Cervical screening

Newsletter Peel Park Surgery October

**Cervical screening test (previously known as a smear test) is a method of detecting abnormal cells on the cervix. The cervix is the entrance to the womb from the vagina.** Detecting and removing abnormal cervical cells can prevent [cervical cancer](https://www.nhs.uk/conditions/cervical-cancer/).

* **Women aged 25 to 64 who are registered with a GP are automatically invited for cervical screening.**This includes women who have had the [HPV vaccination](https://www.nhs.uk/conditions/vaccinations/hpv-human-papillomavirus-vaccine/), as the vaccine doesn't protect against all types of HPV linked to cervical cancer so it doesn't guarantee complete protection against [cervical cancer](https://www.nhs.uk/conditions/cervical-cancer/).
* **Invitation letters**Women registered with a GP will receive a letter inviting them to make an appointment, along with further information about cervical screening.

**The results of your screening test will be sent to you in the post, with a copy sent to your GP.**

Bowel screening

Newsletter Peel Park Surgery October

Bowel cancer is a common type of cancer in both men and women. About 1 in 20 people will get it during their lifetime.Screening can help detect bowel cancer at an early stage, when it's easier to treat. It can also be used to help check for and remove small growths in the bowel called [polyps](https://www.nhs.uk/conditions/bowel-polyps), which can turn into cancer over time.

* [bowel scope screening](https://www.nhs.uk/conditions/bowel-cancer-screening/bowel-scope-screening/) – a test where a thin, flexible tube with a camera at the end is used to look for and remove any polyps inside your bowel.NHS bowel cancer screening is only offered to people aged 55 or over, as this is when you're more likely to get bowel cancer:
* if you're 55, you'll automatically be invited for a one-off [bowel scope screening test](https://www.nhs.uk/conditions/bowel-cancer-screening/bowel-scope-screening/), if it's available in your area
* if you're 60 to 74, you'll automatically be invited to do a [home testing kit](https://www.nhs.uk/conditions/bowel-cancer-screening/fob-test/) every 2 years
* if you're 75 or over, you can ask for a home testing kit every 2 years by calling the free bowel cancer screening helpline on 0800 707 60 60

Stoptober

 Newsletter Peel Park Surgery October

Take part in Stoptober, the 28-day stop smoking challenge.

Stoptober encourages as many smokers as possible to prepare to quit from 1 October by taking part in the campaign and utilising the range of free resources and support available. Throughout October the campaign will continue to recruit smokers to take part, whilst also encouraging and supporting people to quit through the 28-day smoke-free journey. If you would like to quit smoking or need help in reducing please see our stop smoking specialist in the practice

**Are you thinking of quitting smoking? Research has shown that if you manage to quit for 28 days, you're 5 times more likely to quit for good.**

This year's Stoptober begins on 1 October 2018, and there's never been a better time to stop smoking:

* Success rates are the highest ever
* Cigarette packs are losing their appeal since the introduction of standardised packaging
* E-cigarettes, which lots of people find helpful for quitting, are now more tightly regulated than ever before to assure their safety and quality

There's lots of support available, including the Stoptober app, support through Facebook messenger, your local Stop Smoking Service, and lots of different aids to help you along like medicines and e-cigarettes. Find out more on the [Stoptober website](https://stoptober.smokefree.nhs.uk/).

Stopping smoking is the best thing you can do for your own health - and the health of people around you. It's never too late to quit. You'll start seeing the benefits immediately, not just for your health but also your finances. Read our [stop smoking information](https://www.blf.org.uk/smoking) to find out how.