
The election edition

May is a traditional election month, and following delayed ballots from 2020, this will involve a lot of crosses in boxes for many of us. The Covid situation will skew the results, no doubt, but with the Bank of England predicting a better bounce-back, vaccination rates through the roof and the pubs re-opening, we can expect a better than usual result for a sitting government, in England at least.



As the numbers of Covid patients in hospital reduces, thoughts turn to the delayed investigations, operations and treatments that many have been waiting for through the NHS. It is important to be prepared, and capable of navigating the system to ensure prompt and appropriate treatment, and this is where our case management service thrives. Our patients are getting the help and guidance they need to be seen, be diagnosed and be treated efficiently through the NHS.

To find out more how we can help you and your employees, just drop us a line at info@patientadvocate.co.uk.

Our partners

Awareness is key

Working with a wide range of partners allows us to provide services across a range of health issues. Cancer affects many of us, and this month we are taking a look at bowel cancer.

Be Bowel Aware

Are you showing any of these common symptoms of suspected bowel cancer?



Blood in your stools or bleeding from your bottom



A change in your bowel habit that lasts longer than 6 weeks



Unexplained weight loss



A constant or intermittent pain in your tummy



A lump in your tummy that doesn't go away



Extreme tiredness



A feeling that you haven't fully emptied your back passage after going to the toilet.



**CHECK4
CANCER**
It could save your life

0800 085 6663 www.check4cancer.com

Bowel cancer is a very serious disease affecting approximately 41,000 people in the UK every year and it is the UK's second biggest killer.

The risk of developing bowel cancer, also known as colon cancer, is influenced by a number of factors. Understanding these risk factors can help you make changes to your lifestyle and be aware of the condition. Just because you have a risk factor doesn't necessarily mean you will develop bowel cancer.



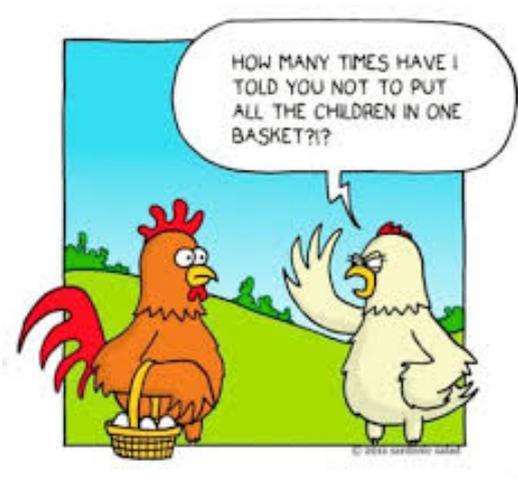
The main bowel cancer risk factors include:

- **age** - risks increase significantly from age 45
- **diet** - Cancer Research UK stated in 2010 that approximately 21% of all bowel cancers were related to the consumption of red and processed meat
- **lifestyle** - 13% of bowel cancers are linked to obesity (having a BMI above 40), and smoking and excessive alcohol consumption increase risk
- **family history, ethnicity and other medical conditions**

How to reduce your risk

A number of changes to your lifestyle can significantly reduce your risk of bowel cancer including:

- Eating less red or processed meat
- Eating a healthy balanced diet, including fruit, vegetables, whole grains and fibre
- Reducing your weight if overweight or obese
- Reducing your alcohol intake
- Stopping smoking
- Having regular bowel cancer screening from age 45+



Bowel cancer screening can help to detect cancers in their earliest stages and ensure you get treatment early.

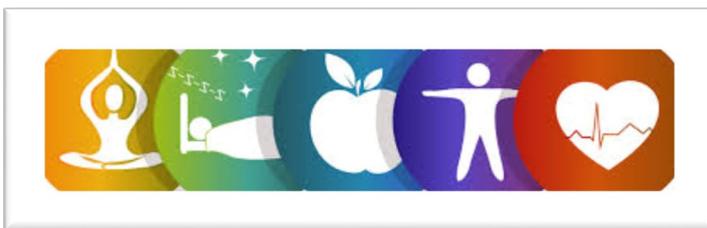
There is an NHS bowel cancer screening programme in the UK, but it is only available to people aged 60 or above (50 or above in Scotland).

Since bowel cancer rates start to increase from the age of 45, it is possible to be tested privately. Our partner can help, so contact us if you'd like to find out more.

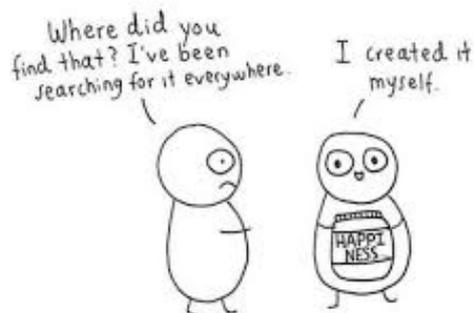
News from PA

Continuing our mission

Patient Advocate has had a busy 2021 so far, and this continues with new clients and new partners, all working together to provide a combination of leading-edge technology with a human touch. Our clients are benefitting from our experience in case management, helping employees get back to their best, returning to work at the right time, and in the right health.



Health crosses many lines; physical, mental, financial and social all playing a part in ensuring we remain as fit as we can. Patient Advocate and our carefully curated partners offer help across all spectrums, providing employers with real value for services that their employees really need.



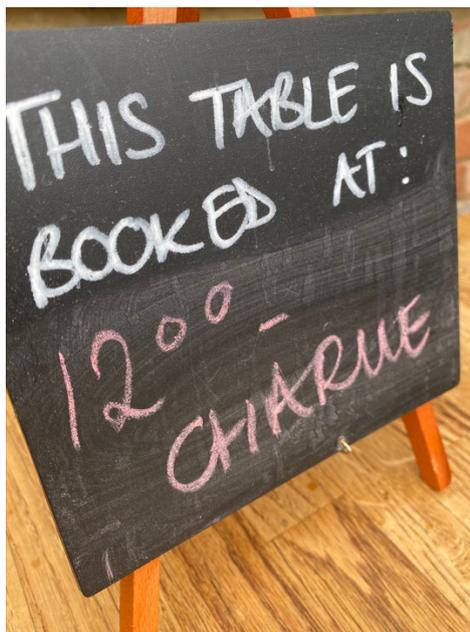
Coming up next...

More to come...

The pub gardens are open. Indoor-eating and socialising is around the corner. More and more people are being vaccinated. Life is looking forward now, and we can see a rosier outlook.

We can't wait to see more of our families, friends and colleagues; online is great for staying in touch, but it's nothing like the real thing.

It's time to start booking meals out, meals in, long-awaited catch ups and deferred family gatherings.



Let's not throw all the precautions out of the window. It makes sense to sanitise. It makes sense to remain socially aware and vigilant. But life is slowly returning to pre-Covid status, and if we all continue to follow the guidelines, remain aware and act with sense, then we will get closer to a life where we are free to meet, free to travel, free to hug.



This month and next, if the data continues to allow, will see a real change in our lives and lifestyles, and will help so many people, in so many ways.

In the next edition

Next month...

There will be a number of new developments to share, more news from our partners, and we will have seen how the further easing of lockdown rules has fared.



If you have any comments, or would like to submit a piece for our newsletter, please just let us know at info@patientadvocate.co.uk



Same applies if you'd like to talk to us about working in partnership - we are always happy to work with people and businesses that have the same ethos and goals as us...

Until next time,

