

VALE MEDICAL GROUP



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Breast Cancer Awareness Month – October 2023

Breast cancer is the most common type of cancer in the UK. Most women diagnosed with breast cancer are over the age of 50, but younger women can also get breast cancer.

About 1 in 7 women are diagnosed with breast cancer during their lifetime. There's a good chance of recovery if it's detected at an early stage.

For this reason, it's vital that women check their breasts regularly for any changes and always have any changes examined by a GP.

In rare cases, men can also be diagnosed with breast cancer. Find out more about [breast cancer in men](#).

Most [breast lumps](#) are not cancerous, but it's always best to have them checked by a doctor.

You should also see a GP if you notice any of these symptoms:

- a change in the size or shape of one or both breasts
- discharge from either of your nipples, which may be streaked with blood
- a lump or swelling in either of your armpits
- dimpling on the skin of your breasts
- a rash on or around your nipple
- a change in the appearance of your nipple, such as becoming sunken into your breast

For more information on breast cancer you can visit:
<https://www.nhs.uk/conditions/breast-cancer/symptoms/>

Stoptober – October 2023

Quit smoking this Stoptober.

When you stop smoking, good things start to happen — you can begin to see almost immediate improvements to your health.

So this October, join the thousands of smokers committing to quitting. Stop smoking for 28 days and you're 5 times more likely to give up for good.

It's much easier to stop smoking when you get the right support and there are lots of options to choose from.

Check out the free tools, tips and support to help you stay on track. Let's do this! For more information and for tips and advice on how to quit visit:
<https://www.nhs.uk/better-health/quit-smoking>

Flu and Covid Vaccinations

We are offering Flu Vaccinations and COVID boosters to those who are eligible this autumn.

Please keep a look out for a text or a letter inviting you to book your vaccination with us.

If you are unsure if you are eligible or not for a vaccination, please call our reception teams at either Long Clawson or Stackyard Surgery where our team will be on hand to check eligibility and availability for you.



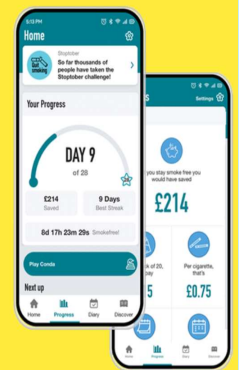
Download the free
NHS Quit Smoking
app this Stoptober

Use the NHS Quit Smoking app to help you quit smoking and start breathing easier.

The app allows you to:

- track your progress
- see how much you're saving
- get daily support

If you can make it to 28 days smoke-free, you're 5 times more likely to quit for good!



STOP TOBER

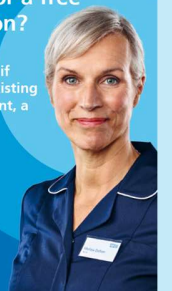
**STOP SMOKING
AND GOOD
THINGS HAPPEN**

Are you eligible for a free
NHS flu vaccination?

Flu can be more dangerous if you are over 65, have an existing health problem, are pregnant, a carer, or children under 4.

Don't put it off. Get your flu vaccination straight away. Ask at your GP Practice.

**STAY WELL
THIS WINTER**





Patient Participation Group

Vale Medical Group has an established Patient Participation Group with the aim of fostering patient participation in health care, improving communication between staff and patients and allowing patients to have a say in the future direction of local health provision.

The group operates within a nationally proposed frame of reference, but largely it's up to members how it works. Meetings are generally held at Long Clawson. Members can commit as much or as little time as they like and contribute in whatever way they feel comfortable. The group are always keen to attract new members from both of our surgeries. If you would like more information please email PPG directly at vmgpatients@gmail.com

Dates for your Diary – September

The next PPG Meeting will be held at Long Clawson Medical Practice on Wednesday 18th October 2023.

The next PLT will be Thursday 19th October 2023, both Long Clawson and Stackyard Surgery will be closed from 1pm on this date. Long Clawson Pharmacy will remain open.

Don't be a DNA!

A DNA is someone who **did not attend** their Doctor/Nurse appointment and did not tell us beforehand. The clinic was ready, the Doctor and Nurses were waiting, but the patient did not attend.

Last month in August there were **76 DNA's** at the Long Clawson Medical Practice and **30 DNA's** at the Stackyard Surgery, totaling up to **106 appointments which patients did not attend.**

If you are unable to attend your appointment, **please let us know as soon as you can** so we can arrange for someone else to take your slot.



World Menopause Awareness Month – October 2023

- Menopause is when your periods stop due to lower hormone levels. It usually affects women between the ages of 45 and 55, but it can happen earlier.
- It affects anyone who has periods.
- Menopause can happen naturally, or for reasons such as surgery to remove the ovaries (oophorectomy) or the uterus (hysterectomy), cancer treatments like chemotherapy, or a genetic reason. Sometimes the reason is unknown.
- Perimenopause is when you have symptoms of menopause, but your periods have not stopped. Perimenopause ends and you reach menopause when you have not had a period for 12 months.
- Menopause and perimenopause can cause symptoms like anxiety, mood swings, brain fog, hot flushes and irregular periods. These symptoms can start years before your periods stop and carry on afterwards.
- Menopause and perimenopause symptoms can have a big impact on your life, including relationships and work.
- There are things you can do to help with symptoms. There are also medicines that can replace the missing hormones and help relieve your symptoms.

A GP, nurse or pharmacist can give you advice and help with your menopause or perimenopause symptoms.

There are also menopause specialists who have experience in supporting anyone going through perimenopause and menopause. For more information and for help and support you can visit: <https://www.nhs.uk/conditions/menopause/help-and-support/>