



Kingsway Medical Centre Winter Newsletter 2018



Extra Smear Clinics at Kingsway during February



Every day in the UK 9 women are diagnosed with cervical cancer and 3 women lose their lives from the disease every day.

Cervical cancer is the most common cancer in women aged 35 and 75 per cent of cervical cancers are prevented by cervical screening (smear tests), however one in four women do not attend this potentially life-saving test.

A simple smear test saved my life, my story

In 2011, I was a busy mum to two young children (a 3 year and an 18 month old), I was working a 30 hour job and always found it difficult to find the time to attend appointments for myself.

At work we often talked about Jade Goody and how tragic her story was, but still this did not prompt me to go for my smear. I was 31 years old and really was embarrassed about the test, until a friend convinced me to go for it. The procedure was not bad at all. The Nurse was reassuring and put me at ease, it lasted a couple of minutes and then it was done. After two weeks, I received a letter in the post advising me I had abnormal cells on my test. I was told this could be something or nothing, but was advised to have a colposcopy. I arranged an appointment for this and told to await the results. After another two weeks, I was seen by the gynae consultant who advised me I had cervical cancer. I felt my world crashing down. I was so worried I would not be around for my family. I was seen at James Cook one week later and had surgery, (a radical hysterectomy). Fortunately, I did not need chemo or radiotherapy. I do consider myself very lucky.

Seven years later - I am well, and have not had any cancer scares. My advice to you

**Please attend for your smear appointment,
it really can save your life – it saved mine.**

Nurse Practitioners

We now have two Nurse Practitioners, Ann and Tracey. If you are asking for an urgent appointment, the reception team may offer you an appointment with the Nurse Practitioner rather than the doctor.

Are you a Carer?

Have you got your Carers Card?

If you don't, please ask a member of Reception Team for information or pop in to our next Carers drop-in.

Information on Carers Board.

To date, we have 159 patients registered as Carers.

You are now able to email the surgery



We have recently created two email addresses for patients to contact the surgery for non-urgent advice :



Reception Team : hstccg.receptionkingswaymedicalcentre@nhs.net

Admin Team : HSTCCG.A81057@nhs.net

B12 deficiency

What is vitamin B12?

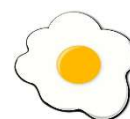
Vitamin B12 is needed to make new cells in the body – most importantly new red blood cells.



Vitamin B12 is found in meat, fish, eggs and milk. A normal balanced diet contains enough vitamin B12. A lack of vitamin B12 leads to anaemia and sometimes to other problems.

Why might I lack B12?

- **Diet** - Strict vegans who take no animal or dairy produce may not eat enough vitamin B12. A well balanced diet will make it unlikely to lack B12.
- **Stomach or gut problems** - Various problems of the stomach or gut or people who have had surgery to this area can become low in vitamin B12.
- **Pernicious anaemia** - Pernicious anaemia is an autoimmune disease. If you have pernicious anaemia, antibodies are formed against cells in your stomach which help with vitamin B12 absorption. Pernicious anaemia usually develops over the age of 50 and women are more commonly affected than men and it tends to run in families. It occurs more commonly in people who have other autoimmune diseases.
- **Medicines** - Certain medicines may affect the absorption of vitamin B12. The most common example is metformin which is a medicine often used for diabetes. Other medicines include colchicine, neomycin and some anticonvulsants used to treat epilepsy.



How is vitamin B12 deficiency diagnosed?

The level of vitamin B12 can be measured by a blood test. Further tests are then needed to find out the cause of the vitamin B12 deficiency.

What is the treatment for vitamin B12 deficiency?

You will need to boost your levels of vitamin B12 – the easiest way is to eat a balanced diet of vitamin B12 rich foods which include dairy, cod, salmon and red meat and eggs.

You may be offered a course of tablets to take for 3-6 months and then a repeat blood test to check whether this has improved your levels. If your levels are very low you may be offered a short course of B12 injections. If the cause of your B12 deficiency is thought to be due to pernicious anaemia or a stomach or gut related problem you may be advised to have B12 injections for life.

Do I have to worry about treatment?

Apart from the inconvenience of taking a tablet or the discomfort of having an injection, you should have no side-effects from the treatment. The treatment is simply replacing a vitamin that you need.

