

# November



# MARDEN NEWS

The monthly newsletter from Marden Medical Practice November 2022

*Sorry* We're  
**CLOSED**

**For Training The Afternoon on Thursday, 24th November**

Useful Numbers

Health Visitors 452300  
District Nurses 277709  
RSH 261000  
Family Planning 283382

**Roy Castle Lung Cancer Foundation**

Call us on 0333 323 7200



**LET'S TALK LUNG CANCER**

We are proud to launch our Lets Talk Lung Cancer roadshow, in collaboration with NHS England, to improve conversations about lung cancer, raising awareness of the different signs of the disease and encourage those with symptoms to go to their GP.



Anyone can develop lung cancer. Men and women, young and old, smokers and non-smokers. If you have lungs, you can get the disease so it is very important everyone is aware of lung cancer signs and symptoms.

With around 48,500 lung cancer cases each year, it is the most common cause of cancer death for both men and women, so it's vital that everyone knows what the symptoms of lung cancer are. An early lung cancer diagnosis can make a big difference.

**What are the symptoms of lung cancer?**

There are many different symptoms of lung cancer. Some symptoms, such as a persistent cough, are more common and widely recognised than others like clubbed fingers.

Persistent cough that lasts three weeks or more: Breathlessness: Repeat chest infections: Chest and/or shoulder pain: Loss of appetite and/or unexplained weight loss: Change in a long-term cough, or a cough that gets worse: Coughing up blood: Unexplained fatigue or lack of energy: Hoarseness: Finger clubbing: Blood clots.



We have no sense of pain inside our lungs, so it can be difficult to spot changes until they affect our breathing or start to affect other parts of our chest or body.

**Risk factors and causes of lung cancer**

Lung cancer is the most common cancer in the world with over 46,000 people are diagnosed with in the UK every year. There are many different causes of lung cancer.

Smoking is the leading cause of lung cancer. This means smokers and ex-smokers have an increased risk of getting lung cancer. However, it is by no means the only cause; in fact 28% of lung cancer cases aren't caused by smoking.

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  
Lloyds - Riverside  
344523  
Tesco  
845449  
Pharmacy Express  
245715

By knowing the common causes of lung cancer and taking steps to avoid or address them can help reduce your risk of getting the disease.

### *Causes of lung cancer*

Smoking: Passive smoking: Exposure to asbestos, radon gas and other occupational chemicals: Diesel fumes: Poor diet: Lack of exercise.

Lung cancer does not discriminate; anyone can get the disease so it is important everyone does everything they can to reduce their risk.

Being diagnosed with lung cancer is a terrifying place to be. However, with advances in treatment, more people are living longer and living well with lung cancer. If you have been diagnosed with lung cancer, you can make positive lifestyle choices and changes to improve your quality of life.

Getting an incurable lung cancer diagnosis is not automatically the same as being told you have a terminal illness. Your lung cancer may be incurable, but, with good treatment and ongoing care, you can lead a relatively normal life. With improvements in treatment and care, people are not only living longer with lung cancer, they are enjoying a better quality of life.

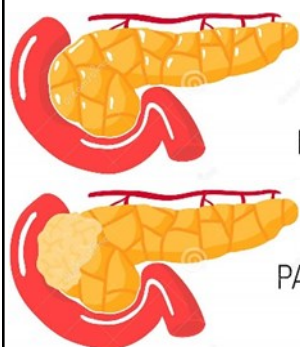
**Contact Us: Call us on 0333 323 7200: Roy Castle Lung Cancer Foundation, Cotton Exchange Building, Old Hall Street, Liverpool, L3 9LQ.**

### **Pancreatic Cancer Awareness Month (PCAM)**

The signs and symptoms of pancreatic cancer include indigestion, pain in your tummy or back, changes to your poo, losing weight without meaning to, and jaundice.

Pancreatic cancer affects men and women in the same way. Someone with pancreatic cancer may not have all the symptoms, as the symptoms can vary for each person.

Pancreatic cancer often doesn't cause symptoms in the early stages. The symptoms may not be specific to pancreatic cancer, and they may come and go to begin with. This can make pancreatic cancer hard to diagnose.



These symptoms can be caused by lots of things other than pancreatic cancer. If you are feeling unwell and you have any of the symptoms, speak to your GP to check if there is anything wrong.

Common symptoms include: Indigestion: Tummy pain or back pain: Changes to your poo: Weight loss: Jaundice.

Other symptoms you might get include: Losing your appetite: Recently diagnosed diabetes: Problems digesting your food: Feeling or being sick: Blood clots: Feeling very tired (fatigue)

It's important to remember that having these symptoms doesn't always mean that you have pancreatic cancer, but you should get them checked out. These symptoms can be caused by more common things, or health conditions such as pancreatitis (inflammation of the pancreas), stomach ulcer, gallstones, irritable bowel syndrome (IBS) and hepatitis (inflammation of the liver). They can also sometimes be signs of other cancers, so you should always get them checked out.

If your symptoms get worse or you develop any new symptoms, you should always see your GP. If your symptoms don't improve, go back to your GP and ask for tests to find out if there is any condition causing them.

You could keep a diary of your symptoms to show the GP.

**Talk to a nurse: 0808 801 0707 = Our free Support Line is staffed by specialist nurses and is open Monday to Friday 9.00 am to 4.00 pm, with lines open 10.00 am to 4.00 pm on Wednesdays.**

### **Contact Information**

**Telephone: 01743 241313**

**Email: [marden.marden@nhs.net](mailto:marden.marden@nhs.net)**

**Medical Emergencies out of hours number: 111**