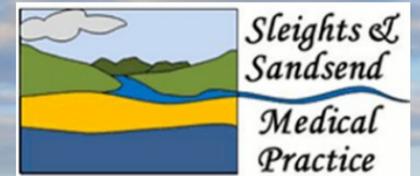




**WHITBY, COAST & MOORS**  
PRIMARY CARE NETWORK

**October 2022**



# Monthly Newsletter

## Inside this newsletter

Updates From SSMP...	1
Breast Cancer Awareness.	2-3
Liver Cancer Awareness ...	4
Covid Update and Drug Wastage	....5

## Updates from SSMP

### **Appointments**

In the last 4 weeks 25/07/2022—21/08/2022 SSMP has serviced a total of **3218** appointments.

**1193** of those appointments were provided as same day appointments.

**57.3%** of appointments at SSMP in that period were face to face, which equates to **1845** appointments.

### **Whitby Urgent Treatment Centre (UTC)**

If you have an injury or illness that requires urgent attention, but is not life threatening, you can go to the **Urgent Treatment Centre (UTC)** at Whitby Hospital.

Before attending the UTC, please call **NHS 111** first. They will be able to book you an appointment, which helps to reduce wait times and ensure that you get the right help, at the right time.

### **Opening hours**

The UTC is open 8am – 8pm, seven days a week. The UTC includes x-ray facilities for those with suspected broken bones. Please note that x-ray appointments are only available 9am – 5pm Monday to Friday, and 9am – midday at weekends.

### **What injuries can be treated at the UTC?**

Strains and sprains / Suspected broken limbs / Minor head injuries / Cuts and grazes / Bites and stings / Minor scalds and burns / Ear and throat infections / Skin infections and rashes / Eye problems / Coughs and colds / - Feverish illness / Abdominal pain / Vomiting and diarrhoea

**If you are in need of help but it is not urgent or as listed above, please consider attending a GP Practice or Pharmacy first, as they may be better suited to help you.**

**Call 999 right away if you are in an emergency and need help now**



# TOUCH LOOK CHECK

## What is breast cancer?

Breast cancer is a disease in which cells in the breast grow out of control. There are different kinds of breast cancer. The kind of breast cancer depends on which cells in the breast turn into cancer.

Breast cancer can begin in different parts of the breast. A breast is made up of three main parts: lobules, ducts, and connective tissue. The lobules are the glands that produce milk. The ducts are tubes that carry milk to the nipple. The connective tissue (which consists of fibrous and fatty tissue) surrounds and holds everything together. Most breast cancers begin in the ducts or lobules.

Breast cancer can spread outside the breast through blood vessels and lymph vessels. When breast cancer spreads to other parts of the body, it is said to have metastasized

## Anyone can be affected by breast cancer

Breast cancer is more common in women than men. Around 55,500 women and around 370 men are diagnosed in the UK each year.

1 in 7 women in the UK develop breast cancer during their lifetime. It is more common in older women.

Breast cancer risk can be affected by age, family history and lifestyle factors such as obesity and smoking.



Around 6,000 women aged 45 or younger are diagnosed with breast cancer in the UK each year.



Many people don't know that men **can** get breast cancer because they don't think of men as having breasts. But men do have a small amount of breast tissue.



Many different things can affect your chances of getting breast cancer. It results from a combination of the way we live our lives, our genes, and our environment.



## Covid-19 Autumn Booster Campaign

Here at SSMP and within the Whitby Coast and Moors Primary Care Network, we stand ready and able to deliver the covid vaccination programme for Autumn. Unfortunately, the allocation of vaccines to the Practice are lower than we have planned for. This is because the allocations for GP surgeries have been calculated on the basis that a large portion of patient will attend vaccination centres or pharmacies. This means at the moment we are only being supplied a limited number of vaccines and must therefore target the most vulnerable groups. If you have received a letter or text from the government and want to get your vaccine quickly please follow the link supplied and book with an alternative provider.



## Drug Wastage

To reduce medicine waste **PLEASE CHECK YOUR PRESCRIPTION IS CORRECT BEFORE YOU LEAVE THE PRACTICE.** Medication returned before you leave the Practice can be given to another patient. If medicines are taken home they have to be destroyed. Thank you for your help reducing waste.



## What is liver cancer?

Cancer is when abnormal cells start to divide and grow in an uncontrolled way. The cells can eventually grow into surrounding tissues or organs, and may spread to other areas of the body.

Liver cancer is a cancer that starts in the liver. You might hear it called a primary liver cancer. Primary cancers are named after the part of the body where the cancer first started growing.

Primary liver cancer is an uncommon cancer in the UK. It is more common to have cancer that has spread to the liver from somewhere else in your body. This is called secondary liver cancer.

## What are the symptoms of liver cancer?

Cancer that starts in the liver (primary liver cancer) doesn't usually cause symptoms in the early stages. When you do have symptoms, they can include:

- weight loss
- yellowing of the skin and whites of the eyes (jaundice)
- itching
- feeling sick
- swollen tummy (abdomen)
- loss of appetite or feeling full after eating small amounts
- pain in your abdomen
- a lump in the right side of your abdomen
- pain in your right shoulder

If you already have a liver condition such as cirrhosis, tell your doctor if you have any new or worsening symptoms.

## How common is liver cancer?

Around 6,200 people are diagnosed with cancer that starts in the liver each year in the UK. That's 17 new cases every day.

It is more common in men than in women. The risk of developing liver cancer gets higher as we get older.

See your GP if you have any of these symptoms. Remember primary liver cancer isn't common in the UK and these symptoms can be caused by other conditions. But it's important to get them checked by a doctor.

## What are the symptoms of breast cancer?

Signs and symptoms of breast cancer include:

- A **lump or swelling** in the breast, upper chest or armpit
- A **change to the skin**, such as puckering or dimpling
- A **change in the colour of the breast** – the breast may look red or inflamed
- A **nipple change**, for example it has become pulled in (inverted)
- **Rash or crusting** around the nipple
- **Unusual liquid** (discharge) from either nipple
- **Changes in size or shape** of the breast

On its own, pain in your breasts is not usually a sign of breast cancer. But look out for pain in your breast or armpit that's there all or almost all the time.

Although rare, men **can** get breast cancer. The most common symptom of breast cancer in men is a lump in the chest area..

## When to see your GP

Most breast changes, including breast lumps, are not cancer. But the sooner breast cancer is found, the more successful treatment is likely to be.

### Get any new or unusual changes checked by a GP

## How to check your breasts

There's no special way to check your breasts and you do not need any training.

Checking your breasts is as easy as **TLC**:

- **Touch** your breasts: can you feel anything new or unusual?
- **Look** for changes: does anything look different to you?
- **Check** any new or unusual changes with a GP

Everyone will have their own way of touching and looking for changes.

Get used to checking regularly and be aware of anything that's new or different for you.

Check your whole breast area, including up to your collarbone (upper chest) and armpits.

## What will happen with I see my GP?

Due to the coronavirus pandemic your appointment may be over the phone.

If your appointment is in person, your GP will examine your breasts.

After speaking to you on the phone, or examining your breasts, your GP may:

- Decide there's no need for further investigation
- Ask to see you again after a short time
- Refer you to a breast clinic

Being referred to a breast clinic does not mean you have breast cancer, just that further assessment is needed to find out what is going on.

If your GP is male and you do not feel comfortable going to see him, ask if there's a female doctor or practice nurse available.

You can also ask for a female nurse or member of staff to be present during your examination, or you can take a friend or relative with you, but check first if you are able to do this.

If you're worried about breast health or breast cancer you can speak to a breast care nurse from Breast Cancer Now the research and care charity for free by calling 0808 800 6000.

Other websites include:

[Breast Cancer Now | The research and care charity](#)

[Breast cancer in women - Diagnosis - NHS \(www.nhs.uk\)](#)

[Risks & causes of breast cancer | Cancer Research UK](#)