

## August 2023 – Surgery Newsletter



### Patient Consent

We often have people contacting us on behalf of family members. Due to patient confidentiality, we are unable to discuss information about a patient with anyone else unless we have written consent from them. This includes even just confirming an appointment time or date. Our staff can sometimes experience disgruntled patients as a result, but they would be breaking the law if they complied and are absolutely right to refuse. If there is frequently a need to discuss someone else's details and they are happy for us to do this, they just need to write to us expressing consent to talk to the named family member and we will note this on their record. There is also a form which can be collected from reception and completed if you do not wish to write a letter.

### Change of Contact Details

If you change your address, email address or phone number, please remember to let us know so that we can update your records. It is really important that we have up-to-date details for you in case we need to contact you.

### Prostate Awareness

Prostate cancer is cancer that occurs in the prostate. The prostate is a small walnut-shaped gland in males that produces the seminal fluid that nourishes and transports sperm. Prostate cancer is one of the most common types of cancer. Prostate cancer does not usually cause any symptoms until the cancer has grown large enough to put pressure on the tube that carries urine from the bladder out of the penis (urethra).

#### Symptoms of prostate cancer can include:

- Needing to pee more frequently, often during the night
- needing to rush to the toilet
- Difficulty in starting to pee (hesitancy)
- Straining or taking a long time while peeing
- Weak flow
- Feeling that your bladder has not emptied fully
- Blood in urine or blood in semen
- These symptoms do not always mean you have prostate cancer. Many men's prostates get larger as they get older because of a non-cancerous condition called benign prostate enlargement.

#### Further information:

Prostate Cancer UK: [about prostate cancer](https://www.prostatecancer.org.uk/)

Cancer Research UK: [prostate cancer symptoms](https://www.cancerresearchuk.org/health-professional/prostate/symptoms-and-causes)

**If you are experiencing any symptoms of the above or if you have concerns, please call your GP Practice on 01206 250691**

### SURGERY TRAINING AFTERNOON

Along with all other surgeries in the area we will be shut from 12 noon on Tuesday, 22 August 2023 for staff training. If patients require urgent care on this afternoon then they can contact 111 for assistance.

### PATIENT PARTICIPATION GROUP MEETING

There will not be a meeting of the Patient Participation Group held in August.

**Sue Mitson – Operations Manager**