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THE QUAY SURGERY

Monthly Newsletter



TESTICLE LUMPS AND SWELLINGS

Discovering a lump in the testicles can be a cause for concern. While not all lumps indicate a serious condition, it's essential to perform regular self-examinations to detect any changes in the testicular area. Understanding the importance of self-examination and knowing what to look for can help in the early detection of potential issues.

Self-Examination: Performing a self-examination of the testicles is a simple process that can be done at home. Start by gently feeling each testicle, one at a time, using both hands. Familiarise yourself with the size, shape, and weight of your testicles, noting any changes. Pay attention to the presence of lumps, swelling, hardness, or any irregularities in the testicular area. Also, be aware of any discomfort or pain experienced during the examination.

When to Seek Medical Help: If you notice any unusual lumps, changes, or persistent pain during self-examination, it's crucial to seek medical advice promptly. While many lumps are benign, some may indicate underlying conditions like testicular cancer, epididymal cysts, or hydrocele. Early detection and medical intervention significantly increase the chances of successful treatment.

Regular self-examination of the testicles plays a vital role in identifying potential issues at an early stage. By becoming familiar with your testicles and knowing what to look for, you can detect any changes promptly. Remember, not all lumps are cause for alarm, but it's essential to consult a healthcare professional if you notice any abnormalities. Taking proactive steps towards self-care and seeking medical help when needed can contribute to better overall testicular health and peace of mind.

UPDATE

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HORMONE REPLACEMENT THERAPY (HRT)

Menopause is a natural biological process that marks the end of a woman's reproductive years. However, the hormonal changes during menopause can lead to various uncomfortable symptoms. Hormone Replacement Therapy (HRT) is a common treatment option that involves supplementing the body with oestrogen and progesterone to alleviate postmenopausal symptoms.

Eligibility for HRT in the UK: HRT is typically recommended for women experiencing moderate to severe symptoms of menopause, such as hot flashes, night sweats, vaginal dryness, and mood swings. It is also suitable for women who have experienced premature menopause or those at high risk of osteoporosis. However, each woman's situation is unique, and eligibility for HRT should be determined in consultation with a healthcare professional.

Risks of HRT: HRT carries some potential risks that should be considered. These risks include an increased risk of breast cancer, blood clots, stroke, and gallbladder disease. However, it is important to note that the absolute risk increase for most women is low, and the benefits of HRT often outweigh the risks. The risks can vary depending on factors such as the type of HRT, the duration of use, and individual health history.

Benefits of HRT: HRT provides significant relief from menopausal symptoms, improving quality of life for many women. It helps reduce hot flashes, night sweats, and vaginal dryness. Additionally, HRT can help prevent bone loss, reducing the risk of osteoporosis and fractures. It may also have a positive impact on mood and cognitive function in some women.



Thank you

Dear Patients and Staff,

It is with a mix of emotions that we bid farewell to Dr. Arya. For the past 8 years, her dedication and expertise have greatly benefited our practice. We thank Dr. Arya for her invaluable service and wish her continued success in their future endeavours. You will be deeply missed, and your contributions will be remembered fondly.

