

# MARDEN NEWS

The monthly newsletter from Marden Medical Practice

March 2017

## PROSTATE HEALTH

Every man has one, it's important for their sex life, yet according to a survey of men aged 45 and over by Prostate Cancer UK, 70% of them knew nothing about their prostate or the symptoms of prostate cancer. However, better knowledge about this walnut-sized gland will help men to make better choices about testing and treatment.



The prostate is located below the bladder, produces some of the fluid in semen and is crucial to a man's sex life. The prostate fluid nourishes and protects sperm during intercourse and forms the bulk of ejaculate volume.

The prostate often enlarges as men get older, but for two-thirds of men aged 50 or over this doesn't cause any problems. In some cases, an enlarged prostate can press on the tube carrying urine from the bladder and cause urinary problems.

Other prostate conditions include inflammation of the gland, also known as prostatitis, which is sometimes caused by an infection and this can make urinating painful. Sometimes a single cell in the prostate starts to multiply out of control and cancer can develop.

 Prostate cancer is the most common cancer in men in the UK, with more than 30,000 men diagnosed annually and around 10,000 men die from it every year, making it the second most common cause of cancer deaths in men after lung cancer.

Most men with early prostate cancer have no symptoms at all but some of the include: needing to urinate often, especially at night: difficulty starting to urinate: straining to urinate or taking a long time to finish: pain when urinating or during sex

Less common symptoms include: pain in the lower back: blood in the urine

Many men over 70 have prostate cancer, even though most of them will never have it diagnosed or have any symptoms. In the majority (80%) of cases, this is a slow-growing cancer and it may stay undiagnosed because it never causes any symptoms or problems. In the other 20% of cases, the prostate cancer cells can grow quickly and move outside the prostate, spreading the cancer to other parts of the body, such as the bones.

The risk of getting prostate cancer gets higher as you get older and most men diagnosed with the condition are over 50. However, survival rates of newly diagnosed prostate cancer patients have improved from 30% in the 1970s to 80% today.

There is currently no prostate cancer screening programme on the NHS, it's up to the individual to get tested, so visit your GP for a check-up and stay safe.

### Useful Numbers

Health Visitors 452300  
District Nurses 277709  
RSH 261000  
Family Planning 283382

### Pharmacies

Rowland's On Site  
369446  
Asda 276810  
Sainsbury's 244744  
Taylor - Radbrook  
249931  
Williams Co-op  
344277  
Conway 352352  
Lunt's - Hereford Rd  
351918  
Boots - Pride Hill  
351311  
Rhodes 343998  
Boots - Copthorne  
350747  
Boots - Coleham  
362496  
Lloyds - Riverside  
344523  
Tesco  
845449  
Pharmacy Express  
245715

## Attention deficit hyperactivity disorder (ADHD)

(ADHD) is a group of behavioural symptoms that include inattentiveness, hyperactivity and impulsiveness. Symptoms tend to be noticed at an early age and may become more noticeable when a child's circumstances change, such as when they start school. Most cases are diagnosed when children are 6 to 12 years old.

The symptoms of ADHD usually improve with age, but many adults who are diagnosed with the condition at a young age continue to experience problems and these may include sleep and anxiety disorders.



Many children go through phases where they're restless or inattentive and this is often completely normal and doesn't necessarily mean they have ADHD. However, you should consider raising your concerns with your child's teacher, their school's special educational needs co-ordinator (SENCO) or GP if you think their behaviour may be different to most children their age. It's also a good idea to speak to your GP if you're an adult and you think you may have ADHD, but you weren't diagnosed with the condition as a child.

The exact cause of ADHD is unknown, but the condition has been shown to run in families. Research has also identified a number of possible differences in the brains of people with ADHD compared to those who don't have the condition.

Other factors that have been suggested as potentially having a role include:

being born prematurely (before the 37th week of pregnancy)

having a low birthweight

smoking, alcohol or drug abuse during pregnancy

It's thought that around 2% to 5% of school-aged children may have ADHD and it can occur in people of any intellectual ability, although it's more common in people with learning difficulties.

Although there's no cure for ADHD, it can be managed with appropriate educational support, advice and support for parents and affected children, alongside medication, if necessary.

Medication is often the first treatment offered to adults with ADHD, although psychological therapies such as cognitive behavioural therapy (CBT) may also help.

Looking after a child with ADHD can be challenging, but it's important to remember that they can't help their behaviour.

Some issues that may arise in day-to-day life include: getting your child to sleep at night: getting ready for school on time: listening to and carrying out instructions: being organised: social occasions: shopping.

Adults with ADHD may also find they have similar problems, and some may have issues with drugs, crime and employment.

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