Alcohol

Newsletter Peel Park Surgery February

**Benefits of cutting down**. The immediate effects of cutting down include: feeling better in the morningsbeing less tired during the day,your skin may start to look better,you'll start to feel fitter,you may stop gaining weight.

**Realising you have a problem with alcohol is the first big step to getting help.**You may need help if:, you often feel the need to have a drink ,you get into trouble because of your drinking, other people warn you about how much you're drinking, you think your drinking is causing you problems . A good place to start is with your GP. Try to be accurate and honest about how much you drink and any problems it may be causing you. If you have become dependent on alcohol, you will have found it difficult to fully control your drinking in some way.

**So you'll probably need some help** either to cut down and control your drinking or stop completely, and also some plans to maintain the improvement after that. Your GP may suggest different types of assessment and support options available to you, such as from local community alcohol services. You can also ask about any free local support groups and other alcohol [counselling](https://www.nhs.uk/conditions/stress-anxiety-depression/benefits-of-talking-therapy/) that may suit you.

Ovarian Cancer

If you've been feeling bloated most days for the last three weeks, tell your doctor. Chances are it's nothing serious, but you're not wasting anyone's time by getting it checked out. Call your GP today.Feeling bloated most days for three weeks or more is a common sign of ovarian cancer, but other symptoms include:

* pelvic or stomach pain
* needing to pee urgently or more frequently than normal
* changes in bowel habit
* extreme fatigue (feeling very tired)
* unexplained weight loss

If you have any of these symptoms, see your GP as soon as possible. If you know anyone who has any of these symptoms, insist they see their doctor.