

# Duke Medical Centre Newsletter

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## Important Phone Numbers:

- Appointment Line: 0114 2722100
- Visit Line: 0114 2720689
- Prescription Line: (Between 11-2pm) 0114 2720689
- Results: (between 1-4pm) 0114 2720689
- NHS Direct: 0845 46 47
- Darzi Centre Walk-in Clinic 0114 2412700 (24 hours, 365 days)

## Prostate Cancer Awareness

According to a survey done by the Prostate Cancer Charity, 70% of men aged 45 and over, knew nothing about their prostate or any symptoms of prostate cancer.

Prostate cancer is the most common cancer in men living in the UK with over 30,000 men diagnosed annually and with around 10,000 men dying from prostate cancer every year, making it the second most common cause of cancer deaths, second only to lung cancer.

The majority of cases (80%) of prostate cancer stay undiagnosed as symptoms never actually occur.

Some of the early symptoms include:

- Needing to urinate often, especially at night
- Difficulty starting to urinate
- Straining to urinate or taking a long time to finish
- Pain when urinating or during sexual intercourse

Other less common symptoms include:

- Pain in the lower back
- Blood in the urine

The risk of prostate cancer improves with age, however survival rate of newly diagnosed patients has risen from 30% in the 1970's to 70% today!

There is currently no NHS screening programme. However if you do notice any of the symptoms described then contact your GP for an appointment where you may be referred to a specialist.



## New Practitioner Triage

The walk-in service at Duke Medical Centre has now been cancelled due to patients abusing the system.

However, should you not be able to obtain an appointment then you need to ring at 8:30am (Monday-Friday) or 3:30pm (Monday-Wednesday and Friday) on the appointment line and ask for some telephone advice.

When ringing you will be asked:

- Your Name & D.O.B
- Your contact telephone number
- Your Symptoms

You will need to keep your phone line clear and the practitioner will be calling back within the hour.

When the practitioner calls you back, she will discuss your symptoms with you and either:

- Issue you with a prescription
- Allocate you a time to come to surgery to see herself (if she thinks it is relevant)
- Allocate you a time to come to surgery to see a doctor (if she thinks it is relevant)



## What to do if your child has a fever.

Most fevers in children are not serious and are due to the common infections of childhood infections such as cold, coughs, and other viral infections. However sometimes a fever is a symptom of a serious infection. The traffic light diagram below gives some pointers and advice on how to seek advice in the local area.

**If your baby is under 6 months seek medical advice without delay.**

### The Tumbler Test

Press a glass tumbler firmly against the rash. If you can see the spots through the glass and they do not fade this is called a 'non-blanching rash.' If you see this type of rash, seek medical advice immediately. The rash is harder to see on dark skin so check paler areas, such as palm of hands, soles of feet and tummy.

For more information and a leaflet on Fever Advice please ask reception and they will be happy to supply you with one.

- If your child becomes unresponsive
- If your child becomes blue
- If your child is finding it hard to breathe
- If your child has a fit
- If your child develops a rash that does not disappear with pressure (The Tumbler Test, see left)

**Urgent help needed ring 999 or go to the nearest A&E department**

- If your child's health gets worse or are worried
- Your child is not drinking
- Signs of dehydration including dry mouth, no tears, sunken eyes, sunken fontanelle (soft spot on baby's head), drowsiness and generally unwell
- Fever lasts longer than five days

**Ring your surgery to see a nurse or doctor today. Attend an NHS walk in service if out of hours**

- If you have concerns about looking after your child at home

**You need some advice. Contact NHS Direct on 0845 46 47 Or [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)**



## Hello to Dawn

As some of you will already know, we have a new addition to the medical team here at Duke Medical Centre.

Dawn is our new nurse practitioner and will be running the triage system.

Please help us to make her feel as welcome as possible

Thank you

## Inside Story Headline

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*“To catch the reader's attention, place an interesting sentence or quote from the story here.”*

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## Inside Story Headline



**Caption describing picture or graphic.**

Primary Business Address  
Your Address Line 2  
Your Address Line 3  
Your Address Line 4  
  
Phone: 555-555-5555  
Fax: 555-555-5555  
E-mail: someone@example.com

*This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.*

*It would also be useful to include a contact name for readers who want more information about the organization.*



Your business tag line here.



## Back Page Story Headline

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your

newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.



Caption describing picture or graphic.