

Health News

MARCH/APRIL 2013

**Discover
the single
treatment that
tackles stroke,
heart disease,
depression,
diabetes,
anxiety,
arthritis and
dementia!**



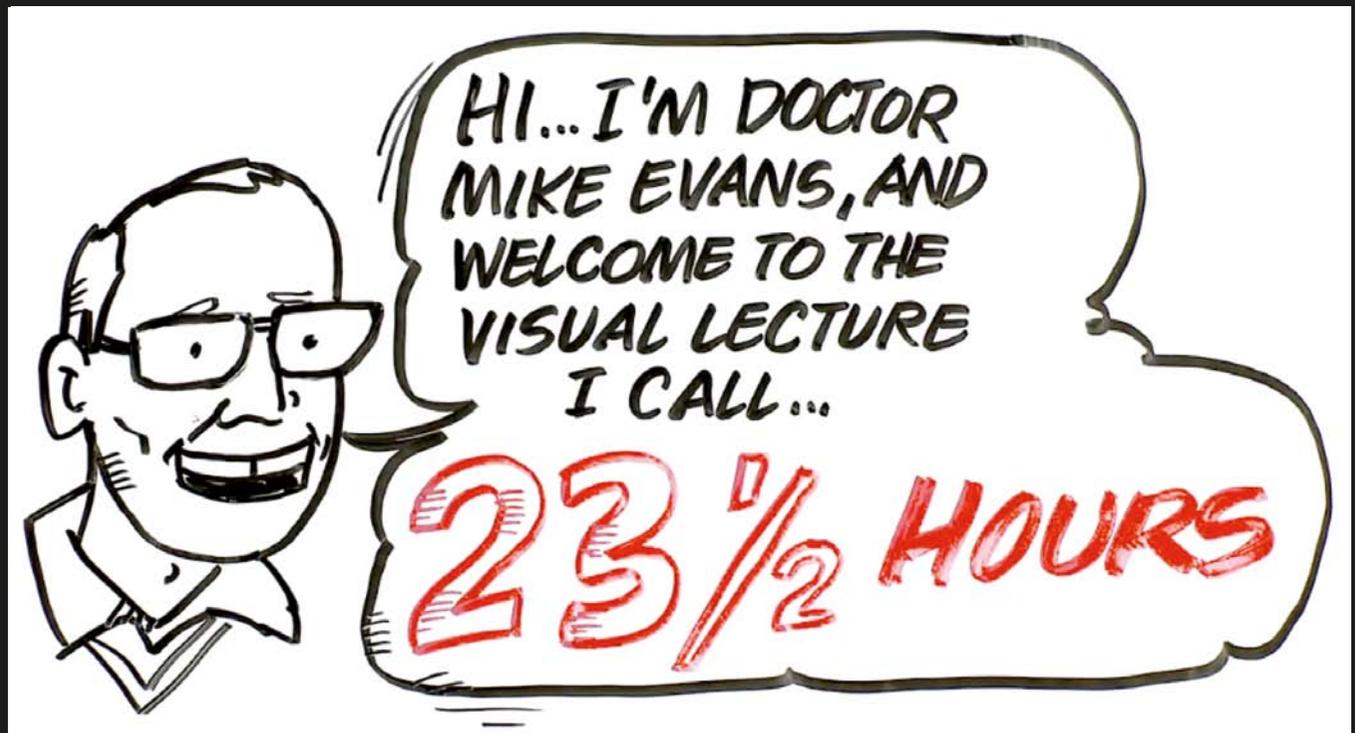
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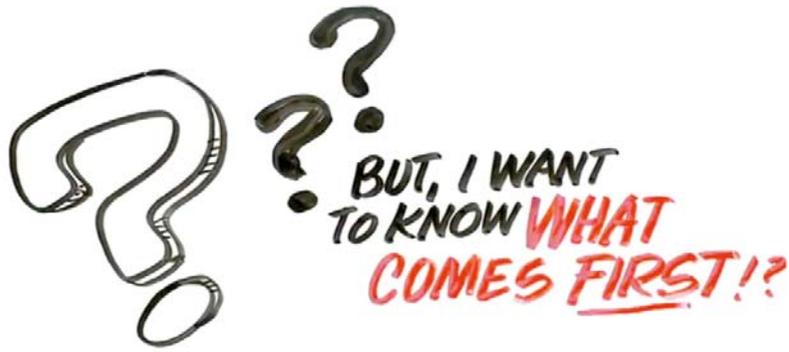
SO what is the ‘miracle’ treatment that can tackle stroke, depression, dementia and a host of other health problems?

Canadian professor and physician, Dr Mike Evans, has carried out some research to find out what’s the single change you can make to your life to make the biggest difference to your health.

He examined the impact of everything from cancer screening to eating more fibre to having a good social network, weighing less, drinking less, smoking less and controlling your blood pressure and cholesterol.

And in a ‘visual lecture’ that’s taking YouTube by storm Dr Evans provides the answer – he calls it 23½ hours.



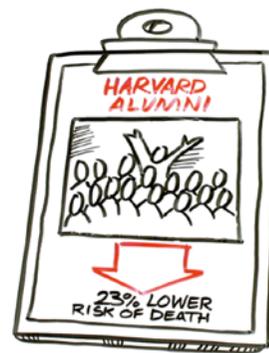
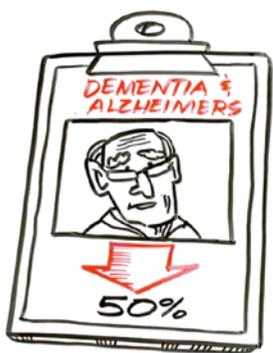


WHAT MAKES THE BIGGEST DIFFERENCE TO YOUR HEALTH?
 SO I DID MY RESEARCH AND FOUND SOMETHING....



IT WORKED FOR SO MANY DIFFERENT HEALTH PROBLEMS!

PATIENTS WITH KNEE ARTHRITIS REDUCED RATES OF PAIN AFTER JUST ONE HOUR OF TREATMENT, THREE TIMES A WEEK.



SO, WHAT IS THE MEDICINE?

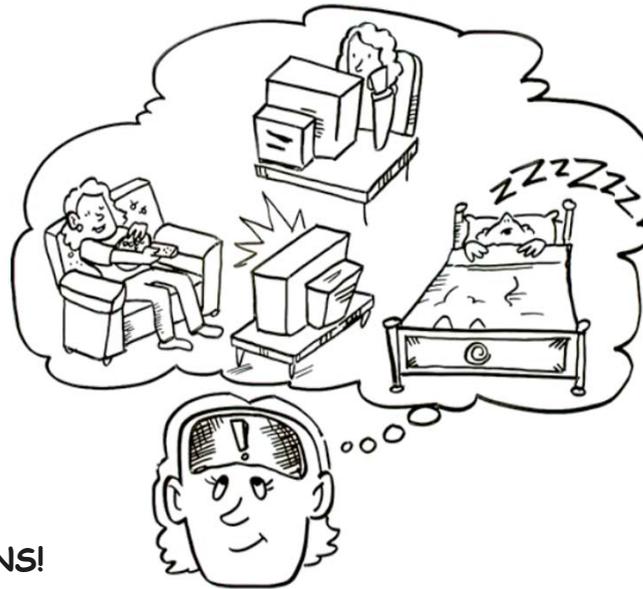


IT REDUCED DEMENTIA IN OLDER PEOPLE BY 50%. IT REDUCED ANXIETY BY 48% AND HELPED PATIENTS WITH DEPRESSION. BEST OF ALL, A STUDY SHOWED IT REDUCED THE RISK OF DEATH BY 23%

Exercise

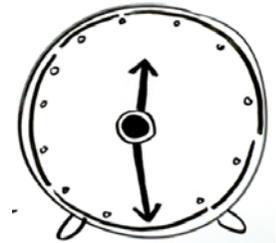


MOSTLY WALKING, NOT TRIATHLONS!

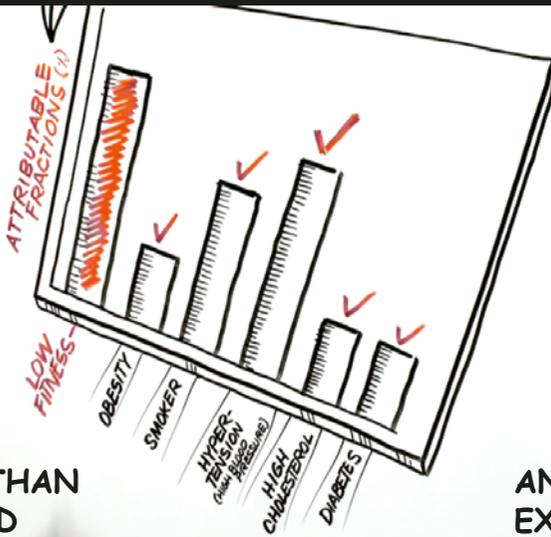


THINK OF YOUR TYPICAL DAY, SITTING AT WORK, WATCHING TV OR SLEEPING...

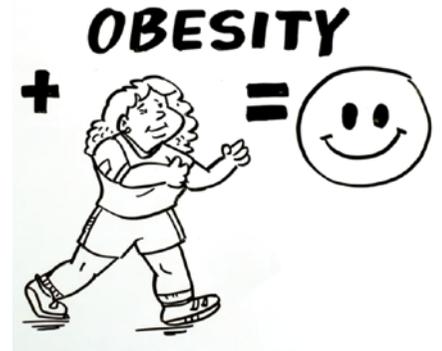
JUST HALF AN HOUR EXERCISE EACH DAY CAN BRING ALL THOSE BENEFITS.



A STUDY OF 50,000 MEN AND WOMEN FOUND THAT THE GREATEST NUMBER OF DEATHS IN A POPULATION COULD BE AVOIDED BY TACKLING LOW FITNESS LEVELS. THIS RISK FACTOR WAS MORE SIGNIFICANT THAN OBESITY, HIGH BLOOD PRESSURE AND SMOKING.



OBESITY + NO EXERCISE

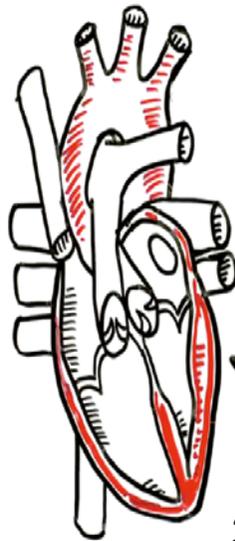


ANOTHER STUDY SHOWED THAT OBESITY COMBINED WITH NO EXERCISE IS A VERY BAD COMBINATION, BUT AN OBESE PERSON WHO IS ACTIVE WILL ENJOY MUCH BETTER HEALTH.

IF **EXERCISE** IS THE MEDICINE...
WHAT IS THE DOSE?



HOW MUCH?
HOW OFTEN?
HOW INTENSE?



ONE HOUR A WEEK OF ACTIVITY REDUCED HEART DISEASE BY ALMOST HALF



11-20 MIN. WALK
12%

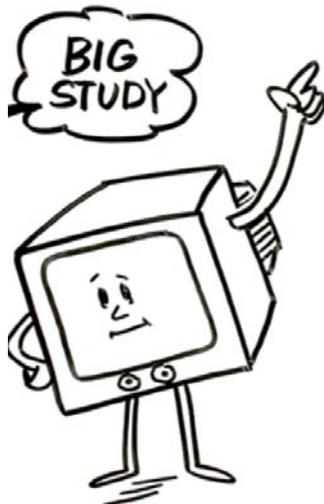


OVER 21 MIN WALK
29%



ANOTHER MAJOR STUDY FOUND THAT FOR EVERY TEN MINUTE INCREASE OF TIME IN YOUR WALK TO WORK, THERE WAS A 12% REDUCTION IN THE RISK OF HIGH BLOOD PRESSURE.

SO I THOUGHT ABOUT IT IN REVERSE - WHAT I CALL 'SITTING DISEASE'. ANOTHER STUDY SHOWED THAT 6 HOURS A DAY WATCHING TV CAN REDUCE YOUR LIFESPAN BY 5 YEARS



6 HOURS PER DAY... LIVE 5 YEARS LESS...

SO MY QUESTION TO YOU IS THIS... CAN YOU LIMIT YOUR SLEEPING AND SITTING TO JUST 23 AND A HALF HOURS?

CAN YOU LIMIT YOUR SITTING & SLEEPING TO JUST...

23 1/2 HOURS?



VISIT ACTIVESCOTLAND.ORG.UK FOR MORE ON EXERCISE

Coming to the big screen near you!

A host of chances to anticipate future health problems... so book your place to ensure there's a happy ending

ANTICIPATORY CARE is one of the most effective tools in the NHS toolbox.

Probably the most important health "tool" is a lifestyle involving good diet, regular exercise, no smoking or excessive alcohol and a liberal helping of self-esteem and happiness.

Second to a healthy lifestyle is anticipating a poor health condition before it gets a chance to become more serious.

That is the term healthcare professionals use to describe the things you see advertised in your GP surgery or on television. In short, they are screening programmes.

The NHS spends millions on screening programmes

because they are known to work.

The first four pages of this edition of NHSGGC's **Health News** is devoted to some of the key screening programmes and to explain why they are such a vital part of ensuring you have the best possible chance of a timely health intervention that can make all the difference.

There are a couple of key things to keep at the front of your mind as you read through the various articles on screening on this and subsequent pages...

The first is that screening is not a one-off "all clear" for whatever condition it is looking for. Screening is effective if it is regular so it's vital that you take up the

offer of screening EVERY TIME you are offered it – whether it be bowel, breast, cervical or any other from a long list.

The second thing to keep at the front of your mind is that although a screening test may give you the all clear for a condition, it doesn't mean that you should ignore any symptoms between screenings or stop checking yourself for signs of something untoward.

Screening saves lives. Early intervention makes a massive difference to outcomes. Awareness of signs and symptoms between screening and going to your GP in the first instance is just as vital.



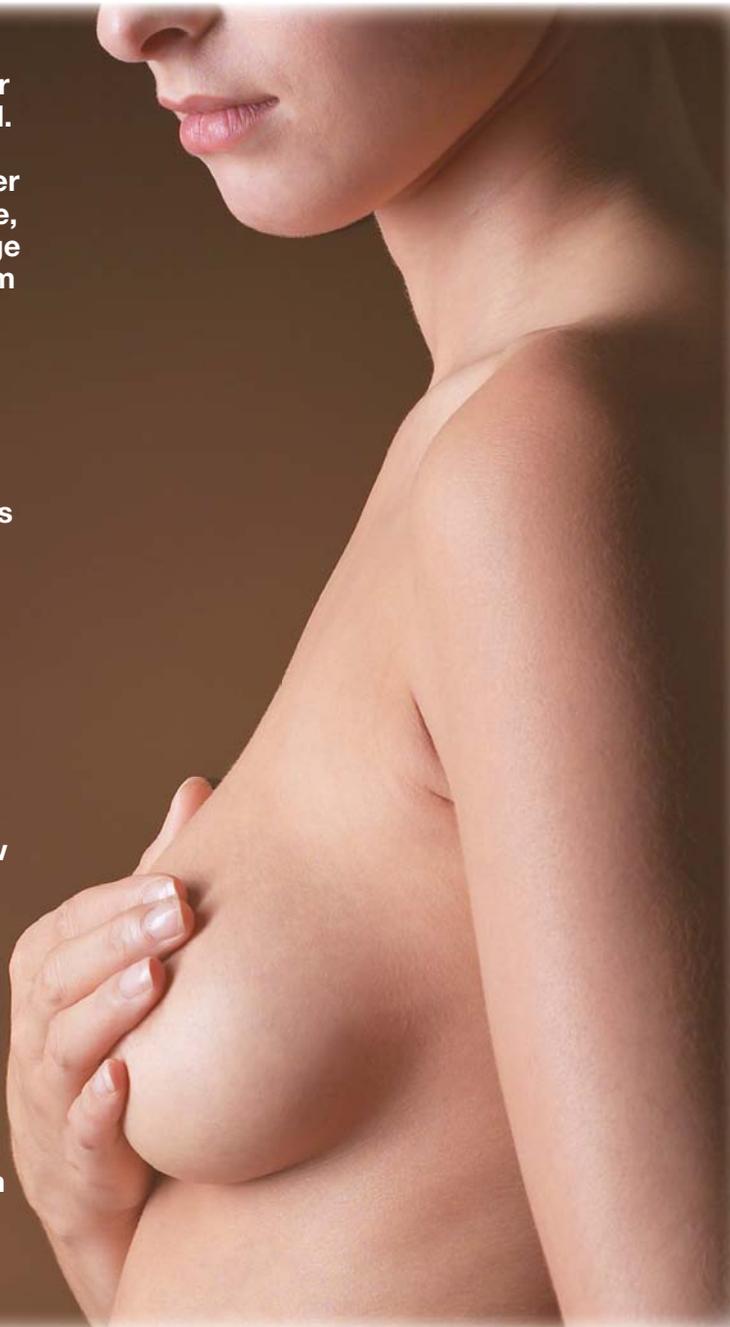
BREAST cancer is the most common cancer in women in Scotland. Since 1987, a nationwide programme of breast cancer screening has been in place, offering women over the age of 50 a regular mammogram test.

The principle benefit of breast screening is earlier detection, which facilitates less aggressive treatment, improves prognosis and ultimately, it is hoped, saves lives.

Despite evidence that screening significantly reduces the risk of death from breast cancer, many women are still not taking up the opportunity to be screened.

From April 2011 to March 2012, NHS Greater Glasgow and Clyde invited 105,220 women registered with a GP practice in the area to attend breast screening. Of these, just under 70 percent attended for the test.

Of those tested, 519 (0.7%) were diagnosed with breast cancer following screening and began appropriate treatment.



Live healthy ...and take the breast cancer test

WOMEN in Greater Glasgow and Clyde have two ways to reduce the risk of dying from breast cancer – live healthy and get tested!

Emilia Crighton, Consultant in Public Health Medicine, is chair of the Public Health Screening Unit responsible for the co-ordination of all screening programmes in Greater Glasgow and Clyde.

She explained: “Thanks to the breast screening programme there has been a significant reduction in deaths from breast cancer in Scotland. The earlier a cancer is detected the better the chance of successful treatment.

“More than 30,000 women in Greater Glasgow and Clyde last year failed to respond to the invitation to come for routine breast screening. They are missing out on the chance to receive an “all clear” or for the early signs of cancer to be spotted and quickly treated.”

Getting tested, however, is not the be all and end all of cancer prevention.

Emilia goes on: “Many women are ignoring the fact that the way they live their lives can also have a serious effect on their chances of developing cancer in the first place. Regular exercise, healthy eating and limiting alcohol intake can all have hugely positive effects.

Almost 40 percent of all cancers are preventable and one in 20 cases are directly linked to alcohol misuse.”

All women aged 50-70 years are invited for a routine screen once every three years and women over 70 years are screened on request.

The increased numbers being screened each year has led, in part, to a rise in the number of cases detected, but early detection has **CONTINUED ON NEXT PAGE**

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greatly improved treatment options and the chances of a positive outcome.

Incidence rates show a 10 percent increase over the last decade.

Emilia reports: "This is partly due to increased detection by the Scottish Breast Screening Programme and to changes in the prevalence of known risk factors, such as age at birth of first child, decreases in family size, increases in post menopausal obesity and alcohol consumption."

The test itself is a straightforward procedure involving two images being taken of each breast using an X-ray machine (also known as a mammogram) and the results are sent to the woman and her GP. If a woman is found to have cancer, she is referred to a consultant surgeon to discuss the options available to her. This usually involves surgery, either a lumpectomy where just the lump and a small amount of surrounding tissue is removed or a mastectomy where the whole breast is removed. Surgery is likely to be followed by radiotherapy, chemotherapy, hormone therapy or a mixture of these. The exact course of treatment will depend on the type of cancer found and the woman's personal preferences.

Emilia believes that some women may be failing to attend because of fears of "overdiagnosis" - the detection and treatment of a cancer that may never have caused them harm during their lifetime.

She explained: "In some cases it is impossible to know whether the cancer detected will develop to a life threatening stage and therefore there are a number of women who receive treatment for a cancer that may never eventually have led to their death.

"The important thing is that we always ensure that the women is given the full balanced picture of the possible harms and benefits before a decision on treatment is taken."

Look out for the vital signs

DETECTING breast cancer early improves the chances of successful treatment so it's important to be breast aware.

This simply means knowing what your breasts look and feel like normally, being on the lookout for any unusual changes and getting them checked out by your doctor.

Lumps are vital to look out for but there are other important signs too such as changes to size, shape, texture and discharge.

Elaine spearheads campaign

A GROUNDBREAKING campaign starring Scots entertainer Elaine C. Smith was launched last year to highlight the signs and symptoms of breast cancer.

The advert was the first in the UK to show real pictures of women's breasts with visible signs of breast cancer.

It features the Scottish actress, who lost her own mum to breast cancer, holding a series of placards illustrating the symptoms.

The advert carries the message 'Lumps aren't the only sign of breast cancer', so that women know how to spot the signs.

The campaign was part of the Scottish Government's £30 million Detect Cancer Early drive, which aims to increase the early detection of cancer by 25 percent.

It coincided with the announcement of a £12million investment in upgrading breast screening equipment over the next three years across Scotland.



Entertainer Elaine C. Smith spearheaded the Government's breast cancer campaign.

IT'S A FACT

- 105,220 women registered with a practice in NHS Greater Glasgow and Clyde area were invited to attend breast screening.
- 73,444 women attended breast screening. This represents an uptake of 69.8% which is below the minimum Government target of 70%.
- In 2010, the number of new breast cancers registered in NHS Greater Glasgow and Clyde was 1,024. This gives a standardised incidence rate of 132.8 per 100,000 per population which is slightly higher than that for Scotland (128.6).
- In 2011, there were 219 deaths from breast cancer, giving a standardised rate of 24.4 per 100,000 population.

Triple A checks are saving men from the hidden killer

A NEW national screening programme which will save the lives of up to 170 men each year is now rolling out across NHS Greater Glasgow and Clyde.

The first male-only screening programme has launched this month in Glasgow for men over the age of 65 who will be invited for abdominal aortic aneurysm screening (AAA) or Triple A, using ultrasound to detect a condition that can affect the main artery in the abdomen.

The condition affects one in 20 men, many of whom are completely unaware there is anything wrong. Sadly, often the first sign there is a problem is when the aneurysm ruptures, with eight out of 10 ruptures causing death.



Wesley Stuart

NHSGGC consultant vascular surgeon Wesley Stuart (pictured right) explained: "The aorta is the main artery which carries blood to the various parts of your body. It runs from your heart through your chest and abdomen. As we get older parts of the wall of the aorta can become weaker and balloon out to form a swelling called an aneurysm. This condition is fairly rare, but it occurs most commonly in the portion of the aorta found in the abdomen.

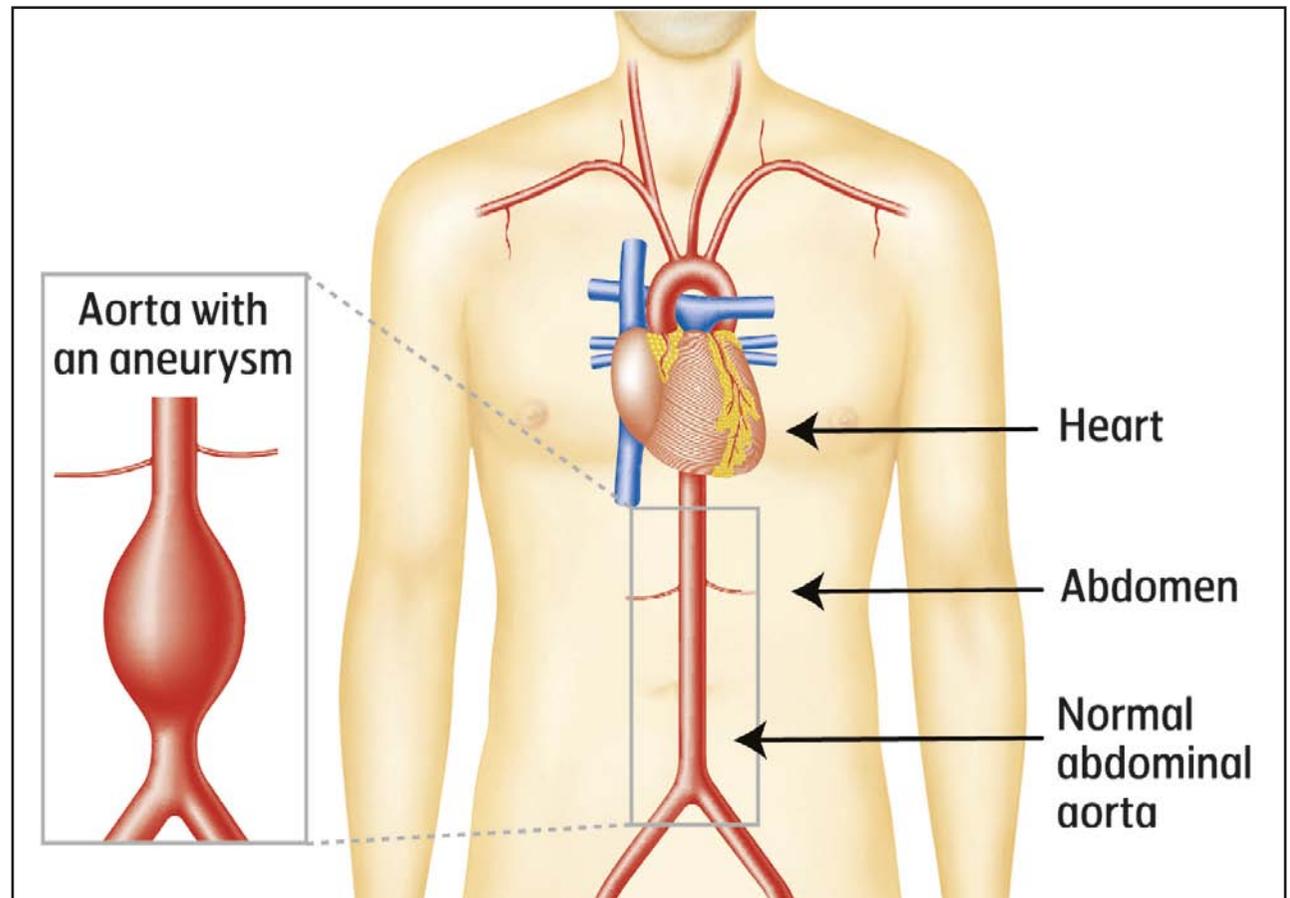


Illustration courtesy of the NHS Abdominal Aortic Aneurysm Screening Programme (England)

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“A simple 10 minute scan can detect this problem and the results are immediately available. If your scan is normal, the chances of an aneurysm occurring later are extremely low so you will not need to be invited again for another scan and the screening programme has done its job.

“If a small or medium-sized aneurysm is found, we will give you regular scans to watch for any growth, and if the screening scan picks up a larger aneurysm then you will be referred to vascular services.”

NHSGGC is sending letters to men aged 65 to invite them to attend screening in their local area.

One of the first Glasgow men to undergo the screening was Mr Ronald Leith, aged 65, from the south side of Glasgow. He described the experience as “completely painless and all over in a few minutes”.

Mr Leith said: “I didn’t know anything about Triple A but I got my invite and went along and was in and out in 10 minutes. Everything was OK so that was good. I like to think I do look after myself but it’s reassuring to know that I don’t have anything to worry about so I’d say to anybody, just go and get it done.”

Cabinet Secretary for Health Alex Neil said: “Abdominal aortic aneurysms are a hidden killer which affects one in 20 men in Scotland, most of whom will be unaware that they have the condition.

“A simple 10-minute scan can detect the aneurysm, enabling treatment to begin and saving hundreds of lives each year. Dealing with potential illness as soon as possible not only means that lives are saved, it also means an efficient NHS.”

Look out
for your
NHS invite
letter.



Triple A at a glance

- The aorta is the main artery which carries blood to the various parts of your body. It runs from your heart down through your chest and abdomen. As some people get older, the wall of the aorta in the abdomen can become weaker and balloon out to form an aneurysm
- Men aged 65 will be invited for screening
- The condition affects one in 20 men
- The screening programme will save an estimated 170 lives each year – if left unscreened, 8 out of 10 ruptures will cause death
- Most men will be unaware that they have the condition and won’t have any symptoms
- It is the first male only screening programme
- The condition mainly affects older men
- A simple 10-minute ultrasound scan can detect the aneurysm - results will be immediately available

Don't take a chance... take the test

Nine out of ten survive bowel cancer if it is detected early

A GROUNDBREAKING campaign has been launched to encourage people between the age of 50 and 74 to participate in bowel screening.

The TV advert features the voice of *Still Game* star Ford Kiernan speaking to a man sitting on the toilet, encouraging him to take the bowel screening test.

It carries the message 'Bowel Cancer. Don't Take A Chance. Take The Test' and aims to highlight the fact that bowel cancer is a 'hidden' cancer, because the early signs are often not visible. It also promotes the message that nine out of 10 people will survive bowel cancer if it is detected early.

The drive comes on the back of the Scottish Government's widely successful breast cancer campaign, featuring Elaine C. Smith, which has received over 130,000 views on YouTube – the most for any Scottish Government video.



Alex Neil (far left) is joined by Lynn Faulds-Wood (centre) at the launch of the campaign.

The breast cancer advert has proven to be influential, with over half of women aged over 45 who saw it taking action as a result, such as checking their breasts.

Health Secretary Alex Neil was

joined by TV presenter Lynn Faulds Wood at the launch last month of the bowel cancer campaign.

Mr Neil said: "Bowel cancer is the third most common cancer in Scotland.

"A lot of people are unaware that the early signs of bowel cancer can be hidden and that participating in the bowel screening programme gives the best chance of detecting
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cancer early.

“The earlier bowel cancer is detected the easier it is to treat and the better the chance of a successful outcome. That is why bowel screening is so important.

“I would urge all men and women between 50 and 74 to do their screening test when it comes through their door.”

Chief Medical Officer Sir Harry Burns added: “More lives can be saved in Scotland through earlier detection, as the cancer can be treated earlier when it is less aggressive and treatment is more likely to be successful.”

It is part of the Scottish Government’s £30 million Detect Cancer Early drive, which aims to increase the early detection of cancer by 25 per cent.

Television presenter and bowel cancer survivor Lynn Faulds Wood met with Mr Neil to give her backing to the campaign.

She said: “When I was the presenter of BBC Watchdog, I was diagnosed with advanced bowel cancer - my son was just three. It’s a terrible, cruel cancer and it

The TV campaign features the voice of actor Ford Kiernan talking to a man on the toilet.



is wonderful that Scotland is offering free screening from aged 50. I regularly hear from people who have been diagnosed with late stage bowel cancer who fear they are going to die - and some received kits but did not use them. I urge everyone - if you are sent a kit, use it - it might save your life.”

Only 54.5 per cent of those people invited currently participate in the bowel screening programme.

However, statistics show that people are 45 per cent more likely to survive bowel cancer compared to 30 years ago.

The five year survival rate for bowel cancer increased

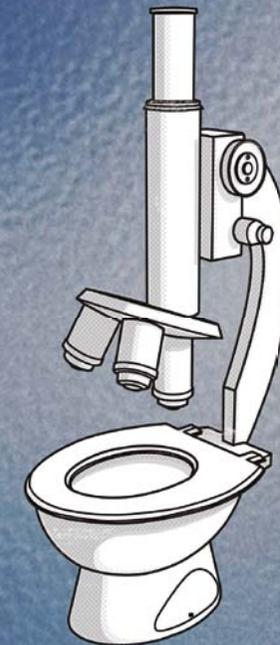
from 37 per cent between 1983 to 1987, to 54 per cent between 2003 and 2007.

Currently the Scottish Bowel Screening Programme invites all men and women in Scotland aged 50 to 74 to participate in screening every two years.

From April 2013, the programme will be extended so that those over the age of 74 will be able to self-refer every two years by requesting a screening kit through the Scottish Bowel Screening Helpline.

Find out more about bowel screening at www.bowelscreeningtest.org or call the Scottish Bowel Screening Helpline on **0800 0121 833**.

THE EARLY SIGNS OF BOWEL CANCER ARE OFTEN HIDDEN.



NHS
SCOTLAND

healthier
scotland
SCOTTISH GOVERNMENT

Keep Well health checks that could change your life

A **HIGHLY** successful health improvement programme which has been rolled out to 100 GP practice in our most deprived areas is helping thousands of patients to look after their health and 'keep well'.

The scheme provides free health checks to patients between the age of 40 and 64 who are at risk of developing health problems such as diabetes, high blood pressure or heart disease.

More than 40,000 people have already taken part in the Keep Well programme and many hundreds have had conditions spotted and treated before their condition worsened.

And now Dr Linda de Caestecker, Director of Public Health, (pictured right) is urging everyone invited for the vital health check to take it up.

She said: "The Keep Well health check is a chance for you to make a positive difference to your health.

"With a few simple checks,



Dr Linda de Caestecker

your GP practice can find out your possible risk of developing cardiovascular disease such as heart disease or stroke over the next ten years.

"If your risk is high, the practice staff can help you take steps to reduce it. For instance, they can give you advice about eating a balanced diet or about taking part in exercises that are suitable for your age and health.

"As well as cutting down your possible risk of future disease, the advice could also help you to feel better and healthier now."

At the health check, which takes around 35-40 minutes, a nurse will ask you questions about your general health and check your weight, blood pressure, cholesterol and blood sugar. You will also be asked about your lifestyle and about other things that may affect your health. At the end of the check, you will be

told your results and about any support or treatments that could benefit you.

Linda added: "The Keep Well health check allows you the space and time to talk about what you as an individual can do to staying healthy and reduce your risk of becoming ill in the future, all within the familiar environment of your local general practice. Just a few small changes, with the right support, can make a huge impact on your future health,

even if you are already well into your 40s, 50s or 60s - it's never too late to get real benefits from more physical activity or enjoying healthier, more affordable food choices."

Where health issues are identified individuals then have access to a range of other services supporting lifestyle changes including exercise and weight management, smoking cessation, stress centres, money advice, literacy and employability.

ONE patient to benefit from Keep Well is 43-year-old mum-of-four Shellah Tariq from Pollokshields.

Shellah was invited to her local GP practice for the health check. She was overweight, at risk of developing diabetes and was encouraged and supported to lose weight and take up exercise.

Shellah was referred to weekly exercise classes and attended weekly healthy cookery classes.

After only six weeks Shellah had lost a stone.

She said: "I am so pleased I took up the offer of the health assessment. I knew I was overweight and this gave me the encouragement and help I needed to do something about it and will hopefully prevent me developing diabetes in the future.

"I would very seriously recommend that anyone who is invited for this health check takes up the offer as it could change their life."

Women are urged to heed cervical screening message

REGULAR cervical screening is the most important factor in protecting women against cervical cancer.

Yet across Greater Glasgow and Clyde last year, more than 65,000 eligible women did not take up the invite to have the vital 'smear' test.

Now Consultant in Public Health Medicine Emilia Crighton is urging all eligible women to have the potential life-saving test.

She explained: "After breast cancer, cervical cancer is the second most common cancer in women aged 35 and under.

"However cervical cancer is a preventable disease and regular screening prevents eight out of ten cancers developing.

"All women in Scotland aged 20 to 60 are offered cervical screening tests every three years and screening saves around 5000 lives per year."

Cervical screening - the facts

- Every year in the UK, more than 2800 women are diagnosed with cervical cancer and nearly 1000 women die from the disease.
- Women aged 20 to 60 who live in Greater Glasgow and Clyde are invited to have a smear test every three years.
- Even if you've had the HPV jab you still need to have a cervical screening test.

The screening itself tests for any early changes in the cells caused by a strain of virus called human papillomavirus (HPV).

HPV is an extremely common virus – more than 100 strains have been identified so far – and they can affect different parts of the body.

However, the high-risk HPV types can, in some cases, cause the development of cervical cancer. The HPV infection seems to cause changes to the cells of the cervix creating abnormalities that can over the years develop

into cancer.

It is estimated that around 80 percent of people of reproductive age will be infected with an HPV virus at some point in their lives. These are transmitted through skin contact. It means that anyone can contract HPV through contact with someone who already has the virus.

Emilia is keen to point out that, while HPV infection is common, it is rare that it goes on to become cervical cancer.

She said: "Most women are infected with HPV at some point in their lives but will probably never know they have been infected. Like other viral infections such as a cold, HPV is usually cleared by the body's immune system without the need for other treatment.

"There are usually no symptoms with an HPV infection and sometimes no symptoms with early stage cervical cancer, so the only way to really check and make sure everything is OK is to attend your cervical screening test when called every three years.

"Cervical screening saves lives and all women should attend when called for their smear test. With early detection and treatment the vast majority of cervical cancers can be stopped from developing.

"The test only takes five minutes but could save your life."

Sex - it's healthy to talk about it

Confidential advice, diagnosis and treatment... whatever your needs... Sandyford is there for you

WHETHER you're part of a couple, in a new relationship, have many partners or are happy and relaxed not having sex, everyone needs to take care of their sexual wellbeing.

Scotland's largest health board is encouraging anyone who is sexually active or who is thinking about becoming sexually active to ensure they know about all the physical and psychological support that is on offer to ensure good sexual health and wellbeing.

NHS Greater Glasgow and Clyde's **Sandyford**, with a main base in Glasgow City Centre and satellite clinics throughout the area, offers the full range of sexual, reproductive



and emotional health services for women, men and young people as well as counselling, information and other specialist services.

All services are free of charge and are available without the need to be referred by your doctor.

Dr Pauline McGough, Sandyford Clinical Director, said: "Good sexual health and wellbeing is incredibly important both physically and emotionally. There are a broad range

of services offered throughout the Greater Glasgow and Clyde area to help us ensure that our residents have all the support they need to achieve and maintain good sexual health.

"Sandyford services across Glasgow and Clyde offer confidential advice, diagnosis and treatment for all sexual and reproductive health issues. We also offer access to counselling for men and women which can be weekly 50 minute

sessions with a counsellor, or group work, or a one-off 'listening ear' support session."

Sandyford provides a service across the whole of NHS Greater Glasgow and Clyde from our main base at Sandyford Central and 17 local Sandyford satellite clinics.

Over the next few pages **Health News** looks at some of the services available through Sandyford.

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The Place is the place where teenagers can come for help

THE PLACE is the name of the special sexual health services run just for young people aged up to 18. The Place is where sexual health services are provided to all people but only young people can use the service during the times The Place is running. Therefore you are not likely to meet any adults you might be worried about seeing when you come to the service.

The Place offers a full range of sexual health and relationships services, treatment, advice and information. The Place provides regular ongoing contraception and emergency contraception, free condoms, testing and treatment for sexually transmitted infections, pregnancy testing, advice and counselling around pregnancy choices and quick access for termination of pregnancy if that is your choice. The Place also provides counselling and support for a range of issues.

There is a drug and alcohol support worker who can offer



Sandyford East - just one of 17 satellite clinics offering local services.

support if you are worried about your own drinking or someone close to you who is drinking too much.

If you are under 16 years you can use The Place service, we just need to make sure you understand and consent to any treatment offered. You can bring someone with you a friend, partner, relative or even

your parent. You will be seen at some point during your visit on your own, just to make sure you understand everything for yourself. Young people are also welcome at any of the Sandyford services.

If you have any questions or need more information you can phone on **0141 211 8130**
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SANDYFORD'S walk-in services can provide you with all the information and help you need when it comes to sexual, reproductive and emotional health, including:

Sexual Health

Sandyford offers confidential advice, diagnosis and treatment for all sexual health issues such as:

- Testing and support for all sexually transmitted infections
- HIV testing
- Hepatitis A & B testing and immunisation
- Free condoms
- Services for gay men, lesbians and transgender

Reproductive Health

Sandyford offers confidential advice, diagnosis and treatment for all reproductive health issues such as:

- Contraception and emergency contraception
- Pregnancy testing

- Counselling (including pre and post termination of pregnancy counselling and referral)
- Cervical screening
- Menopause, gynaecology and colposcopy clinics
- Sexual problems
- Vasectomy service

Emotional Health

All Sandyford services provide access to counselling for men and women. This can be weekly 50 minute sessions with a counsellor, or group work, or a one off listening ear support session. You can self refer for an assessment or request an information pack.

Counselling can help with:

- Sexual abuse
- Rape
- Sexual assault
- Sexuality issues
- Domestic abuse
- Other issues linked to sexual and reproductive health

The Place opening times

The Place @ Sandyford Central
Sandyford Central - Monday to
Thursday 4.00pm to 6.00pm

The Place @ Sandyford Drumchapel
Drumchapel Health Centre -
Thursday 3.30pm to 4.30pm

The Place @ Sandyford East
Renfrewshire

Barrhead Health and Care Centre -
Monday 3.30pm to 5.00pm

Clarkston Clinic - Thursday 4.00pm
to 6.00pm (age 19 and under)

The Place @ Sandyford Southwest
Pollok Health Centre - Monday &
Wednesday 3.30pm to 4.30pm

The Place @ Sandyford Inverclyde
Inverclyde Hospital - Monday &
Wednesday 3.30pm to 4.30pm

The Place @ Sandyford Boglestone
Boglestone Clinic - Wednesday
3.30pm to 4.30pm

The Place @ Sandyford North
Springburn Health Centre - Monday
and Wednesday 3.30pm to 4.30pm

The Place @ Sandyford Southeast
Govanhill Health Centre - Monday
and Wednesday 3.30pm to 4.30pm

The Place @ Sandyford Camglen
Cambuslang Clinic - Monday
3.30pm to 5.30pm

The Place @ Sandyford Castlemilk
Castlemilk Health Centre -
Thursday 3.30pm to 5.00pm

The Place @ Sandyford East
Parkhead Health Centre - Monday &
Thursday 3.30pm to 4.30pm

The Place @ Sandyford Easterhouse
Easterhouse Health Centre -
Wednesday 3.30pm to 4.30pm

The Place @ Sandyford
Renfrewshire

New Sneddon Street Clinic, Paisley
- Monday & Wednesday 3.30pm to
4.30pm

The Place @ Sandyford Johnstone
Johnstone Clinic - Monday 3.30pm to
5.00pm

The Place @ Sandyford Renfrew
Renfrew Health and Social Work
Centre - Thursday 3.30pm to 4.30pm

The Place @ Sandyford West
Dunbartonshire
Vale of Leven Hospital - Wednesday
3.30pm to 4.30pm

The Place @ Sandyford Clydebank
Clydebank Health Centre - Thursday
3.30pm to 5.30pm

The Place @ East Dunbartonshire
Kirkintilloch Health & Care Centre -
Monday 3.30pm to 4.30pm

To find out more about any of our
services at Sandyford, visit **www.
sandyford.org**

It's free and easy to pick up condoms near you!

NHS GREATER Glasgow and Clyde's free condoms service is available in 240 locations across the region.

Since its launch in June 2011, more than 1.4million free condoms have been distributed through the confidential, easy-to-use service.

And as Sarah Graham, manager for the service, explains, simplicity is the driving factor behind Free Condom service.

She said: "Condoms help prevent the transmission of sexually transmitted infections and HIV and reduce unintended pregnancy rates.

"There has been a health board condom service since



the mid-80s.

"We launched 'Free Condoms' in June 2011 as we recognised that people wanted to pick up free condoms easily with minimum hassle.

"So now people can pick up condoms without being asked for personal details.

Other similar schemes ask people to sign up and carry a membership card but we don't. It is completely free and easy to use and you don't need to answer any embarrassing questions."

The service is available to both men and women and there are no restrictions on the number of times it can be accessed.

A range of products are available, including latex free condoms and lubricants. All condoms are provided in plain white packaging. Lubricant sachets are also packaged in the same discreet way.

Sarah went on: "If someone wants condoms they just need to ask at their local participating venue or hand over a 'choice card'.

"These little cards can be used to select the type of condoms you want and hand to the distributor.

"The card provides a discreet way of making your selection which can be useful if you are in a busy pharmacy or health centre."

The free condoms can be picked up from a variety of venues including pharmacies, health centres, Sandyford clinics and most colleges and universities. In addition, over 100 agencies offer condoms to their own clients including homeless services, addiction services, some workplaces and other community or health related services.

To find the venue closest to you:

- Go to the 'pick up points' section on the website www.freecondomsglasgowandclyde.org/pick-up-points
- Enter your town or the postcode where you want to pick up condoms. This could be near your work, home or where you study, whichever suits you best.
- Click 'search'.
- You will be given a list of 10 venues.
- Click on the venue that suits you best to check the address and opening times.
- A map will also be shown to help you.

Alternatively, for more information, you can e-mail a member of the Free Condoms team at freecondoms@ggc.scot.nhs.uk

www.freecondomsglasgowandclyde.org

HELPING smokers to quit and preventing youngsters from becoming smokers is a top priority for NHS Greater Glasgow and Clyde.

Our smoking cessation services are very successful and there is much to be positive about. Every year thousands of smokers quit their habit with a little help from our pharmacy based free nicotine therapy service or from joining a local or work based smoking cessation group.

Despite all this health improvement activity and the clear evidence that smoking is the cause of so many debilitating and often fatal conditions including stroke, heart attack and cancers NHS population survey results show that almost 30 per cent of the population are smokers.

That's why NHSGGC is stepping up its actions to encourage more people to make a life changing decision and accept some help to quit.

We've teamed up with community partners, local and regional newspapers, local authorities, local Tobacco Alliance groups, pharmacies and schools to deliver unprecedented encouragement and access to our stop smoking services.

And we've also decided to work even harder to drive smokers away from the entrances of our hospitals. Our hospitals are smokefree areas but the problem with people smoking

at the entrances to our hospitals still generates many complaints from patients, visitors and staff alike.

In the coming weeks we will be introducing a zero tolerance to those who blight these entrances. Here we put a spotlight on some of the big local stop smoking partnerships that have delivered great success and detail how we are going to introduce new measures to make our hospital entrances smokefree.

Zero tolerance is the only way on smoking

Wardens and signs to help smokers get message

SMOKING at the entrances to our hospitals remains one of the most complained about issues for staff, patients and visitors alike.

We have tried many tactics including the use of voice recordings of young patients at the Royal Hospital for Sick Children appealing for smokers not to pollute the entrances.

Newspapers have joined with us to expose the breaches and force smokers to abide by the smoking ban. They have appealed to smokers to be more considerate...yet the smoking continues.

Patients and visitors puffing on their cigarettes outside cancer hospitals, smokers outside maternity hospitals, children's wards – it's all too evident all too often.

Now, in the face of continuing breaches and complaints from those who object to walking through clouds of tobacco smoke on their way in and out of our hospitals, we are stepping up our efforts to enforce a zero tolerance to tobacco at our hospitals.

Over the coming weeks we will introduce smokefree wardens who
CONTINUED ON NEXT PAGE



An artist's impression of the signage that will soon get the message across outside all our hospitals.

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will help enforce the smoking ban and encourage smokers to use smoking cessation services to quit their habit. These wardens will be further supported by high visibility "smokefree zone branding" at the main entrances to all of our main acute hospitals across Greater Glasgow and Clyde.

Patients and visitors – and NHS staff - will be made more aware of the help they can access to help them quit.

Major marketing and communications activity will support the campaign which is designed to deliver a short-term high impact focus on our existing no-smoking policy on hospital grounds and ensure an ongoing legacy of improved compliance.

The smokefree wardens will patrol our entrances driving home the zero tolerance approach through till the summer but our signage and ongoing smoking cessation efforts will continue.

We know there is an appetite amongst the vast majority of our workforce and patients and visitors to take further action to enforce the policy of no smoking at our hospitals and we are determined to work with others to help deliver smokefree hospital grounds.

If you want to follow our progress on this initiative you can keep in touch with developments on our website where we will post updates and outcomes on our news section at nhsggc.org.uk

Inverclyde smokers get help to quit the habit

A NEW stop smoking campaign has hit the streets of Greenock and Port Glasgow.

A massive billboard, bus stop posters, posters in local pubs and a comprehensive leaflet drop are hammering home the simple message... "with the right help it is possible to finally stop smoking".

The campaign is a joint initiative involving NHS Greater Glasgow and Clyde, the integrated council and NHS Inverclyde Community and Health Care Partnership and is supported by Pfizer Limited.

It launched last month and is already attracting a lot of attention from smokers who want to quit. Evidence shows that the majority of smokers would like to stop and this campaign is about making it very easy to act on impulse and open the door to a healthier way of life.

Frances Bryce, of Inverclyde Smokefree Services, said: "Smokers who attend our stop smoking programme are four times more likely to successfully stop than if they tried it on their own without support."

smokefree
NHS GREATER
GLASGOW & CLYDE SERVICES

Want to Stop Smoking?
You can do it - we can help

NHS
Greater Glasgow
and Clyde

Call Smokeline on:

0800 84 84 84

Renfrewshire campaign hits all the right targets

THIS year has seen one of the most intensive and effective local stop smoking campaigns we've ever mounted.

"Don't Be Left Out In The Cold" is a hard hitting campaign that has literally gone viral in Renfrewshire. Every single pharmacy in Renfrewshire has adopted the campaign and is displaying specially designed campaign posters and window and door stickers.

The *Paisley Daily Express* editor and journalist Lalita Augustine have embraced the campaign and made it their own with powerful editorial support.

Renfrewshire's **Smoking Alliance** – a partnership involving local community groups, schools, the council, fire brigade and police, the local Community Health Partnership and many other local institutions – have been instrumental in making this an entire community campaign.

The strength and appeal of this massive team effort to get smokers to try and quit and to encourage those who smoke not to damage those around them in cars and in the home has been borne out by the early indicators of success.

Within just six weeks of launch in January Renfrewshire's smoking cessation groups had witnessed a 40 per cent increase in people signing up for support to quit.

That level of accelerated uptake is quite unprecedented by any similar campaign we have attempted and we have yet to establish how many more people have been inspired to seek the support of the walk-in stop smoking services which provide free NRT (nicotine replacement therapy) in local pharmacies.

The sheer scale and penetration of this campaign is impressive - St Mirren Football Club have even made it their goal to promote smokefree life to youngsters associated with youth teams and to promote the campaign in match programmes. The First team even wore campaign T-shirts prior to a Premier League home game and signed the shirts to be given away in a competition.

This campaign proves how powerful a united community can be when it comes to health promotion.

The NHS is clearly the sole lead when it comes to dealing with ill-health but when it comes to health improvement we are but one of many who can influence health outcomes.



Ban at entrance to the RAH

As part of our campaign efforts to tackle smoking at our hospital entrances we are investing £200,000 to create a new fully enclosed entrance to the Royal Alexandra Hospital in Paisley.

This will re-classify the entrance to the hospital as an internal public space and under the terms of the smoking in public places ban in 2006 it will therefore be illegal for people to smoke in the entrance.

There were rumours in Paisley that we were investing money to create a smoking shelter... nothing could be further from the facts!



We're more powerful together

WORKING with Glasgow's *Evening Times* newspaper editor and his journalists NHSGGC has successfully promoted stop smoking services to thousands of smokers in the city.

The **Clear The Air** campaign kicked off in 2011 and ran through much of last year encouraging youngsters to remain smokefree and encouraging smokers to accept help to quit.

Our teams of health improvement and smoking cessation staff work hard all year round to deliver education and support in schools, in the workplace and through community initiatives.

GP surgeries help sign post patients to support networks and hospital patients who are smokers are offered support to stop.

But we have found that working in partnership with influential regional and local newspapers helps boost awareness and gives that extra little push to encourage more people who want to stop but haven't yet tried to make that big decision.

The *Evening Times* first threw its weight behind getting Glasgow smokefree in 2010 with the wide-ranging **GlasGoals** campaign. The goal was to improve overall health through better diet, drinking

less, stopping smoking and becoming more active. It was a huge success and led to single issue **Clear The Air** campaign the following year.

NHSGGC's Smoking Cessation Lead officer Fiona Dunlop said: "We saw a significant spike in the number of inquiries we were getting to our helpline. Our stop smoking services are always busy but this extra editorial support made a huge difference and as a result many more people are living healthier lives in Glasgow ... I think it's testament to how important it is for all sectors within a community to work together to tackle health issues."

Advertising our stop smoking services... on the move!

NHS Greater Glasgow and Clyde is branding more than 180 vehicles in its fleet with advertising for its stop smoking services.

Last year NHSGGC smashed through its target of helping 6,762 people to quit smoking, almost doubling that total to help more than 12,000 residents successfully kick the habit.

So if you are a smoker and happen to be in traffic jam behind one of our vehicles – take a moment to take in the details of our Smokefree services and be inspired to give the free phone number a call and make the single most important step in increasing your own life expectancy.

Drop a glass size and keep wrinkles at bay

MANY of us enjoy a nice glass of wine to help us relax in the evening. Whether we've had a stressful day at work or been run off our feet looking after children, we all deserve a few moments to ourselves and a wee tippie can really help us unwind at the end of a tiring day.

But over time it can add up to more than you think and it's all too easy for that one glass to become two and before you know it most of the bottle is gone.

The sensible drinking guidelines are lower than many people realise. Men shouldn't regularly drink more than 3-4 units a day and for women it is 2-3 units – that's the same as just one large glass of wine a day.

So while a few glasses of wine here and there are okay, the fact is that regularly drinking too much can seriously impact

on your health.

In the short term, you may have disturbed sleep, feel sluggish the next day, start to gain a bulging waistline, suffer from skin problems and have brittle hair and nails, as well as looking older and speeding up the ageing process unnecessarily.

In the long term, regularly drinking more than the sensible drinking guidelines could have much more serious effects on our health like an increased risk of high blood pressure, chronic liver disease and even breast cancer.

You can see how regularly overindulging could be affecting your health and looks by downloading a new free **Drinking Mirror** app, which shows just how much that extra glass could be affecting your face.

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The new Drinking Mirror app shows just what that extra drink is doing to your face.

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Drop a glass size and keep wrinkles at bay

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It will also show you how, by dropping a glass size, you can reduce the ageing effects of alcohol. The app can be downloaded from www.drinksmarter.org

The good news is that by making some simple adjustments to our drinking habits – such as dropping a glass size – it's easy to make a positive difference in 2013.

By simply selecting a smaller glass you will pour yourself a smaller drink – it's the same principle as eating from a smaller plate when you're on a diet. When it comes to losing weight alcohol is the first thing that you should consider reducing.

Drinking alcohol also inhibits the amount of fat we can burn meaning that if you want to drop a dress size – dropping a glass size is the easiest

way to make a big difference.

It's also sensible to try to have at least two alcohol free days a week and do something else to treat yourself instead. You could do your nails in front of the TV, have a long-soak in the bath or even swap your regular tippie for a tasty mocktail (non-alcoholic fruit drink) instead – to name but a few ideas.

For some delicious mocktail recipes created by celebrity mixologist, Wayne Collins please visit the 'handy tools' section at www.drinksmarter.org

Whatever you choose, making small changes to your drinking habits could not only make you look and feel better, it could also help you improve your long term health so you're happier and healthier for longer.



Get ready for baby...

Watch our online films for everything you need to know about having a baby and using our maternity hospitals.

visit: www.nhsggc.org.uk/bereadyforbaby