



# Craigvinean Surgery Dunkeld PH8 0AD Drs Hewitt Charles Jack & Evans April 2025



## April is Bowel Cancer Awareness Month

[Nearly four in ten people can't name a single symptom of bowel cancer](#), despite it being the fourth most common cancer in the UK. Knowing the symptoms, and acting on them, means that bowel cancer can be diagnosed earlier when it is more treatable and curable. But fewer than four in 10 people are diagnosed at the early stages. We can change this and ultimately save more lives. Bowel cancer is the UK's second biggest cancer killer however it shouldn't be because it is treatable and curable especially if diagnosed early. Nearly everyone diagnosed at the earliest stage will survive bowel cancer but this drops significantly as the disease develops. **Early diagnosis really does save lives**, that's why during April they're raising awareness of bowel cancer symptoms. And you can help spread the word too. This year it is all about getting active:

### How you can get involved:

visit <https://fundraise.bowelcanceruk.org.uk/event/active-april/home>








## Only order what you need

Unused prescription medicines cost the NHS in the UK an estimated £300million every year. This could pay for .

**11,778 MORE** community nurses or  
**80,906 MORE** hip replacements or  
**19,799 MORE** drug treatment courses for breast cancer or  
**300,000 MORE** drug treatment courses for Alzheimer's or  
**312,175 MORE** cataract operations

Unfortunately once medication has left the pharmacy it cannot be reused, please think before you order about what you really need. Unused medicines should be returned to your pharmacy for safe disposal.

## Knowing the symptoms of bowel cancer could save your life

-  Bleeding from your bottom and/or blood in your poo
-  A persistent and unexplained change in bowel habit
-  Unexplained weight loss
-  Extreme tiredness for no obvious reason
-  A pain or lump in your tummy

If you have any concerns or if things just don't feel right, go and see your doctor.

## Update your contact info

In order to make full use of all the digital tools available to GP Surgeries now, to assist with providing patients the best healthcare. It is very important that we hold the correct contact information for you.



We ideally will hold accurate information about your mobile phone number, email and current address. To ensure this we have created a questionnaire for patients to complete when you are next at the Surgery. They are available at reception and in the Waiting Room. Just return your completed form to reception. You can also complete a similar form on our website.

Patients are asked to please note that the surgery will be **closed all day on Monday 7 April (NHS Holiday)** and **closed all day on Monday 21 April (Easter Monday)**

If you seek **healthcare advice** about a minor matter on these days, a good resource full of useful medical advice is the NHS inform website:

<https://www.nhsinform.scot/>

For healthcare call **NHS 24 on 111** in cases of suspected heart Attack and Stroke call **999**