Hay Fever this month and order in plenty of time to do so. To gain the full benefit of these types of medications it is recommended to start taking them 1 month before the season begins and to continue throughout.

It is never too early to ask our nurses for their expert travel vaccination advice. Please collect a form from the surgery or download one from our website, simply fill it in and our nurses will do all the research on the country or countries you are visiting and check what immunisations/vaccinations are required against your record.

Please give our nurses at least one week to do this before calling to find out what their advice is. It is important that you give us plenty of notice before your holiday or travels so that we can research this information and start any immunisations or vaccinations you may need so that they are effective when you are abroad.

