

Movember News

From Woodchurch Surgery I can't believe it is already November which means Dr Gloria Arinaitwe has re-joined the team which is something we have all been looking forward to.

We had a colourful end to last month with the "Wear it Pink" day on Friday ending a month of breast cancer awareness during which our administrator Amber ran 100km – huge congratulations. There is a national screening program for breast cancer screening for 50-70 year olds which is taken up by 78% of our population. This means that 1 in 5 women are not taking up the chance to screen for early breast cancer. I would encourage everyone to engage with screening to help pick up illness as early as possible to give you the best chance to beat cancer.

On a wider note self-examination of breasts and testicles is strongly recommended and report any concerns to us. Hormones can produce some variations so checking either side of the "time of the month" is encouraged.

We have similar stats on cervical screening of 79% uptake but a much poorer uptake of 65% of people taking up the bowel cancer screening. This means a lot of people are missing out and we want to encourage people to get stuck in with screening.

November is given to promoting Men's Health and what started as a mainly prostate related issue now more widely encompasses all issues relating to men including a push on Mental Health. There is no national screening program for prostate cancer yet but I certainly intend to volunteer for some screening from 50 years old. Screening involves a blood test (PSA) and a feel of the prostate and if either are not 100% normal you will be monitored again or referred on for an MRI of the prostate or a biopsy. Prostate cancer is the leading cancer death in the UK now and early diagnosis and treatment is massively important and can be treated with robotic surgery preserving continence and "performance". Please be mindful that prostate cancer is not related to getting up in the night to pee so even if you have no urinary symptoms it is important to get checked out.

So look out for dodgy moustache's in November as part of the awareness campaign. I'm not sure how the surgery team will do with this but as the only male member of the team I'll give it a go...

Boris has made a big announcement that a second lockdown is starting. We remain open and want to remind everyone to put health first. Please contact us if you are worried about any health related issues. With lockdown I hope that we all can give that bit of time to ourselves to think about our health both mentally and physically. If that means going for a walk to exercise and clear the head or booking a smear or prostate test then that is an invaluable few minutes of lockdown time well spent.

With best lockdown wishes to the whole community.

Jack Hickey on behalf of Woodchurch Surgery.