



MARDEN NEWS

The monthly newsletter from Marden Medical Practice November 2017

Mens Health Awareness Month—The Movember Foundation Stopping men dying too young

Men are facing a health crisis that isn't being talked about. They are dying before their time. But we're taking action and we need your help.

GROW A MOUSTACHE: Doing **Movember** means raising funds for men's health and growing a **Mo** is your chance to do just that. Start clean shaven, grow throughout the month, and get some serious funds behind the men who need it most. Men and women alike can embrace Movember by being active. Set a distance goal at the start of the month, and walk, run, cycle, swim or row your way to achieving it. You can raise much needed funds for men's health while you're at it.

Men die on average six years earlier than women but you can be the difference. It's time to join the movement and get involved with the only global charity focused solely on men's health, the Movember Foundation so that by 2030 we can reduce the number of men dying prematurely by 25%. We don't take government funding, so we can challenge the status quo and invest quicker in what works. We report on every initiative we fund so you can see the effect your donations are having. Since 2003, we've committed ourselves to helping men live happier, healthier, longer lives and Millions have joined us. From 30 moustaches to 5 million, we couldn't have done it without you. No matter the shape or style of your Mo your face can inspire donations, conversations and real change. Your Mo is a ribbon – reminding the people in your life of the importance of men's health.

Prostate cancer is the most commonly diagnosed cancer in men in the UK. If detected early 98% chance of survival beyond 5 years. If detected late 26% chance of survival beyond 5 years. When you're 50, have a conversation with your doctor about PSA testing (a simple routine blood test). If you're black or have a family history, do it at 45. Your risk of developing prostate cancer increases with age, but that doesn't mean it's a disease that only affects old men. Prostate cancer is the second most common cancer in men worldwide.

In most cases, the outcome for men with testicular cancer is positive, but a 95% chance of survival is no comfort to the 1 man in 20 who won't make it. It strikes young; almost half (47%) of men diagnosed with testicular cancer in the UK each year are aged under 35 but it's a highly treatable cancer and can be effectively treated, and often cured, if diagnosed and treated early.

Mental health problems 1 in 8 men in the UK have experienced a mental health problem and 3 out of 4 suicides are men. Most of us say we'd be there for our mates if they need us. Most of us also say that we feel uncomfortable asking mates for help. Something's gotta change. To speak with someone immediately, contact Samaritans on 116 123. If life is in danger, call 999 or go directly to emergency services.



NHS Mental Health Services provides information on services available for anyone concerned with mental health problems.

Provides information and support to make sure no-one has to face a mental health problem alone through a infoline and text service.

Seeks to prevent male suicide offering support to men in the UK, of any age, who are down or in crisis via their helpline and website.

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



Build bonfires in a safe location, away from danger
 Ensure that your bonfire is stable and remember to never light it with a flammable liquid.
 Keep everyone well back from open fires and ensure children are supervised at all times
 Always pour water on the embers before leaving the bonfire at the end of the bonfire party.
 Always keep your fireworks in a closed metal box and take them out one at a time and remember children should not have access to or be near fireworks.
 Always follow the instructions when using fireworks and if it is dark always read them by torchlight and never by a naked flame. Ensure you only buy fireworks from reputable retailers
 Always light fireworks at arm's length with a taper. You must never return to a lit firework and never throw a spent firework on a bonfire
 Always hold sparklers at arm's length and wear gloves when handling them. Once the sparklers are out make sure you put them in a bucket of water. Do not give sparklers to children under 5 years old and remember, never run with sparklers



The NHS Health Check is a health check-up for adults in England aged 40-74. It's designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia. As we get older, we have a higher risk of developing one of these conditions; a NHS Health Check helps find ways to lower this risk. If you're in the 40-74 age group without a pre-existing condition, you can expect to receive a letter from your GP or local authority inviting you for a free NHS Health Check every five years. In the meantime, there are other ways of getting your health checked, and you may want to try this online Heart Age test. Once you've had your NHS Health Check, your healthcare professional will discuss your results with you and you'll be given advice to help you lower your risk of a stroke, kidney disease, heart disease, diabetes or dementia, and maintain or improve your health.



Diabetes is a lifelong condition that causes a person's blood sugar level to become too high. There are two main types of diabetes: type 1 diabetes – where the body's immune system attacks and destroys the cells that produce insulin: type 2 diabetes – where the body doesn't produce enough insulin, or the body's cells don't react to insulin. Type 2 diabetes is far more common than type 1; in the UK, around 90% of all adults with diabetes have type 2. During pregnancy, some women have such high levels of blood glucose that their body is unable to produce enough insulin to absorb it all; this is known as gestational diabetes.

It's very important for diabetes to be diagnosed as early as possible because it will get progressively worse if left untreated so visit your GP as soon as possible if you experience the main symptoms of diabetes, which include: feeling very **thirsty**; urinating more frequently than usual, particularly at night; feeling very tired; weight loss & loss of muscle bulk; itching around the penis or vagina, or frequent episodes of **thrush**; cuts or wounds that heal slowly; blurred vision. Type 1 diabetes can develop quickly over weeks or even days and many people have type 2 diabetes for years without realising because the early symptoms tend to be general.



The best way to help prevent a stroke is to eat a healthy diet, exercise regularly, and avoid smoking and drinking too much alcohol. These lifestyle changes can reduce your risk of problems like: arteries becoming clogged with fatty substances (atherosclerosis) high blood pressure.

Chronic kidney disease (CKD) is a long-term condition where the kidneys don't work as well as they should. It's a common condition often associated with getting older and anyone can get it, although it's more common in black people and people of south Asian origin. Many people with kidney disease are able to live long, largely normal lives; see your GP if you have persistent or worrying symptoms that you think could be caused by kidney disease.



Cardiovascular disease (CVD) is a class of diseases that involve the heart or blood vessels and includes coronary artery diseases (CAD) such as angina and myocardial infarction (commonly known as a heart attack). Up to 90% of cardiovascular disease may be preventable if established risk factors are avoided such as: **tobacco cessation & avoidance of second-hand smoke** (reduces risk by about 35%); low-fat, low-sugar, high-fibre diet; 150 of moderate exercise per week; limit alcohol consumption; decrease mental stress.

Well man clinics offer a range of health checks for men. Some NHS GP surgeries or hospitals offer well man clinics, but many are private which can be expensive. A well man clinic is not a replacement for your GP. The range of tests and health checks may vary between clinics but any these may be assessed: lifestyle, including diet, exercise, alcohol and smoking; medical history; weight and height; blood pressure; cholesterol; urine test for diabetes or kidney infection; hearing and vision; lung function; electrocardiogram (ECG) to check for heart problems; chest X-ray, if you're a heavy smoker. This surgery hold clinics occasionally.

Contact Information

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