

72. Jewitt C. *Towards effective HIV prevention and condom distribution in general practice*. London: Kensington, Chelsea and Westminster Family Health Services Authority, 1993.
73. Oakeshott P. Health of the nation and sexually transmitted diseases [letter]. *Lancet* 1992; **340**: 554.
74. Secretary of State for Health. *The health of the nation: a strategy for health in England (Cm 1986)*. London: HMSO, 1992.

Acknowledgements

We thank Professor Sean Hilton and Dr David Carrington for advice, and the 'south Thames research and development project grant scheme' for funding.

Address for correspondence

Dr P Oakeshott, Department of General Practice and Primary Care, St George's Hospital Medical School, Cranmer Terrace, London SW17 0RE.

● digest ● digest ● digest ● digest ● digest ●

Colorectal cancer

COLORECTAL carcinoma is one of the three most common carcinomas in the United Kingdom (excluding skin cancer) and results in 16 000 deaths each year. Of the 24 000 new cases of colorectal carcinoma that present each year, 23% are rectal, 24% sigmoid and 22% occur in the right colon. Each year 6000 colorectal carcinomas are successfully resected.

Secondary prevention by faecal occult blood screening has attracted much attention but there has always been interest in primary prevention of this condition. Dietary advice was promoted when an association was shown between colorectal carcinoma and the high fat diet of people in western countries. This paper from the United States of America investigates the possible protective effect of exercise which has been highlighted by other researchers.

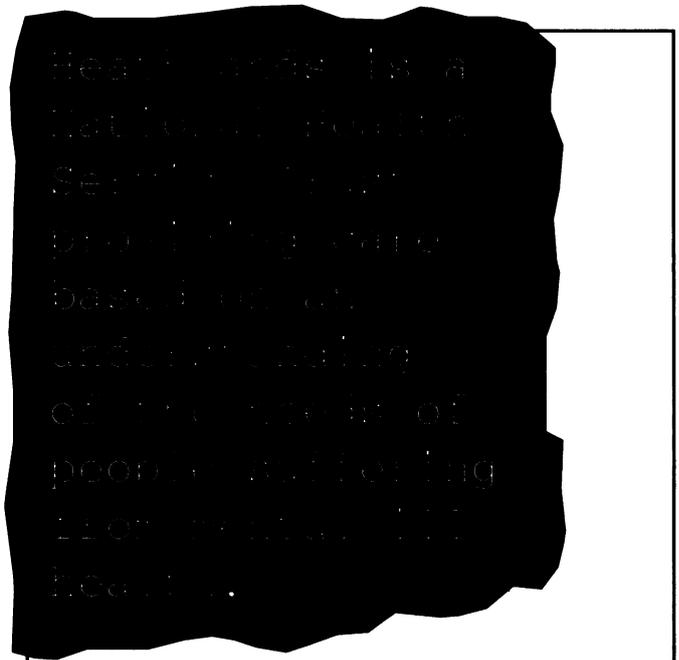
This is a retrospective descriptive study, using community controls, of men with adenocarcinoma of the right colon and rectum. Physical activity, both occupational and leisure, and diet were evaluated by validated questionnaires. Men who exercised for leisure vigorously for two hours or more each week had a decreased risk of cancer of the right colon. Occupational exercise did not protect against colorectal carcinoma. Adjustment for diet was not thought to affect the associations. There was no association between physical activity and rectal carcinoma.

It must be noted, however, that a greater proportion of cases with carcinoma of the right colon had a history of smoking and annual incomes of less than \$20 000 compared with controls; this may have affected the results. To prove a causal association between physical activity and reduced risk of colorectal carcinoma would require a prospective study and greater control for socioeconomic factors. General practice in the United Kingdom would provide an ideal environment for such a study.

T M KENNEDY
*Lecturer, Department of General Practice,
United Medical and Dental Schools of Guy's
and St Thomas' Hospitals, London*

Source: Longnecker MP, Gerhardtsson de Verdier M, Frumkin H, Carpenter C. A case-control study of physical activity in relation to risk of cancer of the right colon and rectum in men. *Int J Epidemiol* 1995; **24**: 42-50.

● digest ● digest ● digest ● digest ● digest ●



A wide range of services are provided at a number of facilities throughout western Surrey and north east Hampshire. Many of these activities are provided in a traditional manner in hospitals in Frimley, Knaphill near Woking, and Guildford. However, Heathlands Mental Health NHS Trust is improving the way that mental health care is provided to local people. Community based services are bringing easier access, better individual care and an end to reliance on institutions.

Our new services include:

- * Local Community Mental Health Care Centres where teams of nurses, psychologists, occupational therapists, social workers will be based with psychiatrists providing some out-patient clinics.
- * Support in the home to people living in the community and those moving from the long-stay institutions.
- * A rehabilitation unit to help people to re-adjust to life back home following illness.
- * Care homes for older people who need 24-hour nursing support.
- * An acute in-patient service for the people who need urgent nursing care.
- * Help with getting back to work following an illness.
- * Help with transportation to and from our services.

A range of specialist services including psychiatric care and follow up for mentally disordered offenders; support for families; help with welfare rights; and treatment for people with substance misuse problems, such as drugs or alcohol.

Plans for these services and developments are progressing and if you would like any further information then please contact our Information Section at: Heathlands House, The Ridgewood Centre, Old Bisley Road, Frimley, Camberley, Surrey, GU16 5QE, phone 01276 692919 fax 01276 678174.

Heathlands
Mental Health NHS Trust