

## News from the Surgeries 2018 – important events happening nationally and through your surgery

- 31<sup>st</sup> January 2018: **National Bug Busting Day** (Headlice Campaign) - <http://www.chc.org/homedir/bugbustingforschools.cfm#natdays>
- 5<sup>th</sup> to 12<sup>th</sup> February 2018: **Sexual Abuse & Sexual Violence Awareness Week 2018** - <http://sexualabuseandsexualviolenceawarenessweek.org/get-involved/>
- 17<sup>th</sup> February 2018 is **Random Acts of Kindness Day** - [www.kindness.org/about](http://www.kindness.org/about).
- March 2018: - **Ovarian Cancer Awareness Month** - [www.targetovariancancer.org.uk](http://www.targetovariancancer.org.uk)
- 14<sup>th</sup> March 2018 – **National No Smoking Day**
- British Heart Foundation '**DECHOX**', a sponsored challenge to give up chocolate for a month to raise money for the BHF - [www.bhf.org.uk](http://www.bhf.org.uk)
- 1<sup>st</sup> to 30<sup>th</sup> April 2018: **Be Clear on Cancer – Bowel Cancer** - [www.bowelcanceruk.org.uk/about-bowel-cancer/order-publication/](http://www.bowelcanceruk.org.uk/about-bowel-cancer/order-publication/)
- 4<sup>th</sup> to 20<sup>th</sup> May 2018: **Dementia Awareness** - [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

## Screening Tests

The NHS offers a number of tests throughout life to detect problems early, when treatment is usually more effective. Screening includes antenatal and newborn, cervical, breast, bowel and abdominal aortic aneurysm. Most tests only take a few minutes, but could have life-saving results. **All you have to do is take up your invitation and don't delay!**

### The benefits of having a screening test include:

- Screening can detect a problem early, before you have symptoms.
- Finding out early can mean treatment is more effective.
- Finding out you have a health problem or an increased risk of a health problem can help people make better informed decisions about their health.
- Screening can reduce the risk of developing a condition or its complications.
- Screening can save lives.

***Wishing you all a very Happy and Healthy New Year***