

Useful Information for Teenagers and Young Adults

Anything discussed at the surgery is treated as CONFIDENTIAL; nothing will be discussed with anyone without your agreement.

Contraception advice and emergency contraception are available from the Doctors and Nurses at the Surgery. Emergency contraception is also available from the Doctors out of hour's service, walk in centre at Riverside and Pharmacist (they charge). The Family Planning Association has a good website that gives detailed advice about all the types of contraception available www.fpa.org.uk Further information about local services including contraception services available at the Riverside Health Centre and the STD Clinic at the RUH is available from; www.banes-pct.nhs.uk/patients/sexual_health.htm Marie Stopes have an excellent website with lots of your questions answered about body changes and general issues around sex. www.mariestopes.org.uk/Young_peoples_services.aspx



Sexually Transmitted diseases

STDs are common, and condoms should always be used in addition to other forms of contraception. You can have Chlamydia and Gonorrhoea without knowing it. You can have a test for these without seeing the Doctors or Nurses at the Surgery. Just ask the receptionist for the testing kit. Further information is available on www.chlamydia-screening.nhs.uk



If you have any concerns, girls, a funny or itchy discharge or, boys, a sore or itchy penis, the Doctors at the Surgery are always happy to discuss any concerns you have. Help is also available from the Genitourinary Medicine Clinic at the RUH, details are available on; www.drthom.com/sexual_health_clinic/South%20West/Bath



Smoking

No health professionals would ever recommend that you smoke because of the bad long term effects on your health. If you do want someone to help you stop including using nicotine patches and other medication, Marion, one of the Nurses at the Surgery would be very happy to help you. Please make an appointment to see her.

Further advice is available on www.supporttostop.avon.nhs.uk



Cervical cancer Vaccine.

The Wart virus which is a sexually transmitted infection can occasionally cause cervical cancer. There is a vaccine available which as from September 2008 will be given to all children at the age 12-14 by the school nurses. Further information is available on www.immunisation.nhs.uk/Vaccines/HPV



Drugs and Alcohol.



Alcohol is sociable and will not damage your health in small quantities. More information about acceptable quantities is available on www.drinkaware.co.uk

Drugs are never good! If you feel you have a problem with drugs or alcohol any of the Doctors at the Surgery will be happy to discuss things with you. Local help for Drugs & Alcohol is available through BADAS 32 Broad Street Bath 01225 334789 www.badaservices.org.uk

Advice about specific drugs can be found on www.talktofrank.com

Healthy eating, exercise and obesity.

The nation is getting fatter and the health problems are getting bigger with it. Advice is available on www.foodfitness.org.uk

If you are struggling with your weight and eating habits please make an appointment to see Marion the Nurse at the Surgery & she will be able to help you.



Counselling help

Life at times is difficult and there is not always someone amongst your friends and family that you feel you can talk to. The Doctors and Nurses at the Surgery are always happy to listen & help you.

Free counselling is also available through Off The Record. www.offtherecord-banes.co.uk/home.aspx

This is available to anyone under 25.



Travel advice

If you are planning on travelling for a holiday or your gap year you may well need some vaccinations or medication. Ideally you should make an appointment with Rowena the Nurse at the Surgery. Please check the Surgery website for details www.combedownsurgery.co.uk/travel_clinic
Further information is available on www.traveldoctor.co.uk

REMEMBER – whatever your problem or concerns, there is always a solution to be found. Please ask.

Make an appointment with any of the Doctors or Nurses at the Surgery and we can take things from there.

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