

Newsletter

September 2022



Following the sad announcement of the death of Her Majesty Queen Elizabeth II, the government has confirmed that Monday 19th September **will be** a Bank Holiday therefore we will be closed Monday 19th September. Please ring NHS 111 if you require medical assistance whilst we are closed. We shall re-open on Tuesday 20th September at 8am.

Ovarian cancer

Ovarian cancer is often diagnosed late. Symptoms include bloating, pain, or tenderness, and a frequent need to pee. The symptoms are varied, and if you're experiencing symptoms twelve times or more in a month, you should contact your GP surgery. <https://www.nhs.uk/conditions/ovarian-cancer/symptoms/>

There are different types of ovarian cancer, and treatment and prognosis varies depending on the type, stage and grade. It is important to detect any cancer as early as possible. <https://www.cancerresearchuk.org/about-cancer/ovarian-cancer>

Prostate health

Prostate cancer can be symptomless. If you're over 50, black, or have a close family member



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(father or brother) who has had prostate cancer, your risk is increased. You can check your individual risk and the signs you should look for

here: <https://prostatecanceruk.org/prostate-information/about-prostate-cancer/prostate-cancer-symptoms>

You can quickly and easily check your risk of prostate cancer. Being aware of your risk level can help you to ensure that you are watchful for concerning symptoms, and that you get the appropriate checks for your individual situation. <https://prostatecanceruk.org/risk-checker>

NSPCC – Let's talk PANTS

The NSPCC has a brilliant campaign to help educate children about bodily autonomy and when secrets shouldn't be secrets. The "PANTS" rule helps children easily understand that some parts of the body are private. Talking to your child about what is okay is an important part of raising a child. <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>

Children's flu

It's coming up to flu season. If you have a child aged 2 or 3 on 31st August 2022, we're offering vaccination against influenza. Vaccination helps to protect your child from serious illness and also helps to protect others. We'll shortly be contacting eligible patients to ask them to book their vaccination. <https://www.nhs.uk/conditions/flu/>

If you have a child aged 4 to 17 years of age who is at-risk of complications from flu because of a health condition, you can have them vaccinated at your GP practice. This year, in-school vaccinations will be prioritised by age group. <https://www.nhs.uk/conditions/flu/>

Sexual health

Symptoms of sexually transmitted infections are varied, including unusual discharge, sores, itching and rashes around your vagina, penis or anus. If you're experiencing symptoms, you should get tested. Many STIs are symptomless, including HIV. If you're having unprotected sex, you're putting yourself at additional risk. <https://www.nhs.uk/conditions/sexually-transmitted-infections-stis/>

Flu vaccination

We'll shortly be offering the influenza vaccination to our patients who are at higher risk of complications from catching influenza. We will contact you when it's time to book your appointment. <https://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/>



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High cholesterol

High cholesterol levels can increase your chances of a heart attack or stroke. High cholesterol can run in families, but can also be caused by eating fatty foods, not getting enough exercise and being overweight or drinking alcohol. <https://www.nhs.uk/conditions/high-cholesterol/>

Sepsis

Symptoms of sepsis are varied, and can present differently in children and adults. Symptoms include high temperatures and rashes, but not all patients present with these, and spotting sepsis can be difficult. Please familiarise yourself with the symptoms of sepsis, it could save a life. <https://www.nhs.uk/conditions/sepsis/>

Blood cancer awareness

Blood cancer can appear in people of any age, with specific types of blood cancer being more common at different stages of life. Signs and symptoms can include pain, night sweats and infections. You might not necessarily associate the symptoms with serious illness. <https://bloodcancer.org.uk/understanding-blood-cancer/blood-cancer-signs-symptoms/>

Stem cell donation

If you've never considered stem cell donation, you may be asked to consider it when you give blood. Having as many suitable donors as possible helps to ensure that patients can get treatment quickly when they need it. <https://www.bbmr.co.uk/donating-stem-cells/>

Vascular disease

There are four main types of cardiovascular disease. These affect the blood vessels and heart and are a serious cause of illness, death and disability in the UK. You can decrease your risk by ensuring you exercise regularly and eat a well-balanced, healthy diet. <https://www.nhs.uk/conditions/cardiovascular-disease/>

Peri-menopause

Menopause is when your periods have stopped for twelve months or more. Leading up to menopause, you might experience symptoms of peri-menopause. These include irregular bleeding, hot flushes and other physical symptoms, along with symptoms that can affect your mental health. <https://www.nhs.uk/conditions/menopause/symptoms/>



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Get Britain Standing

As we move into winter, we become more sedentary. On average, British people sit for 8.9 hours per day. Sitting for more than 4 hours per day has been shown to make changes in the operation of our bodies. Get Britain Standing aims to get the British population up and moving. <http://www.getbritainstanding.org>

Diabetes – Type 2, obesity and activity levels

Being physically active is beneficial if you are diabetic. Incremental changes can make a big difference to the amount of exercise you do on a daily basis. <https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/exercise>

Migraine Awareness Week (5th to 12th September 2022)

You can join the Migraine Trust on their International Symposium Patient Day this year. With a range of expert speakers to choose from, you can join the symposium in person or virtually on 11th September 2022. <https://migrainetrust.org/events/migraine-trust-international-symposium-patient-day/>

Know Your Numbers! (5th to 11th September 2022)

Maintaining healthy blood pressure is important for your overall health. Low blood pressure can make you feel unwell. High blood pressure won't generally make you feel unwell, but longer term, it can increase your risk of conditions such as heart attack, stroke and kidney disease. <https://www.bloodpressureuk.org/know-your-numbers/>

Suicide Prevention Day (10th September 2022)

Samaritans offer 24/7 support if you're finding things difficult. With 201 branches and volunteer listeners across the UK, Samaritans are experienced in listening without judgement. <https://www.samaritans.org>

Everyone finds life challenging, but for some people, challenging becomes overwhelming. Having someone non-judgemental to talk to can make a huge difference. <https://www.samaritans.org>

Dementia Carers' Day (12th September 2022)

Many people with dementia and Alzheimer's rely on their family and friends to carry out caring responsibilities. Dementia Carers' Day aims to recognise the vital contribution that carers make to the lives of the people they care



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for. <https://www.nationaldementiacarersday.co.uk/about-national-dementia-carers-day/>

World Patient Safety Day (17th September 2022)

Each year, WHO holds World Patient Safety Day. This year the theme is Medication Without Harm. This aims to promote safe prescribing and monitoring of medication across the globe. <https://www.who.int/campaigns/world-patient-safety-day/2022>

Jeans for Genes Day (19th to 25th September)

Jeans for Genes hopes to raise awareness of genetic conditions. By organising a day where people in your workplace, school or organisation wear jeans for the day, you can help to raise awareness of the impact of genetic conditions on the families affected. <https://www.jeansforgenes.org>

Eye Health Week (19th to 25th September 2022)

Over two million people in the UK suffer from some degree of sight loss. Half of this sight loss is avoidable. By being aware of the things that affect our eye health, we can help to ensure that our eyes stay in the best possible health. <https://www.visionmatters.org.uk>

Organ Donation Week (19th to 25th September 2022)

This year please wear pink to raise awareness for Organ Donation Week. Donating your organs in the event of your death could make a huge difference to another family and, indeed, could save someone else's life. <https://www.organdonation.nhs.uk/get-involved/news/planning-underway-for-organ-donation-week/>

Depending on where you live in the UK, the laws are different around organ donation and consent. If you'd like to donate your organs, consider registering that decision. You should also talk to your family about your wishes if at all possible, this means that in the event that you die, your family are clear about what your wishes are.

<https://www.organdonation.nhs.uk/uk-laws/>

National Fitness Day (21st September 2022)

21st September is National Fitness Day. It's an opportunity to get involved with fitness events in your local area. <https://www.nationalfitnessday.com>



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World Contraception Day (26th September 2022)

World Contraception Day aims to promote a world where people are able and educated to make choices about their reproductive health, and where every pregnancy is wanted. Empowering young people to make conscious choices about protecting themselves from unwanted pregnancy can help to ensure the best future for all our young people. <https://www.your-life.com/en/for-doctors-parents-etc/about-wcd>

World's Biggest Coffee Morning (30th September 2022)

On 30th September, the World's Biggest Coffee Morning takes place in aid of Macmillan Cancer Support. This year, events will be taking place in person. Why not pop along to support your local coffee morning? <https://coffee.macmillan.org.uk>