

FHC Newsletter

The monthly newsletter about our practice!

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Reminder!

Call after 10.30am
for routine enquiries.

UV Safety Month

UV rays hurt in many ways! From sun burn, to cataracts, to skin cancer to wrinkles and blotches. Protect the skin you're in! Wear a hat, cover up, wear UV protective sunglasses, seek shade & use sun cream.

Alcohol Awareness Week 7th July

The recommended guidelines suggest you drink no more than 14 units of alcohol, spread over a week. That's about six medium glasses of wine, or six pints of beer. And it's the same for men and women.

Mounjaro

You may have heard in the news that patients will be eligible for Mounjaro® through primary care. Currently, out of our 10,427, only 4 of our patients are eligible under the criteria.

Those 4 patients have been contacted by the practice.

24/7 Samaritans 24th

Samaritans Awareness Day is on 24 July (24/7) so we're raising awareness throughout July, to let people know that they can talk to them, day or night, 24/7.

Your words are a life-saving kit. If you see someone who doesn't look OK, a little small talk could save their life. Anyone can do it.

Contact a Samaritan, any time from any phone on 116 123.

Sarcoma Awareness Month

Educate yourself this July...

Primary bone cancers, or bone sarcomas, are cancers that originate in a cell found in the bone. They can develop in any bone in the body, though over a third of cases (34%) are found in the long bones of the lower body – such as the thigh (femur) or shin bone (tibia).

Symptoms can include: problems with mobility, bruising easily, an unexplained limp, a lump or swelling, constant or intermittent bone pain, tiredness, fever, weight loss.

World Hepatitis Day 28th July

Today, over 300 million people live with viral hepatitis. Every 30 seconds, someone loses their life to a hepatitis related illness. Every 9 in 10 people living with hepatitis are unaware of their diagnosis. Symptoms can include; muscle & joint pain, a high temperature, feeling & being sick, feeling unusually tired, a loss of appetite, tummy pain, dark urine, pale / grey coloured stool, itchy skin and yellowing of the eyes and skin (jaundice).