

Men's Health Update - Your Prostate

Bill Turnbull, the former BBC breakfast host, has recently revealed that he has a terminal prostate cancer diagnosis in the hope of raising awareness of this potentially life threatening illness. In very honest statements to the press he says he put the aches & pains he was feeling down to 'getting older' and didn't visit his GP until the pain was very bad, only to discover he has cancer that's already spread.

The prostate is a small gland in the pelvis found only in men. About the size of a satsuma, it's located between the penis and the bladder and surrounds the urethra. It's main function is to help in the production of semen. Prostate cancer develops slowly, so there may be no signs you have it for many years. If you notice any things like an increased need to urinate, straining while urinating and a feeling that your bladder has not fully emptied—these symptoms shouldn't be ignored. They do not mean that you definitely have cancer, there may be a benign reason for the symptoms, but they do mean you should get yourself checked by visiting your GP.

The causes of prostate cancer are largely unknown, but certain things can increase your risk. The chances of developing the cancer increases as you get older (most cases develop in men over 50), it is more common in men of African-Caribbean or African descent and men who have first degree relatives, such as a father or brother, affected by the condition are also at increased risk. It is less common in men of Asian descent.

Don't be shy or embarrassed about consulting a GP if you have any concerns at all.

Fact file: Across the UK

- Prostate cancer is the most common cancer in men.
- Over 47,000 men are diagnosed with prostate cancer every year – that's 129 men every day.
- Every 45 minutes one man dies from prostate cancer – that's more than 11,000 men every year.
- 1 in 8 men will get prostate cancer in their lifetime.
- Over 330,000 men are living with and after prostate cancer.

Bringing in a urine sample.....? Everyday we receive scores of them. Unfortunately many of them come in unsolicited, unnamed and no symptoms given.....so we can't test them. **PLEASE** make sure your sample is labelled with your name, date of birth and indicate the reason for the sample being presented to us.

Thank you

Patient WiFi has finally arrived at the surgery!

NHS Digital has been working to make sure that everyone can access free WiFi in NHS sites across England. NHS WiFi will provide a secure, stable, and reliable WiFi capability, consistent across all NHS settings. It will allow patients and the public to download health apps, browse the internet and access health and care information.



Missed appointmentsGrrrrr!

With the advent of mobile phone appointment reminders there is **NO excuse** for not cancelling an unwanted appointment. In particular we find that patients who have booked an advance appt. with their GP but then decide they want to be seen earlier on the S&W - much to our frustration don't then cancel the no longer necessary advance appt. This is such a waste of practice resources!

Do you know that missed appointments cost the NHS £1bn last year?! Are you aware that each missed appt. at our practice costs on average £40! The NHS isn't free, you've paid for it via the tax on your hard earned wages. It's a crying shame to waste it....

**Please cancel
unwanted appointments!**

Most often asked question by patients Answered:

Q: What is the fastest way I can get a repeat prescription?

A: Sign up today..... For our secure online services!

It's so easy! Doing this will transform your relationship with the practice, improve efficiency and therefore the service we can offer you. **Put yourself in control** of your own health by using our 24hr online service that includes being able to book and cancel appointments and view your medical record.

Message from Dr Clark: "As a practice we have high expectations that you, our patients, engage with the technological advances that we introduce. General practice is under great pressure with lack of funds & patients presenting with multiple, complex conditions, who really need our medical skills and expertise. By signing up to our online services you will release more time to my GP colleagues and I, allowing us to focus on delivering care".

Speak to a receptionist and sign up today!

