

## PPG NEWSLETTER MAY 2014

### REPORT ON AGM

The Annual General Meeting of the Patient's Participation Group was held on 24 March 2014 at the Billericay Medical Practice. It was attended by members of the PPG and staff of the Practice, Peter Tyrrell, the Practice Manager, Dr Cockcroft Head of Practice, and Dr Russell and Dr Buhari who both gave talks before the meeting. We were very pleased with the attendance and thank you all those who attended.

Dr Russell gave a talk on cancer, the Number One Fear. There is a risk of one in three people of suffering from it in the UK – mainly breast, lung, prostate and bowel cancer. Fifty percent of people now survive, and the survival rates have doubled in last forty years. One in four deaths in the UK are due to cancer.

The main cause of cancer is lifestyle – smoking, obesity, alcohol, poor diet and UV radiation. Lifestyle can also be protective – for example physical activity. Symptoms can be unexplained weight loss, poor appetite, swallowing difficulty, lethargy, night sweats, persistent lymph gland swelling, change in bowel habits over eight weeks, blood in urine, palpable mass, progressive change in skin lesion, coughs – history of smoking.

A GP can help by suggesting modifications in lifestyle, education, recognise symptoms and immunise.

A question was asked if the incidence of cancer was increasing because people are living longer, and Dr Ridley said that patients at our Practice are usually diagnosed early and survive.

Dr Buhari gave a talk about Skin Cancer at a Glance – The Good Bad and the Ugly. There is damage to skin by UVB – burning, and UVA – ageing, and it starts by developing abnormal cell growth. DNA in skin cells begins to break down because they don't have enough time to repair and it can cause cancer.

Thirty five people every day in the UK are diagnosed with skin cancer and around five will die. A third who have malignant melanoma are under fifty five. There are three types BCC – Basal Cell Carcinoma, SCC Squamous Cell Carcinoma, and MM – multiple myeloma. BCC if treated early has a good prognosis, and grows slowly. SCC can spread and people with fair skin, blue eyes and red hair have the highest risk factor. You should use a sun block if you always burn. Treatment is surgical incision and radiotherapy.

Melanoma and tumours and can spread fast. There is a risk of this from the sun, tanning lamps and being. To detect them look for asymmetry, a border, colour and diameter. A MM stands out proud and is darker than other moles. Treatment is surgical excision with 5mm margin. Mortality is 20% from MM, 2% from SCC, and BCC nil.

Finally Dr Buhari said that you get 80% UV rays with reflection from snow when skiing and 10% from the sea.

At the AGM which followed the talks, the secretary gave a report of the activities during the previous year. The Treasurer gave a report. The following were elected to service for the period 2014/2015:

Chair	Marion Wilson
Vice Chair	John Wheeler
Secretary	Margaret Dunn
Treasurer	Jennifer Warren
Newsletter Editor/Website	John Wheeler
Committee members	Terry Rothery, Ron Capes, Sue Capes, Maureen Dann, Hazel Dexter-Clarke

Peter Tyrrell gave a Practice report and the results of the survey undertaken. Marion Wilson gave a report on the Clinical Commissioning Group.

We discussed our next talk, and Jo Restall, one of our Practice Nurses, is planning to talk about Nutrition and Health, date to be arranged.