



July 2023 - Surgery Newsletter

COVID BOOSTERS

The spring booster is currently available for patients who are over 75 years old, or are immunosuppressed. If you haven't had your spring booster yet and still wish to book this, you can find details of clinics either on-line at www.sneevaccine.org.uk or by telephoning the NHS Helpline on telephone 0344 257 3961.

Testicular Cancer in Men

Cancer of the testicle is 1 of the less common cancers and tends to mostly affect men between 15 and 49 years of age.

- Typical symptoms are a painless swelling or lump in 1 of the testicles, or any change in shape or texture of the testicles.
- It's important to be aware of what feels normal for you. Get to know your body and see a GP if you notice any changes.

The testicles are the 2 oval-shaped male sex organs that sit inside the scrotum on either side of the penis.

The testicles are an important part of the male reproductive system because they produce sperm and the hormone testosterone, which plays a major role in male sexual development.

Typical symptoms are:

- A painless swelling or lump in 1 of the testicles, or any change in shape or texture of the testicles.
- The swelling or lump can be about the size of a pea but may be larger.
- Most lumps or swellings in the scrotum are not in the testicle and are not a sign of cancer, but they **should never be ignored**

Other symptoms Testicular cancer can also cause other symptoms, including:

- An increase in the firmness of a testicle
- A difference in appearance between 1 testicle and the other
- A dull ache or sharp pain in your testicles or scrotum, which may come and go
- A feeling of heaviness in your scrotum

If you have any symptoms or concerns about Testicular Cancer, please contact your GP Surgery on 01206 250691

Surgery Training Afternoon

Along with all other surgeries in the area we will be shut from 12 noon on Tuesday, 25 July 2023 for staff training. If you require urgent care on this afternoon, then please contact 111 for assistance.

Patient Participation Group Meeting

The next PPG Meeting will be held on Thursday, 20 July 2023 at 6.30 pm in the Michael Wright Room at Great Bentley Village Hall. Please note the change of time for the PPG meeting.

Sue Mitson – Operations Manager