



November 2023 - Surgery Newsletter

WINTER DEMAND – Please help us to help you!

As we head into winter, demand for our services usually increases substantially. We really do need all of our patients to consider whether they really need to see a doctor before calling and consider using other local services such as your local pharmacy, which might be more appropriate. Of course, if you consider your problem is urgent we are always here to help and our daily on call doctor triage system will ensure you are contacted by a clinician in a timely manner.

COVID BOOSTERS

This is just a reminder for patients that as the Surgery will not be administering the Covid boosters this autumn, anyone who is eligible can book this on-line using NHS.uk, via the NHS App or by calling 119. For further information and details of Walk-in Clinics these can be found on-line at sneevaccine.org.uk.

November is Lung Cancer Awareness month.

About lung cancer

Lung cancer is one of the most common and serious types of cancer.

There are usually no signs or symptoms in the early stages of lung cancer, but many people with the condition eventually develop symptoms including:

- a persistent cough
- coughing up blood
- persistent breathlessness
- unexplained tiredness and weight loss
- an ache or pain when breathing or coughing

Less common symptoms of lung cancer include:

- changes in the appearance of your fingers, such as becoming more curved or their ends becoming larger (this is known as finger clubbing)
- a high temperature (fever) of 38C (100.4F) or above
- difficulty swallowing or pain when swallowing
- wheezing
- a hoarse voice
- swelling of your face or neck
- persistent chest or shoulder pain

If you have any of these, you should speak to your GP.

Types of lung cancer

Cancer that begins in the lungs is called primary lung cancer. Cancer that spreads from the lungs to another place in the body is known as secondary lung cancer.

There are 2 main types of primary lung cancer. These are classified by the type of cells in which the cancer starts. They are: non-small-cell lung cancer – the most common type, accounting for more than 80% of cases; can be either squamous cell carcinoma, adenocarcinoma or large-cell carcinoma

small-cell lung cancer – a less common type that usually spreads faster than non-small-cell lung cancer

The type of lung cancer you have determines which treatments are recommended.

Who's affected

Lung cancer mainly affects older people. It's rare in people younger than 40, and the rates of lung cancer rise sharply with age. Lung cancer is most diagnosed in people aged 70 to 74.

Although people who have never smoked can develop lung cancer, smoking is the main cause (accounting for over 85% of cases). This is because smoking involves regularly inhaling a number of different toxic substances.

<p>If you feel you have any of the above symptoms, please contact your GP surgery on 01206 250691</p>
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SURGERY TRAINING AFTERNOON

Along with all other surgeries in the area we will be shut from 12 noon on Wednesday, 29 November 2023 for staff training. If patients require urgent care on this afternoon, then they can contact 111 for assistance.

PATIENT PARTICIPATION GROUP

The next Patient Participation Group meeting will be held at 6.30 pm in the Mitchell Room, at Great Bentley Village Hall on Thursday, 17 November 2022.

Sue Mitson – Operations Manager