

OPENING HOURS

	Horden (Shinwell Medical Centre)	Peterlee Health Centre
Monday	8am—7pm	9am—12noon
Tuesday	8am—6pm	3pm—7pm
Wednesday	8am—6pm	9am-12noon AND 4pm-7pm
Thursday	8am—6pm	5pm—7pm
Friday	7am—6pm	

**We Have an Appointment System.
Under 5's Call and Come In—seen on the Same Day.**



Practice In and Out of Hours:
0191 586 3859
<http://www.ShinwellMedicalGroup.co.uk>

Thanks to all of the practice staff for supporting us.



Phone Numbers to Keep

Easington District Carers
0191 586 9134
Citizen's Advice
0191 586 2639

Issue 3

Shinwell Medical Group Newsletter

Spring 2011

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What you need to know about Bowel Cancer

Bowel cancer is the third most common cancer in the UK.

Are you at risk?

- * 8 out of 10 cases are in people over 60
- * Family history of bowel conditions
- * Inactive lifestyle, not much fruit/veg/fibre in the diet
- * Obesity, diabetes or smoking

What Symptoms to look for

Bowel cancer is often painless in the early stages but look for these symptoms and come and see your GP

- * blood in your faeces, either mixed in, or on the toilet paper when wiping
- * change in your bowel habit for several weeks - especially going to the toilet more often or having diarrhoea
- * weight loss without any obvious reason and/or loss of appetite
- * tiredness for no apparent reason
- * pain, or a lump or swelling in your tummy

These symptoms aren't always due to bowel cancer but should not be ignored

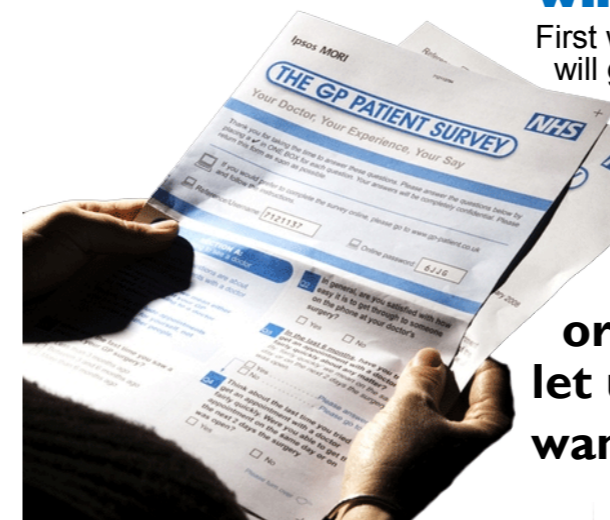
To find out for sure, the GP will examine you and send you to hospital for a colonoscopy (look inside the large bowel) or sigmoidoscopy (rectum and lower bowel).

What happens next?

First we need to make sure you have bowel cancer. The hospital visit will give the all-clear or say what needs doing.

If you have cancer, then the hospital will usually operate successfully.

Please fill in a Patient Survey at the practice or ask for one by post—let us know what you want



OUR FACEBOOK! (Dr Mala Kalia)

“my aim in life is to stay as a happy, united family”

1. Where did you study medicine?

A. In Delhi, India.

2. How long have you practiced?

A. Since qualifying as a doctor I worked as a Gynecologist from 1985 until 1999, when I commenced my training as a GP. I qualified as a GP in 2002 and have been a GP since then.

3. Do you have a specialist interest?

A. My main area of clinical interest still remains dealing with women's problems (Gynecology) and contraception including insertion of coils and contraceptive implants. My other areas of interest are problems relating to skin and joint problems including joint injections.

4. Do you enjoy the family atmosphere of the practice?

A. I enjoy working with the practice team. I particularly like the concept of the informal dining area where you can catch up with everyone if there is time.

5. Do you have any hobbies?

A. I am fond of reading, John Grisham, Sidney Sheldon and Dan Brown are a few of my favourite authors. I enjoy swimming and like to indulge in some sort of interior decoration and innovative cooking when I get time.

6. Do you have a hero or heroine?

A. My father will always remain my idol for the good qualities that he possessed of honesty, consciousness and being faithful to his colleagues, friends and family we lost him when I was very young, but I feel fortunate to have possessed some of his good qualities and intend to build upon them.

7. What are the best and worst things about work?

A. Best thing about work is looking after my patients and help resolve their problems to the best of my capability and expertise. The worst thing is “having my hands tied” due to resource, funding and guidelines.

8. What is your main aim in life?

A. My main aim in life is to stay as a happy, united family.

9. Do you have any Fears?

A. My main fear in life is loosing my independence and abilities any time in life.



SPRING

A Bit About Us

Shinwell Medical Group Patient Participation Group

is for patients; it is a pathway to health Aims and Objectives.

Our focus is on the care and dignity and respect of the patients and their families.

The Patient Participation Group provides YOUR input into the way the practice works.

Come and talk about what you want at the surgery. We will understand you. We can pass on your comments and your confidentiality will be safeguarded We will develop **Expert Patients** for all major **Long-Term Conditions**.

Examples of matters to be consulted include:

- Support for disease management at home.
- Moans & Thanks from patients.
- Confidentiality issues.
- Issues with Repeat Prescriptions etc.
- Taking forward patient complaints, eg about hospital experiences

Support Groups that we have:

- B12 Deficiency support group (meets after the Patient Participation Group at 2:30).
- Epilepsy support group.
- Young Persons support group.
- There are also some Nurse-led Support groups including Sexual Health, Long-Term Conditions, Alcohol and Substance misuse.

Would any Shinwell patients like to join the Patient Participation Group? We would like to see you, so come along and support us. *contact Colin Reynolds and/or look out for notices of meetings in the reception area. Meetings are in Shinwell Medical Centre in Hornden, and Peterlee Health Centre, Bede Way*



Next Meeting Friday 8 April 2011 1:30, Peterlee Health Centre