

*Welcome* to our Spring Newsletter. TMMP are happy to provide you with information regarding Fibromyalgia and Cervical Screening in this edition. Also, we are asking for volunteers to join our Patient Participation Group as your opinion really does count!! As always, our 'Dear Norman' section keeps you up to date with the 'goings on' within the Practice.

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### Join our PPG

We would like to know how we can improve our service to you and how you perceive our surgery and staff.

To help us with this, we are setting up a virtual patient representation group so that you can have your say. We will ask the members of this representative group some questions from time to time, such as what you think about our opening times or the quality of the care or service you received.

We will contact you via email and keep our surveys succinct so it shouldn't take up too much of your time.

We aim to gather around a hundred patients from as broad a spectrum as possible to get a truly representative sample. We need young people, workers, retirees, people with long term conditions and people from non-British ethnic groups.

If you are happy for us to contact you occasionally by email, please visit our website at:

**<https://thornemoormedicalpractice.co.uk/practice-policies-patient-information/>**

and click on the 'join our PPG' link. Thanking you in advance.

# Fibromyalgia

Fibromyalgia, also called fibromyalgia syndrome (FMS), is a long-term condition that causes pain all over the body.

## Symptoms of fibromyalgia

As well as widespread pain, other symptoms of fibromyalgia include:

- increased sensitivity to pain
- muscle stiffness
- difficulty getting to sleep or staying asleep, which can make you feel very tired (fatigue)
- problems with mental processes (known as "fibro-fog"), such as difficulty concentrating or remembering things
- headaches
- irritable bowel syndrome (IBS), a digestive condition that causes stomach pain and bloating
- feelings of frustration, worry or low mood

The symptoms of fibromyalgia are changeable – for example, they can sometimes suddenly improve or get worse.

See a GP if you think you have fibromyalgia. Treatment can ease some of the symptoms, although they're unlikely to disappear completely.

## How fibromyalgia is treated

Although there's currently no cure for fibromyalgia, there are treatments to help relieve some of the symptoms and make the condition easier to live with.

Treatment tends to be a combination of:

- lifestyle changes, such as exercise programmes and relaxation techniques
- talking therapies, such as cognitive behavioural therapy (CBT) and acceptance and commitment therapy (ACT)
- medicine, such as antidepressants
- In particular, exercise has a number of important benefits for people with fibromyalgia, including helping to reduce pain.



### ARE YOU A CARER?

It's important that we know you are a carer so we can make sure you receive information, services and the help that is available. To register, please log on to our website,

<https://thornemoormedicalpractice.co.uk/reception-and-enquiries/>  
complete the form then click on 'submit'.

# What is cervical screening?

All women aged 25 to 64 are invited by letter to cervical screening to check the health of their cervix. Cervical screening used to be called a smear test.

Everyone with a cervix should go for cervical screening. The cervix is the opening to your womb from your vagina.

It's not a test for cancer; it's a test to help prevent cancer.

During the screening appointment, a small sample of cells will be taken from your cervix. The sample is checked for certain types of human papillomavirus (HPV) that can cause changes to the cells of your cervix. These are called "high risk" types of HPV. If these types of HPV are not found, you do not need any further tests.

If these types of HPV are found, the sample is checked for any changes in the cells of your cervix. These can be treated before they get a chance to turn into cervical cancer.

The nurse or doctor will tell you when you can expect your results letter.

## How cervical screening helps prevent cancer

Cervical screening checks the health of your cervix and helps find any abnormal changes before they can turn into cancer.

If high risk types of HPV are found during screening, the sample of cells is also checked for abnormal cell changes.

If abnormal cells are found, they can be treated so they do not get a chance to turn into cervical cancer.

## What is HPV?

HPV is the name for a very common group of viruses.

Most people will get some type of HPV during their lives. It's very common and nothing to feel ashamed or embarrassed about.

You can get HPV from any kind of skin-to-skin contact of the genital area, not just from penetrative sex.

This includes:

- vaginal, oral or anal sex
- any skin-to-skin contact of the genital area
- sharing sex toys

Some types of high risk types of HPV can cause cervical cancer. In most cases your body will get rid of HPV without it causing any problems. But sometimes HPV can stay in your body for a long time.

If high risk types of HPV stay in your body, they can cause changes to the cells in your cervix. These changes may become cervical cancer if not treated.

If you do not have a high risk type of HPV it's very unlikely you'll get cervical cancer, even if you've had abnormal cell changes in your cervix before.

## Vincent van Cough

The Health Van offers drop-in clinics across the Doncaster area including Thorne.



This 'no appointment needed' service and is available to anyone even if you're not registered with a GP Practice.

If you have a minor ailment or illness that's been troubling you and he's in the neighbourhood, why not pay him a visit, there's a GP on board and other health officials too.

Vincent is also out and about at various locations on Mondays with help and advice on how to stop smoking and Tuesdays he's out offering free smear tests.

To reduce risk and keep you and staff safe, they'll ask you some quick triage questions before boarding the bus.

## Getting Ready for Spring

Hay fever is a common allergy that causes sneezing, coughing and itchy eyes. You cannot cure it, but there are things you can do to help your symptoms, or medicines you can take to help.

- put petroleum jelly (such as Vaseline) around your nostrils to trap pollen
- wear wraparound sunglasses, a mask or a wide-brimmed hat to stop pollen getting into your nose and eyes
- shower and change your clothes after you have been outside to wash off the pollen
- keep windows and doors shut as much as possible
- vacuum regularly and dust with a damp cloth
- try to use a pollen filter in the air vents of your car, if you have one, and a HEPA filter in your vacuum cleaner



*Dear Norman*

Christmas and New Year seem like a distant memory now, but we hope you had a wonderful time. Some staff enjoyed family get-togethers on the day, and celebrated New Year with parties, others spent a quiet time at home relaxing and soaking up the festive spirit.

Several members of staff escaped the dreary, cold weather in February for some winter sunshine, enjoying the warmth in several destinations including Dubai, Thailand and Spain. They hoped to bring some sun and warmth back, but I guess their cases just weren't big enough!

I'm sorry to say but we are still getting far too many missed appointments. These could be filled by patients who are desperate to see a doctor. If you can't attend, please cancel your appointment via the text message you receive after you make your appointment. Alternatively, you can log on to our website to change or cancel an appointment.

<https://thornemoormedicalpractice.co.uk/>

On the upside, we have two 'Claire's' to congratulate. Claire Dilks: our pharmacy tech, has passed the first case base studies of her PCPEP course, she is now counting down the months to completion. Congratulations Claire and well done from us all.

Also, our lead Nurse has a big birthday coming up, I'm sure you will join us in offering Claire Huby our heartiest congratulations too.