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Practice Number
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Lines open 08.00 – 18.30

Health Lines

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YOUR MONTHLY PATIENT BULLETIN FROM SHP PATIENT PARTICIPATION GROUP (PPG)



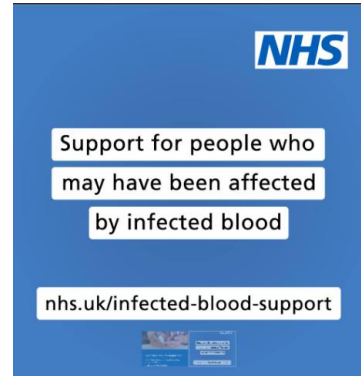
3rd to 9th June was Patient Participation Awareness week.

The PPG and SHP would like to take this opportunity to thank all members of the PPG for their involvement in the group. The group allows patients to add their thoughts and make their voice heard.

****COME & JOIN YOUR PPG****

If you want to be involved in SHP development and service delivery, or even just to voice your opinions please join your PPG.

Simply complete the form available in the PPG section of SHP web site or email shp.ppg@nhs.net for further information.



Infected Blood Support

If you think you or a member of your family has been affected by treatment with infected blood, there is support available.

Find out more at <http://nhs.uk/infected-blood-support>

If you had a blood transfusion or blood products before 1996 and you've not been tested for infection, you can contact SHP to discuss any tests you may need.

You can also get a free home test for hepatitis C at <https://heptest.nhs.uk/>



Prostrate Cancer Awareness

Following on from the very successful event some additional information below:

Prostate cancer can develop when cells in the prostate start to grow in an uncontrolled way.

Some prostate cancer grows too slowly to cause any problems or affect how long you live. Because of this, many men with prostate cancer will never need any treatment.

But some prostate cancer grows quickly and is more likely to spread. This is more likely to cause problems and needs treatment to stop it spreading.

Signs and symptoms

Prostate cancer that's contained inside the prostate (called localised prostate cancer or early prostate cancer) doesn't usually cause any symptoms. That's why it's important to know about your risk.

But some men might have some urinary problems. These can be mild and happen over many years and may be a sign of a benign prostate problem, rather than prostate cancer. Find out more information about the possible symptoms of prostate cancer.

If you think you might be at risk of prostate cancer or are experiencing any symptoms, contact the practice or speak to prostate cancer UK Specialist Nurses. If you're not sure about what to say to your GP, print and fill out this form and show it to them. This will help you have the conversation.

Are you at risk?

In the UK, about 1 in 8 men will get prostate cancer in their lifetime. <https://prostatecanceruk.org/risk-checker>
Prostate cancer mainly affects men over 50, and your risk increases with age. The risk is even higher for black men and men with a family history of prostate cancer.

Facts and figures

Below are some of the very basic facts and figures about prostate cancer.

(Last updated: August 2023 to be reviewed: August 2024)

Across the UK

- Prostate cancer is the most common cancer in men.
- More than 52,000 men are diagnosed with prostate cancer every year on average – that's 144 men every day.
- Every 45 minutes one man dies from prostate cancer – that's more than 12,000 men every year.
- 1 in 8 men will be diagnosed with prostate cancer in their lifetime.
- Around 490,000 men are living with and after prostate cancer.

Source: prostatecanceruk.org

