

Newsletter
March 2024



Thursday 28th March - OPEN
Friday 29th March – CLOSED
Saturday 30th March – CLOSED
Sunday 31st March – CLOSED
Monday 1st April – CLOSED
Tuesday 2nd April – OPEN

IF YOU REQUIRE MEDICAL ADVICE OR ASSISTANCE OUTSIDE THE
PRACTICE HOURS PLEASE CALL 111 OR, IN AN EMERGENCY, CALL
999

Anytime in the month

Ovarian cancer, 1st to 31st March

March is Ovarian Cancer Awareness Month.

Over 90% of women don't know the main symptoms of ovarian cancer; There are a number of risk factors including age and lifestyle.

The main symptoms include bloating, stomach pain, struggling to eat and weeing more.

<https://ovarian.org.uk/ovarian-cancer/am-i-at-risk/>
<https://ovarian.org.uk/ovarian-cancer/ovarian-cancer-symptoms/>

Prostate cancer, 1st to 31st March

One in eight men will get prostate cancer. If you're a trans-woman or non-binary, your risk may be different. You can check your risk on the Prostate Cancer UK website:

Most men with early prostate cancer won't notice any signs or symptoms. If you notice any of the following:

- difficulty starting to urinate or emptying your bladder
- a weak flow when you urinate
- a feeling that your bladder hasn't emptied properly
- dribbling urine after you finish urinating
- needing to urinate more often than usual, especially at night
- a sudden need to urinate – you may sometimes leak urine before you get to the toilet...

you should make an appointment to speak to a member of your GP practice team.

<https://prostatecanceruk.org/risk-checker>

Endometriosis awareness, 1st to 31st to March

Endometriosis affects one in ten women and those assigned female at birth. Endometriosis Action Month 2024 aims to raise awareness of the impact of endometriosis.

Endometriosis is a condition where cells similar to those in the lining of the womb develop elsewhere in the body. These cells react in the same way as those inside the womb, building up and then breaking down. Unlike the cells in the womb, the blood has nowhere to go and this can cause inflammation, pain and scar tissue.

<https://www.endometriosis-uk.org/endometriosis-action-month-2024>
<https://www.endometriosis-uk.org/what-endometriosis>

Healthy eating

It's important to try and eat a healthy diet, including a variety of fresh fruit and vegetables, along with starchy carbohydrates like potatoes, rice and pasta, and lean protein.

The Eatwell Guide gives clear guidelines and images to show you what we should aim for in terms of balancing our food intake across a week.

It can be difficult to work out how much we should be eating as a portion. The British Dietetic Association has an easy guide to portion sizes. You don't even need to have your scales to hand!

<https://www.nhs.uk/live-well/eat-well/how-to-eat-a-balanced-diet/eight-tips-for-healthy-eating/>

<https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>

<https://www.bda.uk.com/resource/food-facts-portion-sizes.html>

Child abuse and safeguarding

Safeguarding is everyone's responsibility. When we say 'safeguarding', what do we mean? It means thinking about the safety of children, and taking steps to make sure they're safe from harm. You can find out more about the signs of child abuse here, so that you can help to protect children from harm:

<https://www.nspcc.org.uk/what-is-child-abuse/spotting-signs-child-abuse/>

Importance of attending review appointments

If you're invited to have a review for your long-term condition, it's important to attend. During your review appointment, we'll check how you're managing, and you'll get the opportunity to discuss any concerns or new treatment options available.

What is a LTC review?

The following are classed as long term conditions:

- Asthma
- Diabetes
- CHD (Chronic Heart Disease)
- COPD (Chronic Obstructive Pulmonary Disease)
- CKD (Chronic Kidney Disease)
- CVD (Cardio Vascular Disease)
- Dementia
- Heart Failure
- Hypertension
- Learning Disabilities
- Mental Health
- Pre-Diabetes

- Rheumatoid arthritis
- Stroke & TIA

It is essential that we regularly see you to review your condition.

When you come to the practice, you can talk with a clinical team member about how you are getting on and any medication you are taking.

The aim is to make sure your condition is being controlled as well as possible and to identify any areas where we can make changes to help you. This might include changes to the type or dosage of medication and check any equipment you might use, like inhalers, are working effectively.

We aim to review most long term conditions every 12months. When it is time for your review, the practice team will be in touch about making an appointment.

We will be calling for you during your month of birth for your review – therefore you may be called in earlier than your previous review date and in some circumstances may be called for more than once during this coming year.

Multiple Long Term Conditions

For patients who have more than one long term condition, we take a slightly different approach. Rather than inviting you to make separate appointments for each condition, we will make one longer, combined appointment.

We can take a comprehensive look at your overall health rather than focusing on each condition in isolation. By looking at everything collectively, we can ensure you get seamless access to the integrated care you need.

We will normally send you an invitation in the month of your birthday.

Prescribing reviews

To make sure you're on the best medicine for your needs, we undertake regular medication reviews. After a medication review, we may suggest changes to your medication to keep up with the latest guidance or advice.

1st to 3rd March

Zero Discrimination Day, 1st March

The theme of this year's Zero Discrimination Day is "Protect everyone's health, protect

everyone's rights". The NHS provides a comprehensive service, available to all, and we respect the needs of every individual.

<https://www.unaids.org/en/zero-discrimination-day>

Overseas NHS Workers Day, 1st March

Around 19% of workers in the NHS come from overseas. We're incredibly pleased that our colleagues and friends have chosen to make the UK their home and to provide care to our patients.

<https://www.kingsfund.org.uk/insight-and-analysis/data-and-charts/nhs-international-recruitment>

World Birth Defects Day, 3rd March

The theme for this year's World Birth Defects Day is "Every Journey Matters". Over 8 million people are born each year with a birth defect. It's important to address birth defect inequities and help individuals to thrive.

<https://www.worldbirthdefectsday.org/every-journey-matters-2024/>

World Hearing Day, 3rd March

Living with damaged hearing is challenging. Whether it's profound deafness or someone is subject to hearing loss or tinnitus, the impact on the individual's life is enormous.

By 2050, it's estimated that one in four people will have hearing problems or hearing loss. A relatively small change to funding could make a world of difference.

<https://worldhearingday.org/>

<https://www.who.int/news-room/fact-sheets/detail/deafness-and-hearing-loss>

National Day of Reflection, 3rd March

Marie Curie have organised a National Day of Reflection to commemorate the losses felt by the nation through the COVID-19 pandemic. It's a day to remember those we have lost.

<https://dayofreflection.org.uk/>

4th to 10th March

No More Week, 3rd to 9th March

No More Week aims to support communities to create a culture of safety, respect and

equality with a view to ending domestic abuse and sexual violence. <https://nomore.org/ourwork/campaigns/no-more-week/>

World Obesity Day, 4th March

One in seven people worldwide are currently living with obesity. Worldwide, it's estimated that one in four of us will be living with obesity by 2035. That's just over ten years from now.

The BMI for being overweight and obese varies by ethnic background as the health impacts of excess weight vary.

<https://www.worldobesityday.org/>

<https://www.worldobesityday.org/people-living-with-obesity>

<https://www.nhs.uk/conditions/obesity/>

At 5ft 4" (165 cm) and 12 stone (75 kg), you'll move from overweight to obese, and for someone measuring 6ft (183 cm) and weighing 16 stone (101 kg), this will put you into the obese category. You'd need to be under 10 stone or 13 stone respectively to be considered a healthy weight at each of these heights. <https://www.healthyweightgrampian.s...oolkit-materials/getting-started-2/bmi-chart/>

International Women's Day, 8th March

The theme for this year's International Women's Day is "Inspire Inclusion" – imagining a world free of gender bias, and filled with diversity, equity and inclusivity. <https://www.internationalwomensday.com/>

11th to 17th March

Healthcare Science Week, 11th to 15th March

This week is Healthcare Science Week which aims to highlight the importance of science in the world of healthcare.

<https://www.healthcareers.nhs.uk/ca...rs/teaching-resources/healthcare-science-week>

Brain Awareness Week, 11th to 17th March

DANA organise Brain Awareness Week to highlight the importance of brain science in our lives. The study of the brain has brought advances in medical science and continued

research will bring new and deeper understanding.

<https://dana.org/brain-awareness-week/>

Nutrition and Hydration Week, 11th to 18th March

Good nutrition and hydration are essential for the body. Nutrition and Hydration Week aims to ensure that we raise the profile of this in Health and Social Care. <https://nutritionandhydrationweek.co.uk/>

Swallow awareness, 13th March

The ability to swallow is important to protect your airway. If you or someone you care for has difficulty swallowing, there are a number of causes, and a number of things that may help symptoms. <https://www.nhs.uk/conditions/swallowing-problems-dysphagia/>

Young Carers Action Day, 13th March

Young carers face challenges as a result of the caring role they undertake. It's important to make sure we're dedicating time and energy to ensuring they get the best possible opportunities. <https://carers.org/young-carers-action-day/young-carers-action-day>

No Smoking Day, 13th March

It's No Smoking Day and there's never been a better time to quit than now! Eight hours after quitting, the harmful carbon monoxide in your blood will have halved and your oxygen levels will be recovering.

If you've smoked ten cigarettes a day for the last 20 years, you'll have spent the equivalent of almost £50,000 pounds. If you smoke a different number of cigarettes, you can check what your spending is at the NHS Inform website. :

In just a few easy steps, you can get a FREE personal plan to help you quit smoking:

<https://www.nhs.uk/better-health/quit-smoking/>

<https://www.nhsinform.scot/stopping-smoking/calculate-my-savings/>

<https://www.nhs.uk/better-health/quit-smoking/personal-quit-plan/>

World Kidney Day, 14th March

Around 1.2 million people in the UK have kidney disease and don't know it. One in ten million people in the world have kidney disease.

Kidneys remove waste products and toxins from the body, they help regulate blood pressure and help your body to use vitamin D. They're essential for a healthy body.

Signs of kidney disease are tiredness, swollen feet, ankles or hands, shortness of breath, feeling sick and blood in your urine.

High blood pressure and diabetes are the main causes of kidney failure. Your age and ethnicity may also contribute to your risk.

<https://www.worldkidneyday.co.uk/>

<https://www.worldkidneyday.co.uk/are-you-kidney-aware/>

<https://www.nhs.uk/conditions/kidney-disease/>
<https://kidneyfailurerisk.co.uk/>

Social Prescribing Day, 14th March

Social prescribing helps to manage the many things that are non-medical that affect our health. Things like debt, loneliness and stress can have a long-term effect on us, but social prescribing can help you get back on track.

<https://socialprescribingacademy.org.uk/what-is-social-prescribing/>

International School Meals Day, 14th March

International School Meals Day focuses on healthy and sustainable school meals across the world. All children should have access to good nutrition regardless of their circumstances.

<https://internationalschoolmealsday.com/>

World Sleep Day, 15th March

Access to good sleep is critical for our bodies and our mental health. World Sleep Day helps to promote the importance of good sleep.

Problems sleeping can lead to long-term health consequences. Good sleep hygiene, such as avoiding screen time before bed, regular bedtimes and getting up at the same time every day, can help.

<https://worldsleepday.org/>
<https://www.nhs.uk/every-mind-matters/mental-health-issues/sleep/>

18th to 24th March

World Oral Health Day, 20th March

World Oral Health Day brings our attention to the importance of oral health for our overall health. Good oral health helps with eating, breathing, swallowing and disease prevention.

https://www.who.int/health-topics/oral-health#tab=tab_1

International Day for the Elimination of Racial Discrimination, 21st March

The international community agreed on a set of common values and acknowledged that rights are inherent to every single human being and not granted by the State. These rights are enshrined in the [Universal Declaration of Human Rights](#), a blueprint for international human rights norms.

The UDHR states that everyone is entitled to all the rights and freedoms, without distinction of any kind, such as race and colour, among others. However, racism and racial discrimination continue to affect people all over the world.

<https://www.un.org/en/observances/end-racism-day>

World Water Day, 22nd March

“Water for peace” is the theme of World Water Day in 2024. Access to clean, safe water is essential for life. 2.2 billion people still live without safely managed water.

<https://www.un.org/en/observances/water-day>

25th to 31st March

World TB Day, 24th March

Tuberculosis (TB) usually affects the lungs but can spread to other parts of the body. If you’ve had a cough that’s lasted over three weeks, or a continuing high temperature or night sweats, you might want to check the information on the NHS website:

<https://www.nhs.uk/conditions/tuberculosis-tb/>

Epilepsy awareness, 26th March

Let’s turn the world purple to raise awareness of epilepsy. Epilepsy is a condition of the brain which means you have repeated seizures. Many people will have one seizure but that does not necessarily mean they have epilepsy.

<https://www.epilepsy.org.uk/info/what-is-epilepsy>

International Trans Day of Visibility, 31st March



22 Nottingham Road,
Somercotes, Derbyshire
DE55 4JJ

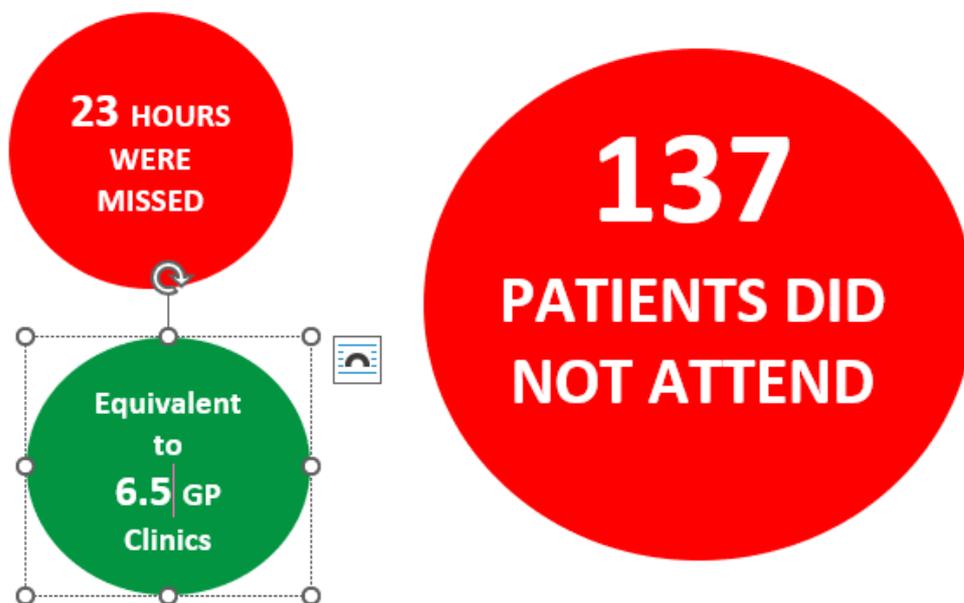
Tel 01773 602141
Email ddicb.adminsomercotes@nhs.net

International Trans Day of Visibility is an opportunity to support and celebrate our trans or non-binary family, friends and colleagues, who choose to be visible.

<https://www.stonewall.org.uk/our-work/campaigns/trans-hub>



In February 137 patients failed to attend appointments here



If you are unable to attend **always** cancel your appointment



Call us on **01773 602141**



Contact us @ www.somercotesmedicalcentre.co.uk



Visit the practice in person