



## VALE MEDICAL GROUP



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### Pancreatic Cancer Awareness Month

Currently, more than half of the people diagnosed with pancreatic cancer will die within three months. Symptoms of pancreatic cancer include:

- indigestion, tummy or back pain,
- changes to your poo,
- unexplained weight loss or lack of appetite and
- jaundice (yellowing of the eyes or skin).

If you're concerned about any of these symptoms, please contact your GP practice.

<https://www.pancreaticcancer.org.uk...rence/pancreatic-cancer-awareness-month-pcam>



### November

Are you downing your razor for November? If not, perhaps you might consider it? Movember is an opportunity to show solidarity with other men, and to show the importance of men's health – in particular, testicular cancer, prostate cancer, mental health and suicide. If growing a "mo" isn't really your thing, have you considered whether you could hold a fundraising event for Movember? You could have a "pub in the sitting room" or a "cafe in the kitchen". Can you think of a better reason to get together with friends and family?

<https://uk.movember.com>



### Advanced Nurse Practitioner

Each month we will take a look at different roles within the practice this month we are looking at the Advanced Nurse Practitioner role and what they can do to help you.

Advanced Nurse Practitioners (ANPs) are registered nurses who have completed additional training and academic qualifications to be able to examine, assess, make a diagnosis, treat, prescribe and make referral for patients.

They are qualified to be able to make a number of decisions about diagnosis and treatment of patients.



### Patient Participation Group

Vale Medical Group has an established Patient Participation Group with the aim of fostering patient participation in health care, improving communication between staff and patients and allowing patients to have a say in the future direction of local health provision.

The group operates within a nationally proposed frame of reference, but largely it's up to members how it works. Meetings are generally held at Long Clawson. Members can commit as much or as little time as they like and contribute in whatever way they feel comfortable. The group are always keen to attract new members from both of our surgeries. If you would like more information please email the PPG directly at [vmgpatients@gmail.com](mailto:vmgpatients@gmail.com)

### Dates for your Diary – November

The next PLT will be Thursday 16<sup>th</sup> November 2023, both Long Clawson and Stackyard Surgery will be closed from 1pm on this date. Long Clawson Pharmacy will remain open.

### Don't be a DNA!

A DNA is someone who **did not attend** their Doctor/Nurse appointment and did not tell us beforehand. The clinic was ready, the Doctor and Nurses were waiting, but the patient did not attend.

Last month in October there were **119 DNA's** at the Long Clawson Medical Practice and **78 DNA's** at the Stackyard Surgery, totaling up to **197 appointments which patients did not attend.**

If you are unable to attend your appointment, **please let us know as soon as you can** so we can arrange for someone else to take your slot.



### **World Diabetes Day, 14th November**

It's World Diabetes Day, and the theme this year is "Know your risk, Know your response". One in ten adults suffer from diabetes. Over 90% have Type 2 diabetes and over 50% are not diagnosed. Type 2 diabetes is a risk for your long-term health and increases the likelihood of other long-term conditions.

Diabetes is a complex condition that affects the body in a number of ways. Diabetes can lead to other long-term conditions and increased risk of serious issues like heart attack, stroke, kidney disease and nerve damage.

<https://worlddiabetesday.org>