

## **NHS Update – February 2012**

Ed Macalister-Smith has been appointed as Chief Executive / Accountable Officer to the Wiltshire and Bath & North East Somerset PCT cluster with effect from 1 January 2012. Ed is an experienced NHS Chief Executive, having led NHS Buckinghamshire and the Isle of Wight NHS Primary Care Trust as well as having a wealth of experience gained from working in a number of other NHS organisations, including Wiltshire Health Authority and Bath Community Health Council. He will now lead the PCT through the next fifteen months 'transition' phase as commissioning of healthcare services transfers to the ownership of the four Clinical Commissioning Groups in Wiltshire and Bath & North East Somerset from 1 April 2013.

### **Got 20 minutes to spare for a free NHS Health Check?**

GPs in Wiltshire are now inviting people aged 40 – 74 to a free health check. Don't miss out – find out how your body is handling your lifestyle! The check – more like an MOT for your body – will take approximately 20 minutes and keep you running like clockwork.

Everyone is at risk of developing heart disease, stroke, diabetes or kidney disease. The good news is that these conditions can often be prevented – even if you have a history of them in your family. Health Checks are free, quick and easy and your GP will provide you with simple, practical and realistic steps to help you reduce any health risks and stay healthy.

If you want to live a longer and healthier life, make a health check appointment when you receive your letter.

### **Be alert to the signs and symptoms of bowel cancer**

NHS Wiltshire is supporting the Be Clear on Cancer bowel cancer campaign launched this month by the Government. The campaign will run for two months from 30 January and will incorporate TV, radio, print and online advertising. It aims to raise awareness of the signs and symptoms of bowel cancer and encourage people with symptoms to see their doctor.

Bowel cancer is England's second most common cancer, with around 33,000 new cases each year. It affects both men and women and is responsible for more than 13,000 deaths a year. Nine out of ten people diagnosed with bowel cancer are aged over 55 and those with a family history are more at risk.

The good news is that early detection of bowel cancer makes it more treatable. The key signs and symptoms of bowel cancer are blood in poo, or looser poo for three weeks or more. For further information about the signs and symptoms of bowel cancer, please visit [www.nhs.uk/bowelcancer](http://www.nhs.uk/bowelcancer)