



# OAKLEY HEALTH GROUP

## NEWSLETTER - NOVEMBER 2023

THE LINKS HIGHLIGHTED HAVE BEEN CHECKED & ARE SAFE TO USE

### MOVEMBER RULE BOOK

#### YES THERE ARE RULES:



START THE MONTH WITH A CLEAN-SHAVEN FACE



GROW & GROOM MOUSTACHE THROUGHOUT MONTH



NO FAKE MOUSTACHES. NO GOATEES. NO BEARDS



RAISE AWARENESS OF PROSTATE CANCER, TESTICULAR CANCER & DEPRESSION - TALK ABOUT IT!



ALWAYS BE A GENTLEMAN...



### MOVEMBER MEN'S HEALTH AWARENESS MONTH

Movember fundraisers are a global community of fired up Mo Bros and Mo Sisters – aka rock stars making a difference in mental health and suicide prevention, prostate cancer and testicular cancer.

Your donation could help save a father, a brother, a son, a friend, a partner, a man's life.

[Changing the face of men's health - Movember](https://uk.movember.com)  
<https://uk.movember.com>

### MEET OUR TEAM



We are pleased to introduce our new Business Manager, James Beesley, who started in October.

James will be taking over from our current Business Manager Jennie Taylor who will be retiring sometime in 2024.

Having joined the Oakley Health Group from a retail background, James is very experienced in managing a large business with diverse departments.

Welcome to the surgery.

### SUICIDE AWARENESS



125 lives are lost every week to suicide and 75% of all UK suicides are male.

There are some things that can make someone statistically more likely to experience suicidal feelings. These include:

Male - LGBTQ+ - Ethnic minority – Ex prisoner – Bereavement by suicide – Trauma or abuse – Drug or alcohol addiction

[Campaign Against Living Miserably \(CALM\)](https://www.thecalmzone.net)  
<https://www.thecalmzone.net>

### STOP SMOKING



Smoking can affect the quality of sperm, so you should give up if you want to become a dad.

Smoking around a newborn baby significantly increases their chances of respiratory disease and sudden infant death syndrome (SIDS).

We will be offering face-to-face appointments with a Smoking Cessation Advisor from November at Hartley Corner Surgery.

[Smokefree Hampshire | Your Stop Smoking Service](https://www.smokefreehampshire.co.uk)  
<https://www.smokefreehampshire.co.uk>

## THANK YOU

Thank you so much to everyone who kindly brought in donations for the Yateley Community Pantry & Hart Foodbank to the Covid & Flu Clinics.

We would also like to thank all the volunteers who give so generously of their time to help out at these clinics.



### TARGETED PROSTATE HEALTH CHECK (50 - 70 YEARS OLD)

We are teaming up with the Surrey and Sussex NHS Cancer Alliance (SSCA) and virtual NHS healthcare provider, Medefer, to provide a 'Targeted Prostate Health Check' service for our patients.

Prostate cancer is the most common cancer in men. While survival is high (78%) compared to other cancers, we still lose almost 12,000 men every year in the UK.

If you are eligible to take part in this service, you will be contacted by your GP surgery via a text message that contains a link to Medefer's questionnaire. You will be asked a few questions about your current health and medical history to determine whether you qualify for a free urine and blood test. If you consent to being contacted by telephone, a member of the Medefer Patient Care Team will call you to schedule an appointment at the Oakley Health Group surgery.

[SSCA / Medefer Prostate Cancer Homepage \(talkprostate.co.uk\)](https://www.talkprostate.co.uk)

<https://www.talkprostate.co.uk>

#MenWeAreWithYou

## Prostate Cancer

### Check the Symptoms

- Needing to rush to the toilet to pass urine
- Passing urine more often than usual, especially at night
- Difficulty in passing urine
- Feeling that your bladder has not emptied fully
- Blood in your urine or blood in your semen

CHECK4 CANCER It could save your life. PROSTATE CANCER UK Help Inside the Hard Hat. Lighthouse CUA

### ANTIBIOTICS AWARENESS WEEK

18<sup>th</sup> – 24<sup>th</sup> November 2023

It is important to remember that antibiotics do not treat or prevent viruses, including the one that causes COVID19. To slow resistance we need to cut the unnecessary use of antibiotics. We invite the public, students and educators, farmers, the veterinary and medical communities and professional organisations, to become Antibiotic Guardians.

[Antibiotic Guardian – Pledge to be an Antibiotic Guardian](https://antibioticguardian.com)

<https://antibioticguardian.com>

### ANTIBIOTICS ARE LOSING THEIR POWER!

GLOBAL Failure to address the problem of antibiotic resistance could result in:



### BE PART OF THE SOLUTION

- ALWAYS take the full prescription, even if you feel better
- NEVER share or use leftover antibiotics
- NEVER purchase antibiotics without a prescription

TESTICULAR CANCER IS THE MOST COMMON CANCER IN MALES 15-34 YEARS OLD.

1 MALE IS DIAGNOSED EVERY HOUR & 1 MALE DIES A DAY FROM IT.

WHEN DETECTED EARLY, 99% OF GUYS DIAGNOSED SURVIVE.

### TESTICULAR CANCER

The most common symptoms of testicular cancer are:

Lump on testicle inside the scrotum. Hard swelling or shrinking testicle.

Less common along with the symptoms above:

Dull ache in the testicle. Lower back pain that does not go away.

[Testicular cancer UK | Testicular cancer symptoms](https://www.testicularcanceruk.com)

<https://www.testicularcanceruk.com>