

Torkard Matters January 2020 - Happy New Year!



Cervical Cancer Prevention Week 20th - 26th January 2020

There are some recognised symptoms associated with cervical cancer that you should be aware of:

- Lower back pain
- Pain during sex
- Bleeding: during or after sex, or between periods
- Post menopausal bleeding
- Unusual vaginal discharge

If you have any symptoms please speak to a GP. If you are overdue for your cervical smear test please contact the surgery to arrange an appointment with one of the practice nurses.



Exercise

Considering a new exercise programme? Want to get fitter? Not sure where to start? Click [HERE](#) for some guidance we think may help.

Quit Smoking

If you would like help to quit smoking please click [HERE](#), alternatively give

Smoke Free Life a call on 0800 246
5343

Losing Weight

Wanting to lose weight? Click [HERE](#) for more information and a 12 week weight loss programme.

Norovirus - Diarrhoea & Vomiting Bug

We are now well and truly into the winter season. The cold weather is setting in and there have been several outbreaks of the "winter vomiting bug", also known as norovirus. One of the best ways to protect against it is by practising good hygiene. For more information on symptoms and how you can treat yourself click [HERE](#).