

THE QUAY SURGERY

Monthly Newsletter

Happy New Year!



HEALTHY PROSTATE

When to get your prostate checked?

The risk of prostate cancer increases with ageing. If you are 50 years and above and have any of the following symptoms; poor stream of urine, have to wait at the toilet for a while before urine starts to flow, urine trickling out and staining your underpants after you finish at the toilet, you have to get to the toilet quickly, feeling of poor emptying of bladder. Problems with getting an erection in men can also be a sign of prostate enlargement.

Having relatives who had prostate cancer before the age of 60 increases risk. Prostate cancer is also common in African-Caribbean men.

Your GP can examine your prostate and do a blood test for you. [see link for more details](#)

UPDATE

Book your flu jabs if you haven't had them yet.

Violence or aggressive behaviour towards staff will not be tolerated. We continue to be grateful to the vast majority of our patients who are polite and respectful to our staff.

Please self -test for covid-19 with a lateral flow kit, if you have symptoms, before contacting our team.

BREAST PAIN

Breast pain is very common in women of all ages, even many years after menopause. Pain in the breast can be related to the breast tissue itself, or muscles, ribs, heart and lungs within the chest wall. It often causes a lot of anxiety, but it is extremely unusual for pain to be first sign of breast cancer.



It is always worth making sure you have a well fitting bra, sometimes a sports bra or soft bra can help. Sometimes pain can get worse after starting hormonal medicine like the contraceptive pill, injection or HRT.

Breast pain is slow to settle down, there are other treatment options if needed: Anti-inflammatory gel, flaxseed, evening primrose oil, agnus castus etc.

[See here for more information](#)

ANTI-DEPRESSANTS

Anti-depressants are medications used to treat depression, anxiety, eating disorder and chronic pain. Anti-depressants can treat the symptoms of depression and other disorders, but may not always help with the causes. It works well alongside talking therapy to help deal with cause of your mental health problems.

Are anti-depressants addictive? No, You do not get craving to increase the dose that you get with substances such as nicotine, alcohol or sleeping pills. However, you can experience withdrawal symptoms, when you try to stop it, Your GP can help you stop them in a controlled way to minimise these symptoms.

How long do you take anti-depressants? It depends; however guidelines suggest you take for at least 6 months after you start to feel better. Stopping them on your own, may cause depression to come back or may further treatment ineffective.

Do they have side effects?

Yes, Your doctor will discuss them with you before you start them. see here for more information on [side effects](#).

Dr Fletcher is running London Marathon for Hospice, see this [link](#) to support her.

