



CHAWTON PARK
SURGERY

NEWSLETTER: November 2021

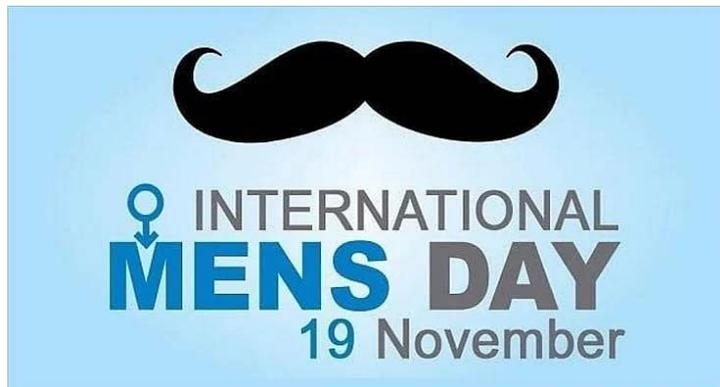
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International Men's Day

On the 19th November 2021 it is international men's day (don't worry ladies your day will be in March next year) so we thought we would discuss men's health.



Picture taken from - <https://www.exchange4media.com/marketing-news/brands-get-creative-on-social-media-for-international-mens-day-2019-100931.html>

Male Cancer Signs and Symptoms -

The three most common types of cancer that affect men are:

- **1. Testicular Cancer** - Symptoms to look out for are an increase in the firmness of the testicle, a difference in appearance between one testicle and the other, a dull ache or sharp pain in your testicle or scrotum which may come and go and a feeling of heaviness in your scrotum. (Further information available at: <https://www.nhs.uk/conditions/testicular-cancer/symptoms/>)
- **2. Penile Cancer** - this is a rare cancer that affects the skin of the penis and the foreskin. The common symptoms are a growth or sore that does not heal within 4 weeks, a rash, bleeding from the penis or under the foreskin, smelly discharge, thickening of the skin which makes it difficult to pull back the foreskin or a change in colour of the skin. (Further information available at: <https://www.nhs.uk/conditions/penile-cancer/>)
- **3. Prostate Cancer**- symptoms to look out for are needing to pee more frequently - often during the night, needing to rush to the toilet, difficulty in starting to pee, straining or taking a long time while peeing, weak flow, feeling that your bladder has not emptied and blood in urine or blood in semen. (Further information available at: <https://www.nhs.uk/conditions/prostate-cancer/>)

All the above information was taken from <https://www.nhs.uk/>

If you experience any of these symptoms it does not necessarily mean you have cancer, but its best to get this checked out as soon as possible by the GP because even if it isn't cancer, we can still look into what is causing any of these symptoms. You are able to contact the Practice either completing an eConsult via our Practice website (www.chawtonparksurgery.nhs.uk) or by asking for call back from one of our Practice clinical team.

Mental Health

Now this is a subject that affects us all. Going to speak to a clinician about how you're feeling does not make you weak and you should not feel silly or embarrassed about expressing how you are feeling. Quite often men are made to feel as though they cannot have emotional feelings or cry but this is far from the truth. Our doors are always open to anyone who needs mental health help and there are other agencies we can refer you to for further help. Below we have listed dos and don'ts to help yourself.



Picture taken from <https://www.man-ni.org/mentalhealth.html>

Do-

- Try talking about your feelings to friends or family. You can also contact Samaritans by calling 116 123 if you need someone to talk to
- Try the six ways to feel happier which are - Manage your stress levels, take time to enjoy yourself, boost your self-esteem, have a healthy lifestyle (limit alcohol intake, choose a well-balanced diet, do some exercise and get enough sleep), Talk and share and build your resilience.
- Find out how to raise your self-esteem by taking your negative beliefs and turning them into positive ones; for example if you tell yourself nobody cares about you and then realising that your family member or friend calls you every week to check in on you is turning it from a negative to a positive.
- Consider peer support where people use their experiences to help each other.
- Try mindfulness where you focus on the present moment
- Listen to free mental wellbeing audio guides
- Search and download relaxation and mindfulness apps or online community apps from the NHS app library

Don'ts -

- Do not try to do everything at once; set small targets that you can easily achieve
- Do not focus on the things you cannot change - focus your time and energy in to helping yourself feel better
- Try not to tell yourself that you're alone - most people feel low sometimes and support is available
- Try not to use alcohol, cigarettes, gambling or drugs to relieve low mood. These can all contribute to poor mental health.

The above dos and don'ts list was taken from <https://www.nhs.uk/mental-health/> (Accessed 01/11/2021)

COVID vaccination walk in appointments

Do you know that some vaccination sites are now offering walk-in appointments? If you fall into any of the following categories, you can visit a walk in centre to be vaccinated:

You can use a walk-in site to get:

- a 1st dose of the vaccine - if you or your child are aged 12 or over
- a 2nd dose of the vaccine - if you're eligible and it's been 8 weeks since your 1st dose
- a booster dose of the vaccine - if you're eligible and it's been 6 months (182 days) since your 2nd dose

If you visit the following website, you will be able to find a vaccination site that are offering this service. NHS "Grab a Jab" - <https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/find-a-walk-in-coronavirus-covid-19-vaccination-site/> (Accessed 01/11/2021)

Flu vaccinations

We still have appointments available for those who are due their seasonal flu vaccination. If you are not sure if you are eligible for a flu vaccination there is a full list of criteria available on our website, or alternatively please do email the Practice at nhccg.chawtonparksurgery@nhs.net and we will be able to confirm if you are eligible.

Face masks and face coverings

As the winter is approaching, we are seeing a rise in respiratory issues with our patients. To continue to be able to see our patients safely and keep our team safe please can we remind our patients that all patient, visitors, and staff at the Practice are asked to wear a face covering or shield whilst in the building.

Where a patient is exempt from wearing a face mask, we kindly ask them to wear a face shield, that we are happy to provide. If patients are not happy to wear a face covering or shield and are needed to be seen, we ask them to come and wait in their vehicle. Where possible we see patients within their vehicles. If the patient needs to be seen within the building, we then arrange this to be completed at the end of the surgery, within our dedicated clinical room where the clinician will wear higher grade PPE and we can increase the ventilation throughout the consultation. We have found that a lot of patients can be treated remotely with the use of telephone triage and video consultations in the first instance.

To confirm we are not offering a reduced level of clinical care, we are just needing to operate in a slightly different way to ensure patients and staff alike are kept as safe as we can. Thank you for your understanding.

We'd like to hear from you



Picture taken from <https://929voice.fm/we-want-to-hear-from-you/>

Have you got any questions you would like a GP or nurse to answer in this letter? Is there a certain topic that you would like discussed on the newsletter? We'd love to hear from you! Send in an email to nhccg.chawtonparksurgery@nhs.net

Newsletter by email

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Dr Over



Dr De Quincey



Dr Bowen-Simpkins



Dr Barber



Dr Goodman



Nicky Wornell
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