

MILLVIEW SURGERY

MARCH 2023 NEWSLETTER



Ovarian Cancer Awareness Month, 1-31st March



Ovarian Cancer Awareness Month focuses on the symptoms of ovarian cancer, how to spot if symptoms are developing, and what you can do to find out more if you're concerned. Some symptoms may include: persistent stomach pain, persistent bloating, difficulty eating or needing to wee more often than usual. If you're concerned that you may be experiencing any of these symptoms, please make an appointment with your GP. There are ways in which you can lower your risk of getting ovarian cancer. These include quitting smoking, staying a healthy weight, or losing weight if you're overweight, and speaking to a GP if you're already aware that ovarian cancer runs in your family. These measures may not prevent the development of ovarian cancer, but they can help to lessen the factors that may cause its development. For more advice, you can see the NHS website, or speak to a GP.

<https://ovarian.org.uk/ovarian-cancer/ovarian-cancer-symptoms/>

<https://www.nhs.uk/conditions/ovarian-cancer/causes/>

Breast Cancer



Breast cancer, unfortunately, affects large numbers of women and some men. There are ways to try to identify breast cancer early on, and one way of doing this might be by spotting the symptoms. The symptoms of breast cancer can include: a new lump in your armpit, a change in the shape, size or feel of your breast, skin changes in the breast and nipple, and fluid leaking from the nipple in someone who isn't pregnant or breastfeeding. More usually, these symptoms can be caused by something else, but if you spot them, it's important that you get them

checked as soon as possible, so do please make an appointment with your GP. Breast cancer in men can occur, usually in men over 60, but it can happen to anyone. Some unknown symptoms of breast cancer in men can include: feeling tired all the time, aching bones, shortness of breath, feeling sick, and jaundice. These symptoms often go alongside the more typical breast cancer symptoms. If you're concerned about any symptoms, it's important to make an appointment with your GP, to be on the safe side. There are many 'Race for Life' events taking place, which range from 3k to 10k, also including races for children. Race for Life can be a great way to raise money for cancer research, and to raise awareness on behalf of people you might know who have been affected by cancer.

<https://www.cancerresearchuk.org/about-cancer/breast-cancer/symptoms>

<https://www.nhs.uk/conditions/breast-cancer-in-men/symptoms/> <https://raceforlife.cancerresearchuk.org>

Prostate Cancer



It has been found that 1 in 8 men will develop prostate cancer. You might be at a higher risk if you're black, or if your dad or brother have had it. Symptoms can include: difficulty urinating, feeling that your bladder hasn't emptied properly, needing to urinate more often than usual, or a sudden urge to go to the toilet.

If you're already suffering from prostate cancer, there are many organisations that can help. Resources such as 'Cancer Chat' can help you to speak to other people in your situation, and speak to someone else who understands how you're feeling. If you and your family are worrying about other issues such as money, childcare or changes to your house, there are ways in which you can be helped. You can also find support groups for prostate cancer near you.

<https://prostatecanceruk.org/prostate-information/about-prostate-cancer/prostate-cancer-symptoms>

<https://www.cancerresearchuk.org/about-cancer/prostate-cancer/practical-emotional-support/coping>

Healthy Diet in Children



Providing a healthy diet for your children is a key factor for healthy development. You should aim to encourage your child to eat 5 fruits or vegetables per day. You should also make sure they're getting enough iron, protein and calcium. The consumption of any sugary foods should happen alongside meals, rather than as a separate snack, to help maintain a healthy diet. Another way to aid a healthy diet is by providing a daily vitamin, especially for younger children. For more advice on how to provide your children with a healthy lifestyle, you can have a look at the BDA website.

<https://www.bda.uk.com/resource/healthy-eating-for-children.html>

Cost of Living Crisis – Energy Bills



If you're one of the thousands of people using a pre-pay meter for your energy, you may not have received all the help you're entitled to with your energy bills. Around 380,000 vouchers were unclaimed in October and November, and the total scheme is worth around £400 per household, so if you're not sure whether you've received yours, it's worth checking.

<https://www.bbc.co.uk/news/business-64541204>

World Oral Health Day, 20th March



World Oral Health Day aims to raise awareness about good oral health and aims to educate everyone and provide them with the skills to implement good oral health. Oral health problems can occur all around the world and can be easily prevented if they're caught in the early stages, preventing it from developing into something more serious. The FDI encourages everyone to get involved and spread awareness about oral health. Gum disease can be very common, but it's important to see a dentist if you notice symptoms. Symptoms can include: bleeding gums, and swollen and sore gums. It can also lead to: bad breath, shrinking gums and loss of teeth. It's important to maintain regular dental appointments, and to get in touch with your dentist if you notice any issues.

<https://www.worldoralhealthday.org/about>

<https://www.nhs.uk/conditions/gum-disease/>