



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

November 2022



# Monthly Newsletter

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## Updates from SSMP

### **Appointments**

In the last 4 weeks 12/09/2022—09/10/2022 SSMP has serviced a total of **3557** appointments.

**1225** of those appointments were provided as same day appointments.

**60.0%** of appointments at SSMP in that period were face to face, which equates to **2134** appointments.

### **Prescriptions**

Did you know you can order repeat prescriptions online? Ordering online can save time, free up phone lines and also can be done at a time that is more convenient to the requestee.

Call in to your GP practice and you will provide you with a registration pack. There are several providers of online services listed on your registration document and on the practice websites is a list of providers such as Engage Consult, NHS app and Patient Access. Online you can also:

- check your symptoms / get self-care information and advice
- order repeat prescriptions / send secure messages to your practice
- view your medical record securely online / have an online consultation

### **Vaccinations**

Here at SSMP and within the Whitby Coast and Moors Primary Care Network, we are continuing to deliver the covid vaccination programme for Autumn.

The vaccine allocations for GP surgeries have been calculated on the basis that a large portion of patient will attend vaccination centres or pharmacies which 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.



## Programme background

The adult population living with overweight in England is 25.6 million (62%), of which 11.4 million adults (25%) are living with obesity.

Obesity is a serious health concern that increases the risk of many other health conditions, including Type 2 Diabetes, cardiovascular disease, joint problems, mental health problems, and some cancers. There is also evidence to suggest that people living with obesity are at higher risk of more severe outcomes associated with COVID-19.

## Why obesity matters

The NHS Digital Weight Management Programme gives free, online access to weight management plans if you have a BMI over 30 and have diabetes or high blood pressure or both. The BMI threshold is 27.5 for people from black, Asian and ethnic minority backgrounds as we know that people from these ethnic backgrounds are at an increased risk of conditions such as type 2 diabetes at a lower BMI.

You will only be able to access the NHS Digital Weight Management Programme if you have a smartphone or computer with internet access.

## How long is the programme?

The programme takes 12 weeks to complete.

## What does the programme involve?

You will choose a weight management plan to help you develop healthier eating habits, be more active and lose weight.

Each plan provides recipes and nutrition advice, wellbeing support and tips to boost your activity levels. As an online plan, it can be completed anywhere in your own time.

## How much does it cost?

It is free.

## What happens next?

### Step 1:

After your referral, you will receive a text message within two working days from 'NHS WMP'. The text message contains a link to a website.

### Step 2:

Click on the link to the website to confirm your date of birth, ethnicity, and some other information to get started.

### Step 3:

Read about the different 12-week weight management plans on offer to help you. Choose the plan you think will work best for you. If you do not choose your plan after six weeks, your referral is sent back to the referring healthcare professional.

### Step 4:

Your chosen weight management plan provider will contact you within five working days. You will then start your 12-week weight management plan! If you do not start your plan after six weeks, your referral will close.





## What is pancreatic cancer?

The pancreas is a gland that produces digestive juices and hormones. Pancreatic cancer is when abnormal cells in the pancreas start to divide and grow in an uncontrolled way and forms a growth (tumour).

The cancer cells can grow into surrounding blood vessels or organs such as the small bowel (duodenum). And may spread to other areas of the body.

## What does the pancreas do?

The pancreas produces digestive juices and insulin, as well as other hormones to do with digestion. The part which produces the digestive juices is called the exocrine pancreas. The part which produces hormones, including insulin, is called the endocrine pancreas.

Cancers that develop from these two parts can behave differently and cause different symptoms.

## How common is pancreatic cancer?

Around 10,500 people are diagnosed with pancreatic cancer in the UK each year. It is the 10th most common cancer in the UK.

## Risks and causes

Your risk of developing cancer depends on many things including age, genetics, lifestyle and environmental factors. Anything that can increase your risk of cancer is called a risk factor.

Around 10,300 people in the UK get pancreatic cancer each year. It is the 10th most common cancer. Doctors don't know what causes most pancreatic cancers. But there are some factors that may increase your risk of developing it. Having any of these risk factors does not mean that you will definitely develop cancer.

## Getting older

Pancreatic cancer is more common in older people. Almost half of all new cases are diagnosed in people aged 75 and over. Pancreatic cancer is uncommon in people under 40 years old.

## Smoking and smokeless tobacco

Around 20 out of 100 cases of pancreatic cancer in the UK (around 20%) are caused by smoking. Cigarettes, cigars, pipes and chewing tobacco all increase pancreatic cancer risk.

## Being overweight or obese

More than 10 in 100 pancreatic cancers in the UK (more than 10%) are caused by being overweight or obese. This increase in risk could be because the pancreas makes more insulin in overweight people. But we need more research to know for sure.

## Family cancer syndromes and genetic factors

Sometimes pancreatic cancer is found to run in families. But only between 5 and 10 in 100 people (5 to 10%) diagnosed with pancreatic cancer have a family history of it.

## Pancreatic cancer symptoms

Pancreatic cancer doesn't usually cause symptoms in the early stages. As the cancer grows it can start to cause symptoms. These can include:

- pain in the stomach area or back
- yellowing of the skin or whites of your eyes (jaundice)
- unexplained weight loss
- Diabetes
- Itching
- Sickness
- Bowel changes
- Fever and shivering
- Indigestion
- Blood clots

## What is a GP referral and how can you get one?

When you need specialist NHS support, like hospital tests or treatment, you often need a referral from your GP first .

A graphic with a yellow background and a blue box containing the text 'GP Referral'.The text 'letters explained' is written in a dark blue font on the yellow background.

## What is a referral?

Your GP is often the first person you speak to when you have a health issue or symptoms you're worried about. GPs and other health professionals at the practice are highly skilled and can offer medical advice, provide diagnoses and prescribe medicines for lots of common conditions.

And sometimes, your GP might decide you need to see another healthcare professional for specialist tests, treatment or care. When they request specialist tests or treatment on your behalf, this is known as a referral.

Examples of referrals could include:

- Scans or tests for a diagnosis of a condition or health issue
- Wellbeing services, like smoking cessation or diabetes management
- Physiotherapy
- Minor surgery

In most cases you need to see your GP or speak to a doctor at a hospital to get a referral to another NHS service. Although sometimes, other healthcare professionals, such as a nurse, can make referrals as well.

You can also sometimes self-refer to further NHS support, like mental health talking therapies.

## What can you expect?

Unless you can self-refer, specialists will only see people with a letter of referral from their GP or a hospital doctor.

Your GP or the hospital doctor supporting you should:

- Discuss why they want to refer you and what tests or treatment they think should be carried out
- Provide choices of where and who you can be referred to, with information about the hospitals and doctors working there

Give you information on the referral letter about how to make an appointment as each service uses different ways of arranging appointments