

## Auchtermuchty Health Centre – Newsletter March 2016

### No Smoking Day – Be Proud to be a Quitter!!

No Smoking Day 2016 will be 9th March and Auchtermuchty Health Centre wants to urge all our patients who smoke to stub out the cigarette and be proud to be a quitter.

Around 10million people in the UK still smoke and 100,000 die every year from smoking-related causes.

We are all aware of the reasons why it's a good idea to stop smoking and although quitting won't be the easiest thing to do, the benefits are so important to your health.

As soon as 24 hours after quitting, your lungs have already started to clear out the mucus and smoking debris. After one year, your risk of heart disease is halved.

Money-wise, a 20-a-day smoker can save over £3,000 in a year! Also, life and home insurance is cheaper when you are a non-smoker.

For help on stopping smoking, log on to [www.nosmokingday.org.uk](http://www.nosmokingday.org.uk) for forums moderated by ex-smokers for support and encouragement. You can also call Can Stop Smoking on 0800 84 84 84. Also, most pharmacies offer a smoking cessation service. They can provide support, advice and discuss the best method to help you quit. For more information, please contact your local pharmacy.

### The Scottish Bowel Screening Programme

The Scottish Bowel Screening Programme aims to reduce mortality from bowel cancer by detecting the condition as early as possible – early stage cancer has a more favourable prognosis than advanced disease.

Men and women aged 50-74 years old are invited to take part in the Scottish Bowel Screening Programme through completing a home screening test every two years. The screening test aims to detect blood in bowel motions as this may indicate a higher risk of bowel cancer.

People with a positive screening test result (i.e. blood was detected in the bowel motions tested) are offered further investigation, typically a colonoscopy.

Auchtermuchty Health Centre continues to recall those Patients who have not returned their samples. This policy has proved successful and increased the number of Patients being screened.

For more information on bowel screening, please call the helpline on 0800 0121 833 or visit: [www.nhsinform.co.uk/screening/bowel](http://www.nhsinform.co.uk/screening/bowel).

### House Visit Requests

Despite details regarding requests for home visits in a previous newsletter, we continue to see a rise in inappropriate requests. Please do not feel offended if Reception Staff ask if you are able to attend the Practice. I am sure you will appreciate that if patients are seen at the Practice, rather than their own homes, then quite simply more patients can be attended to by a given number of Clinicians.