



HEALTH MATTERS HUCCLECOTE SURGERY

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As many of you know, **Dr Maxted** is off long term sick with cancer of the lymph glands. He is convalescing at home and making a steady recovery. He does pop in to the Surgery from time to time and wanted to pass on his thanks to all those that have expressed their best wishes to him.

Dr Sandys has joined us and will be looking after Dr Maxted's patients during his absence.

What is a Kidney Stone ?

A kidney stone is a solid piece of material that forms in a kidney out of substances in the urine. A stone may stay in the kidney or break loose and travel down the urinary tract. A small stone may pass all the way out of the body without causing too much pain. Larger stones may get stuck in the bladder, or the urethra.

A problem stone can block the flow of urine and cause great pain. If you have a kidney stone, you may already know how painful it can be. Most kidney stones pass out of the body without help from a doctor. But sometimes a stone will not pass. It may even get larger. Your doctor can help.

You should consult a clinician if you have any of the following signs:

- Extreme pain in your back or side that will not go away
- Blood in your urine
- Fever and chills
- Vomiting
- Urine that smells bad or looks cloudy
- A burning feeling when you urinate.

These **may be** signs of a kidney stone that needs a doctor's care.

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Hucclecote Surgery Training Sessions

The Surgery will be closed for training on the afternoon of the days listed below :

Weds 21 Jul 10

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Weds 15 Sep 10

Irritable Bowel Syndrome (IBS). IBS is a painful condition affecting the gut and is extremely common in developed countries. A 1/3 of people in Britain have occasional symptoms of IBS and 1 in 10 have symptoms bad enough to require medical attention. The cause is not fully understood but sufferers are believed to have very sensitive bowels which causes a reaction. If overactive, the bowel contents pass more quickly resulting in diarrhoea, whereas sluggish activity causes constipation. Symptoms vary greatly from person to person and could include cramping, discomfort, a feeling of bloating and a change or disruption of bowel habits. Basic treatment is ensuring you have a well-balanced diet and regular meals. Foods high in fat or rich or spicy often provoke symptoms and should be avoided. Dairy, bread and cereals can also have an effect. Stress and anxiety are also known to trigger IBS. You may need to seek clinical advice if there has been a prolonged and unusual change in bowel habits.

The Musculoskeletal Clinical Assessment and Treatment Service

MSKCAT – A new community service offering patients faster access to assessment and treatment.

What is the MSKCAT Service?

The MSKCAT service is a new service commissioned by your GPs to ensure those people who have a musculoskeletal problem (a problem with their muscles, bones or joints e.g. lower back pain) are promptly assessed by the correct specialist health professional. This assessment aims to take place as close to home as possible. Following the assessment a plan will be made between the health professional and yourself recommending the best course of action for your particular problem. The plan may include:

- Referral to Physiotherapy
- Referral to Podiatry
- Further Investigations such as X-Ray or MRI scan
- Injection therapy/acupuncture
- Review of medication by specialised GP
- Referral into a local community group such as active lifestyles
- Referral onto a Consultant

You will also have the opportunity to discuss and receive information on your condition and how you can manage it most effectively. A number of useful leaflets and further information about common musculoskeletal conditions can be found by going to www.nhs.uk. Click on 'Our Services' then follow the MSKCAT link.

Who is in the MSKCAT team?

The team includes highly specialised physiotherapists, podiatrists and a GP plus admin support. Clinics are run in a number of locations in the Gloucester and the Forest of Dean localities.

The team also has close links with local GPs, other health professionals and services within local communities such as exercise and support groups.

How do you get referred?

Your GP, following a consultation, will refer you to the service and issue you with this leaflet. We will contact you as soon as we receive the referral from your GP. This will be to make an appointment for an assessment at a location near to your home. If you have not been contacted within 7 working days please telephone 08456 598323.

Where you will be seen?

You can choose to see us at any of our clinics at The Dilke Hospital, Lydney Hospital, Gloucester Access Centre and Quedgeley Clinic.

Our website gives travel information regarding all of our clinics. Please contact us if you require any further information.

What do you need for your appointment?

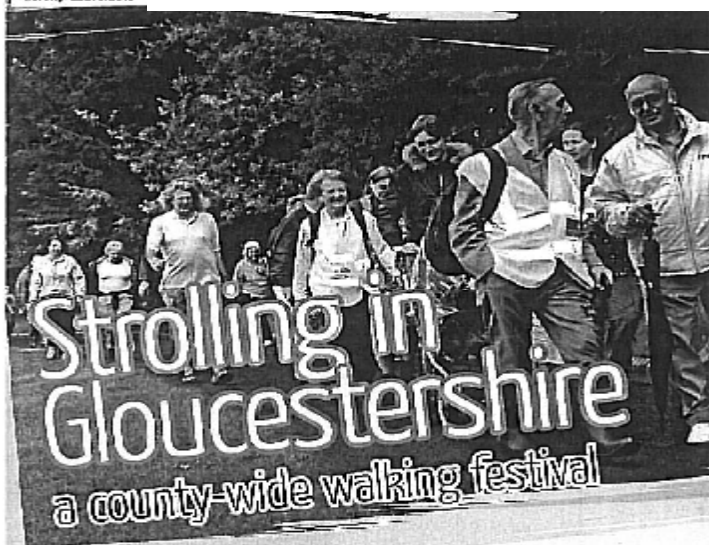
Please bring a list of your current medication or your completed pre-assessment form. You may be required to undress for the assessment to take place and may see a male or female specialist. Please let us know beforehand if you would like a chaperone or if this poses any difficulties for you. If your problem is complex you may see more than one practitioner during your consultation.

What if you need to see a consultant?

If the MSKCAT team recommend that you need to see a consultant they will discuss with you the choice of consultant and location you would prefer. They will refer you for any appropriate investigations before you attend your consultant appointment. The reason for this is so that as much information as possible is with the consultant before your appointment, which speeds up your treatment.



Check out the contacts list below for more information for social walking groups in Gloucestershire.



Do you want to have more energy, get fitter, feel healthier, tone up? Then why not Get Up, Get Out, Get Active

More and more people are talking about physical activity and why it's important to our health, which is definitely not being active is about much more than that.

Lots of people who have become more active have been surprised about how it improves their energy levels, just think what you can do when you have more energy!

Increasing your physical activity levels can help you feel better, feel more confident, help you lose a few pounds and tone up, but best of all it can be FUN!

The Get Up, Get Out, Get Active website has got lots of information about physical activity opportunities available in your area, you will see there are lots of things you could try from walking to cycling, from swimming to tennis or you could decide to mix, match and join different groups for variety... the choice is yours.

If time is an issue for you, our 'tips for getting active' page on the Get Up, Get Out, Get Active will give you helpful tips and ideas about how you can build activity into your life without setting specific time aside for it. Then, when you have a bit more time on your hands you can have a go at an activity you really want to try.

Why not visit www.activegloucestershire.org today and check out the Get Up, Get Out, Get Active range.

Contacts:

Cheltenham

Walk Well
www.cheltenham.gov.uk
walkwell@cheltenham.gov.uk
 TEL: 01242 276202

Forest of Dean

Forest of Dean Health & Leisure
www.forestofdean.gov.uk
walkwell@forestofdean.gov.uk
 TEL: 01594 812615

Gloucester

Put Your Best Foot Forward
www.bestfootforwardgloucester.gov.uk
walkwell@gloucester.gov.uk
 TEL: 01452 396707

Tewkesbury

Walk 4 Life Health Walks
www.tewkesbury.gov.uk
walkwell@tewkesbury.gov.uk
 TEL: 01564 272193

Stroud

Strolling in the Stroud District
www.strollinginthestroud.gov.uk
walkwell@strollinginthestroud.gov.uk
 TEL: 01453 754322

Active Gloucestershire

Get Up, Get Out, Get Active
 TEL: 01452 31242 / 01453

Visit www.w4l.org.uk for more information on the national health walks scheme.