



MARDEN NEWS

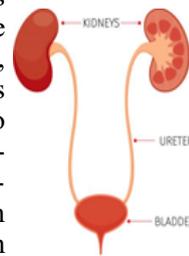
The monthly newsletter from Marden Medical Practice September 2019

We have a staff change as from September. Dr May will be leaving on Maternity Leave and Dr Hallam will be continuing with us as a salaried GP during this time. She will be working all day Tuesday, Thursday and Friday.

National Urology Awareness Month

September is Urology Awareness Month. Organised by The Urology Foundation, this month aims to raise awareness of urological disease as well as raise money so we can fund vital research and training into these diseases. It is estimated that 1 in 2 of us will be affected by a urology condition in our lifetime and over a third of people don't know what urology is so it is important that The Urology Foundation work to raise awareness of the nation's urology health.

Our urology health is vital to our quality of life but diseases and cancers of the kidneys, bladder, prostate and the male reproductive system are becoming more prevalent and devastating the lives of millions of men, women and children in the UK. Throughout the month we focus on raising awareness to breakdown stigma and encourage people to actively take care of their urology health and talk about them with family, friends and colleagues. We do this by working with local communities and businesses to promote urology health through health and wellbeing talks and providing information. You can get involved in 2019 by helping raise awareness of urology health in your place of work or local community or join in the Big5 challenge and help raise money to research urology cancers.



We need your help to banish the stigma associated with so many urology conditions so we want people to start talking about their urology health, know the signs and symptoms of urology disease and to seek medical help when they need to so fewer lives are devastated.

Kidneys:  The kidneys are two bean-shaped organs that sit below the ribs towards the middle of the back & are vital for good health. Their main job is to clean the blood by removing excess water and waste & passing them out of the body in the form of urine via narrow tubes called ureters which carry urine from the kidneys to the bladder. Each day the kidneys will filter between 150 & 180 litres of blood and pass around 2 litres of waste to the bladder. They make sure blood pressure is stable and that there is a stable balance of salts & other substances in the blood & also produce hormones that help build strong bones & form red blood cells. When a kidney is not working properly waste products such as salts can build up inside the body & cause health problems which can become serious or even life-threatening.

Bladder:  The bladder is a hollow, balloon-like organ in the lower abdomen that stores & collects urine which is composed of water & waste products filtered out of the blood by the kidneys & passed into the bladder through two tubes (urethra). Two tight bands of muscle (sphincters) control urine flow into & out of the bladder. The bladder's elastic walls stretch to store urine &, when emptied out, the walls flatten together. A layer of muscle surrounds the inner lining of the bladder & when the bladder becomes full, nerve signals are sent to the brain, which instructs the sphincter at the base of the bladder to relax & the muscles in the bladder wall to squeeze the bladder & push the urine out. These instructions from the brain can normally be controlled voluntarily, so that the person can choose when to urinate.

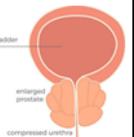
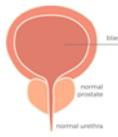
Useful Numbers

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

Prostate: The prostate gland lies beneath the bladder & surrounds the urethra. It starts off relatively small in boys then grows larger during puberty as testosterone levels increase. In healthy adults, the prostate is around the size of a walnut with a volume of approximately 20ml. The prostate gland's main function is during sexual intercourse. At ejaculation, sperm is mixed with fluid from the prostate gland & a substance called prostate-specific antigen (PSA) liquidises the ejaculate to improve the chances of fertilization. The fluid produced by the prostate also prevents infection in the urethra. If you can you display our posters and leaflets at your place of work or community centre to help banish the stigma please contact us on info@theurologyfoundation.org with your details.



Blood Cancer Awareness Month:

Blood cancer is the fifth most common cancer in the UK &, while huge progress has been made in improving treatment, it is still the third biggest cause of UK cancer deaths taking more lives each year than breast or prostate cancer. Even for those who survive, the long-term effects of treatment can be devastating. Research is funded to change the lives of people living with leukaemia, lymphoma, myeloma & other types of blood cancer.

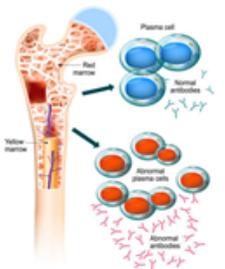


Leukaemia is a type of blood cancer that affects white blood cells & bone marrow & white blood cells are an important part of your immune system that fight infection - bone marrow is where blood cells like these are made. Other areas that might be affected are lymph nodes (glands), spleen, liver, testes, the membranes surrounding the brain & spinal cord, gums & skin. It is divided into many different types, some which develop faster (acute leukaemia) & others which develop more slowly (chronic leukaemia). Each type of leukaemia acts differently & will need to be treated differently. When you're looking for information about leukaemia, it really helps to know the proper medical diagnosis so that you can find the right information. Around 8,000 people are diagnosed with a type of leukaemia every year, however, in many cases, we still don't know what causes it.

 **Lymphoma** Lymphoma affects your immune system and can cause swellings in your neck, armpit, groin, or deeper in your body. The main types are Hodgkin lymphoma and non-Hodgkin lymphoma (NHL) & doctors put non-Hodgkin lymphomas (NHLs) into two groups depending on how fast they develop.

 **Healthy** Low-grade NHLs usually develop slowly the most common type being follicular lymphoma, but other types include marginal zone lymphoma & lymphoplasmacytic lymphoma. High-grade NHLs usually develop more quickly the most common being diffuse large B-cell lymphoma (DLBCL), but other types include Burkitt lymphoma & lymphoblastic lymphoma. About 12,000 people are diagnosed with lymphoma every year in the UK. Most people with lymphoma have non-Hodgkin lymphoma.

Myeloma is a type of cancer which affects the plasma cells in your bone marrow (the spongy substance inside some of your bones). Plasma cell is a type of white blood cell that produces proteins called antibodies, which fight infections in your body. When you have myeloma, your plasma cells produce abnormal antibodies which can't fight infection. On top of this, too many abnormal plasma cells are produced in your bone marrow. This means there isn't enough room for normal red & white blood cells, which both play an important role in keeping you well. Usually the bone marrow is affected in a number of places around your body, which is why myeloma is sometimes known as 'multiple myeloma'. Myeloma is divided into two main groups: smouldering or asymptomatic myeloma; this is where there are no symptoms or tissue damage, and symptomatic myeloma; this is where there are symptoms & possibly tissue damage.



Your immune system is a network of cells, tissues and organs which protect your body against infections by finding and killing germs. Antibodies play an important role in your immune system. In myeloma, normal antibodies can be swamped by the production of abnormal antibodies, so your body's defences will often be low. This means you might get infections that are more severe than usual and last longer. Plasma cells normally produce antibodies, which are made of two different kinds of protein: heavy chains and light chains. An antibody is shaped like a 'Y', with two heavy chains & two light chains. We all have antibodies.

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