

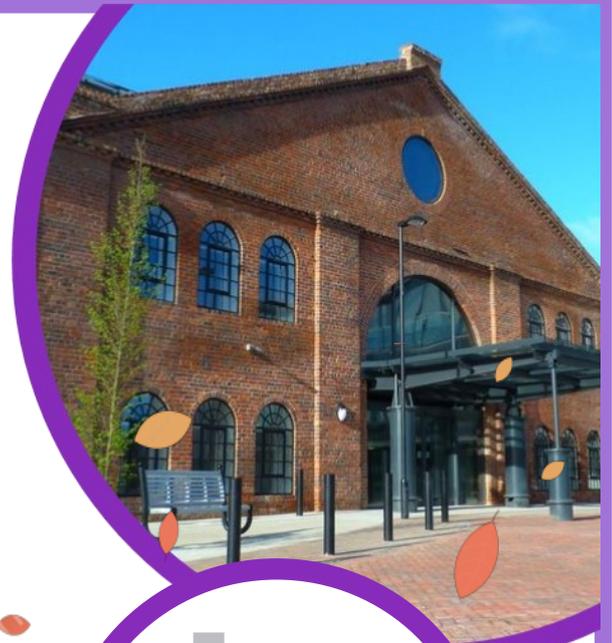
LION HEALTH

Autumn Newsletter

Welcome

Please see inside for information about how to arrange tests, meet the wider team and also healthcare advice.

We would like to welcome Dr James Bloor-Griffiths to the Lion health GP team as well as Dr Syed Mehdi who has returned to Lion health as a GP.



Breast Cancer Awareness

Month

October was Breast Cancer Awareness Month, Breast Cancer can affect anybody, in the UK 1 in 7 women will be diagnosed with breast cancer in their lifetime. Around 55,500 women and 400 men are diagnosed with breast cancer every year in the UK. If diagnosed early it can be treated successfully. That is why it is important to check your chest / breasts regularly for any changes that may be a sign of breast cancer.

This month Lion Health staff have been holding various fundraising events such as wearing it orange for inflammatory breast cancer and wearing it pink for breast cancer. The funds raised will be donated to charities which will help fund research into treatments and to raise awareness.

For further information please visit: [What is Breast Cancer?](#) | [CoppaFeel!](#)

[About the charity, Breast Cancer Now](#) | [Breast Cancer Now](#), [IBC Network Website](#), [Breast cancer in women - NHS](#), [Breast cancer in men - NHS](#).



Appointments line -

01384 460 111 (open 8am to 6:30pm)

General Inquiries-

01384 460 999



www.lion-health.co.uk



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Meet the team : Physicians Associate

Physicians Associates are healthcare professionals who work as part of a multidisciplinary team with supervision from a named senior doctor. They provided care to patients in primary, secondary and community care environments. Although the PA profession is still considered relatively new in the UK, the first physicians associates were formally introduced in 2003.

A PA needs to complete a postgraduate diploma or master's qualification that is recognised by the Faculty of Physician Associates. As well as an undergraduate degree in a health or life science degree such as biochemistry or medical science.

Physician associates work within a defined scope of practice and limits of competence. They are able to take medical histories, carry out physical examinations, see patients with long term chronic conditions, develop and deliver appropriate treatment and management plans, provide health promotion and disease prevention advice to patients. Any prescriptions will be viewed and approved by a certified prescriber.



Menopause Awareness



Every woman will experience menopause—but your experience of menopause is unique to you, which is the main reason why there is so much confusion about symptoms and treatment. The menopause refers to the time when you stop having periods and can no longer get pregnant naturally. This occurs because your ovaries stop producing eggs and as a result hormones they produce such as oestrogen, progesterone and testosterone fall. You have gone through the menopause when you haven't had a period for 12 months in a row. The average age this is experienced in the UK is 51 but there is a lot of variation.

You may experience perimenopause before the menopause, this is because your ovaries won't suddenly stop working overnight. Perimenopause is the transition period leading up to the menopause which can last several months or years.

The Menopause Charity aims to educate everybody so that perimenopause and menopause are properly understood. For more information please visit: [About The Menopause Charity - Ambassadors, Supporters & Trustees](#) , [Menopause - NHS](#) , [Menopause - Symptoms - NHS](#) . [Menopause Support and Advice from The Menopause Charity](#) .



Clinicians Corner:

Prostate Cancer



The prostate is a small gland in the pelvis which is part of the male reproductive system.

Prostate cancer can develop slowly so they may be no signs for many years. Symptoms may however include an increased need to urinate, straining whilst urinating and a feeling that your bladder has not fully emptied this usually caused by the prostate increasing in size to affect the urethra which carries urine from the bladder.

The causes of prostate cancer are largely unknown. But certain things can increase the risk of developing this condition. Most cases develop in men aged 50 or older. Men whose father or brother were affected by prostate cancer are slightly at increased risk themselves. Recent research also suggests that obesity can increase the risk of prostate cancer.

There is no single test for prostate cancer. All the tests used to help diagnose the condition have benefits and risks that your doctor should discuss with you. Most commonly the tests for prostate cancer include: blood tests, a physical examination, MRI scan or a biopsy.

If you do have prostate cancer you may not need treatment if the cancer is early stage and not causing symptoms, a doctor may suggest active surveillance and careful monitoring of your condition.

Other treatments can include surgically removing the prostate or radiotherapy– either on its own or alongside hormone therapy.

As prostate cancer usually progresses very slowly, you can live for decades without symptoms or needing treatment. Nevertheless it can affect your life such as cause anxiety or depression. You may find it beneficial to talk about the condition with your family, friends, a GP and other people with prostate cancer. Financial support is also available if prostate cancer reduces your ability to work.

For more information please visit: [Prostate cancer - NHS](#) and if you experience symptoms you are concerned with please book an appointment at the surgery.

August-October, Lion Health offered...

GP Face to face
appointments

3917

GP telephone
appointments

2164

Home Visits

165

As well as this, there have been...

DNA (missed
appointments)

1279

Referrals made

1532

Medications
Issued

15461

Booking Blood Tests & X-rays

Please be aware that there is still a booking system in place for both blood tests and X-rays. There is no longer a walk-in service.

Blood tests

There are a number of locations where you can have your blood test done locally, including Corbett Hospital, Merry Hill Shopping Centre (on the ground floor, near the NatWest Bank) and Russells Hall Hospital. Please be aware children's blood tests (those under 16 years of age) can still only be carried out at Russells Hall Hospital. To have your blood test done, you will need to use the online booking system by visiting

www.dgft.nhs.uk/patients-and-visitors/blood-tests/

Please remember to take your blood test stickers with you, as the team will be unable to take your blood if you do not have these which will lead to unnecessary delays in your care. Our reception team are able to print these out for you.

X-rays

X-rays can be carried out at Russells Hall, Corbett or Guest Hospitals. You can arrange your X-ray by calling 01384 244 722. Please call the day after your appointment with us, as it can take 24 hours for the hospital to receive our X-ray request. Phone lines are open between 9am – 4.30pm, Monday to Friday.

You do not need any paperwork for this appointment; the hospital will have it all on their system.

Your results will be sent to the requesting GP (or your named GP if it was a locum GP or other health care professional who requested them). We operate a 'no news is good news' policy so be reassured that a follow-up appointment will be arranged by the team if it is appropriate to do so, or if it has previously been agreed with you.

Lion Health Flu Campaign 2024



You

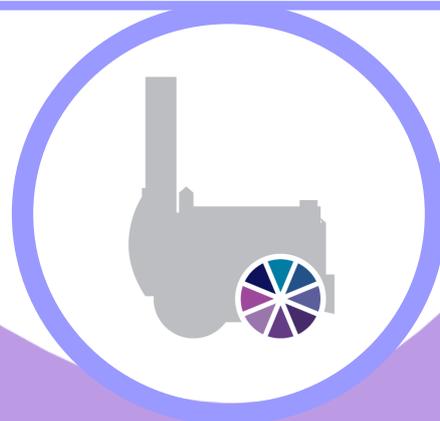
You can still get your flu/covid booster vaccine booked with us if you are eligible! The flu vaccine helps to protect against which can be a serious or life-threatening illness. You can receive a free flu vaccination if you are:

- Aged over 65,
- have certain long term health conditions,
- are pregnant, live in a care home,
- are the main carer of an older or disabled person or receive a carers allowance (flu only),
- live with someone who has a weakened immune system.
- Front line health and social care workers are also eligible.

Please call our General Inquiries line to request your vaccination/s.



Useful Telephone Numbers



Russells Hall Hospital	01384 456 111		
Russells Hall appointments line	01384 365 100		
Blood test appointment booking line	01384 365 165	Dudley Social Services	0300 555 0055
Corbett Hospital X-ray booking line	01384 244 722	Community Midwives	01384 244 358
Russells Hall X-ray booking line	01384 244 617	Health Visitors	01384 323 186
Bushey Fields Hospital	01902 607 000	Patient Transport	01384 679 047
Dudley Talking Therapies	01384 324 664	Imperial Wax (Ear Syringing)	01384 422 0156
Mental Health Crisis Line	01384 324 578	Macmillan Nurses	01384 321 523
District Nursing Team	01384 323 179	Atlantic House	01384 426 120
Stourbridge Health & Social Care Ctre	01384 323 766	Citizens Advice Bureau	03444 111 444
Brierley Hill Health & Social Care Ctre	01384 321 222	Abdominal Aorta screening	01384 321 125



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