

Cervical Screening - busting the myths

Myth



Busted!



I'm not eligible for screening

Cervical screening is a free routine test for all women aged between 25 and 64

It will hurt

You may experience some mild discomfort but most women don't report feeling pain and the test is over very quickly

I have to go to my GP practice for the screening test

You don't have to go to your GP. You can choose to have the test at a family planning service too. Visit screeningsaveslives.co.uk for details

The test will tell me I have cancer

The test is not a test for cancer. It aims to prevent cancer by detecting changes which if left untreated could lead to cervical cancer

I will wait ages for the results

Over 98% of women receive their results in 14 days

The test will be carried out by a man

Most tests are carried out by female nurses. You always have the right to request a female when booking your appointment. Just ask!

I don't need to go as I'm not sexually active

You should still attend for your screening test to make sure everything is healthy - you can discuss further with your GP / nurse if concerned

I've had the HPV vaccination - I don't need to go

Even if you have had the vaccination for HPV you should still attend for your test as this doesn't prevent all forms of cervical cancer. Regular screening is the best way to check everything is OK

Lesbian and bisexual women don't need to be screened

If you are in the eligible screening age then you should attend regular screening regardless of your sexuality, race or religion

Screening doesn't do any good

Cervical screening prevents around 4,500 cases of cervical cancer in the UK every year

I'm having symptoms... but I should wait until I am invited for screening

No - don't wait for your screening invitation. If you have any of the following symptoms, you should make an appointment straight away to see your GP:

- Bleeding / pain after having sex
- Bleeding between periods
- Bleeding after the menopause



Cervical screening saves lives

Don't be the one missing out...



Middlesbrough



For more information see your GP or visit screeningsaveslives.co.uk

Website: www.willingtonmedicalgroup.org.uk

Willington Medical Group

Newsletter
March 2020

Staff Training for March 2020

Willington Medical Group will be closed for Staff Training on Thursday 19th March 2020 from 12 noon and re-open 8am on Friday 20th March 2020.

Latest advice on the Coronavirus (COVID-19)

The NHS is well prepared for outbreaks of new infectious diseases and has put in place measures to ensure the safety of all patients and NHS staff while also ensuring services are available to the public as normal. Check online at NHS 111 online <https://www.nhs.uk/conditions/coronavirus-covid-19> for the latest COVID-19 information before coming to the practice.

Please do not come to the surgery if you think you may have Coronavirus or if you have recently travelled from one of the affected areas. For advice use NHS 111 online <https://111.nhs.uk/service/covid-19> or ring 111 if you have symptoms or if you have any questions regarding the virus.

No Smoking Day

Wednesday 11th March is National No Smoking Day

If you are a smoker and would like help to quit, please ask at reception for details of our stop smoking clinics.

Don't forget to put your clocks forward!

British Summer Time begins 29th March 2020



This newsletter is available on our website and in large print.

T: 01388 742500 Email: willingtonmedicalgroup@nhs.net

GP Registrars

Willington Medical Group is a GP Training Practice. GP Registrars are fully qualified doctors and during their time in the Practice they undertake specialist training. In this Practice both Dr Cowell and Dr Lunney are GP Trainers. Due to the supervision/training needs of the GP Registrars this does mean these Doctors may have fewer appointments but overall there will be more appointments available as the GP Registrars offer additional appointments.

Dr Agbeze, GP Registrar, joined us last month with Dr Lunney as her Supervisor/Trainer.

Without GPs in training and patients seeing them, there would be no fully qualified GPs in years to come! Thank you for contributing to their training.

Practice Décor

We will be redecorating the Practice in the near future. Your feedback, suggestions and comments on the décor in the waiting room and corridors would be greatly appreciated. Please email willingtonmedical-group@nhs.net or leave your suggestions on the slips available in the waiting room by Friday 20th March 2020.

Willington Fareshare

Willington Open Door Methodist Church, Lydia Street has a Fareshare on a Monday, Wednesday and Friday at 3.30pm to 4.00pm.

Fareshare is not the Foodbank, it is open to all.

- ⇒ Help reduce food waste
- ⇒ Different items each week
- ⇒ All the food is free



See more of Willington Open Door Methodist Church on Facebook.



Hello

My name is Joanne Norman and I am a Wellbeing Practitioner with the Wellbeing for Life Service.

I work with people to support them to improve their overall wellbeing.

We can support you to:

Eat healthier

Be more active

Give up smoking

Drink less alcohol

Learn to cook

Meet new people

Learn new skills

We run a Wellbeing for Life clinic every **Thursday** afternoon at the surgery between 1pm and 6pm.

You can be referred to us via the surgery and we will arrange an appointment with you.

You can receive support from us for a minimum of 8 weeks.

Please ask at reception for more information or speak to your Health Professional .

For further information on the Wellbeing for Life service:

Freephone: 0800 8766887 www.wellbeingforlife.net