

Welcome to the Ancora Medical Practice Newsletter

We're excited to bring you the third issue of our newsletter! Whether you're a long-time patient or have recently joined our practice, this newsletter is a great way to keep informed with our most recent information.

Inside This Issue:

Page 1: Welcome to our third practice newsletter and Pharmacy First Service.

Page 2: World Lung Cancer Day!

Page 3: National Immunisation Month!

Pharmacy First Service

Did you know you can visit a pharmacist instead of your GP for advice and treatment on a range of minor illnesses?

When you're out and about this summer, think Pharmacy First! Whether you're spending summer days out or in your garden, find your nearest pharmacy for quick and trusted advice.



The poster features a background of a bright blue sky with soft white clouds and a sandy beach in the foreground. On the right side, there is a blue vertical banner with the NHS logo at the top. A green pharmacy cross icon is positioned above the main text on the left. The main text is in large, bold, blue letters. Below it, a white box contains text about prescription medicine. On the right side of the banner, a list of conditions is provided. At the bottom right, a yellow box highlights the availability of private consultation rooms.

**This summer
just think
pharmacy
first**

Your pharmacist can provide some prescription medicine without needing to see a GP. If you're suffering from these seven common conditions, just think pharmacy first.

- UTI (women 16-64)
- Sore throat
- Sinusitis
- Earache (17 and under)
- Impetigo
- Shingles
- Infected insect bite

**Private consultation
rooms available**

World Lung Cancer Day – August 1st

World Lung Cancer Day is observed annually on August 1st to raise awareness about lung cancer, its impact, the importance of prevention, early detection and treatment. The day serves as a global platform to promote knowledge and understanding of lung cancer which remains a leading cause of cancer-related deaths worldwide.



In aid of World Lung Cancer Day, NHS Targeted Lung Health Checks (TLHC) have been offered to our eligible patients from October 2024. The TLHC programme aims to help diagnose lung cancer and other respiratory diseases at an earlier stage, when treatment may be simpler and more successful.











Lung health checks have helped to identify cancer and a number of respiratory diseases at an early stage and provided opportunities for earlier treatment that has saved lives.

Eligible participants will receive a letter inviting them to take part in a telephone assessment with a specialist respiratory nurse.

If you receive an invitation, book your appointment today. [#lhcinlinks](#)

Signs and symptoms of lung cancer

If you are experiencing any of these symptoms speak to your doctor. It's probably nothing to worry about but if it is lung cancer, getting it diagnosed early could save your life.

 Persistent cough	 Repeat chest infections	 Finger-clubbing	 Unexplained weight/appetite loss	 Breathlessness
 Chest and/or shoulder pain	 Unexplained tiredness or lack of energy	 Coughing up blood	 Change in long term cough or a cough that gets worse	 Hoarseness of voice

Targeted Lung Health Checks Stoke
www.uhnm.nhs.uk/our-services/lung-health-checks



NHS

Catching lung cancer early can make all the difference. It did for me.

Royal Cancer Foundation

Humber and North Yorkshire Cancer Alliance

Lung Cancer Screening

National Immunisation Awareness Month

National Immunization Awareness Month is an annual event observed in August to promote the importance of vaccinations for people of all ages. It serves as a reminder to ensure individuals are up to date on their vaccinations, protecting themselves and the broader community from preventable diseases.



**National Immunization
Awareness Month**

We offer vaccinations whether that be RSV, Pneumococcal, Shingles or even your child's childhood immunisations!

Information around what vaccinations you may be eligible for can be found on our website, please follow the link below:

<https://www.ancoramedicalpractice.nhs.uk/vaccination...>

If you believe you are eligible for a vaccination, please contact our reception team on 01724 842244 who will be able to arrange the most appropriate appointment for you. 📞

Find out about vaccinations for babies, children and adults, including why they're important and how to get them. Links to the NHS website are below:



<https://www.nhs.uk/vaccinations/>

<https://www.nhs.uk/vaccinations/nhs-vaccinations-and-when-to-have-them/>

9 Facts to Share During National Immunization Awareness Month



National Immunization Awareness Month is a great time to spread the word about the importance of vaccines. Each year, vaccines are known to protect individuals from getting seriously ill with diseases. Share these facts from the WHO, CDC, and various other health organizations.

Fact #1: Vaccines Prevent Millions of Deaths

Timely vaccinations — like the MMR shot — are known to prevent between 2-3 million deaths annually from diphtheria, tetanus, pertussis (whooping cough), and measles.



Fact #2: There are 12 Recommended Vaccines

Vaccinations are recommended for adults, especially those who need boosters or are traveling overseas. Some you need every year — like the flu vaccine — and others only once, like the chickenpox vaccine.

Fact #3: Vaccines Stimulate Your Immune System

Just like if you were exposed to the disease, the vaccine you receive for specific diseases stimulates your immune system in order to create antibodies. These antibodies are what protect you and offer immunity without having to get the disease itself.



Fact #4: You Can Locate Your Vaccination Records

While there isn't a national vaccination records registry, you can do some detective work to track down your records. Doing so can reduce the chances you are vaccinated twice for the same health concern. Check with your parents for childhood records, your high school or college health services, previous employers, public health clinics, or your state's health department.

Fact #5: Certain Shots Are Suggested for Pregnant Women

Pregnant women are recommended to vaccinate against the flu and whooping cough during each pregnancy. Doing so provides immunity for the baby during the first few months of life when his or her immune system is developing. Hepatitis B and A shots may also be recommended.



Fact #6: Vaccines Are Thoroughly Tested

Prior to the release of any vaccine (with the exception of Emergency Use Authorization vaccines), lengthy testing is required in thousands of individuals to ensure its safety. After it's licensed, vaccines are monitored and any adverse reactions are tracked and reported by every health department nationwide.

Fact #7: Vaccines May Limit the Spread of Antibiotic Resistance

The World Health Organization (WHO) states that vaccinating humans and animals is one way to keep them from getting infected by various diseases that would require antibiotic treatment. Developing new vaccines is one way public health officials and scientists are working on antibiotic resistance.





Fact #8: Vaccines Have Nearly Eradicated Polio

Polio took its toll on thousands of people each year beginning in the 1900s. By 1950, two vaccines had been developed to fight against the disease that paralyzed so many individuals — including many in Africa. By the 1980s, a campaign to eradicate polio began. Thanks to the use of the vaccine in Africa, the country was declared “certified wild poliovirus free.”

Fact #9: Not Everyone Can Vaccinate

The reason it's important for those who can get a vaccine to do so is for the individuals who can't. Some people with weakened immune systems may be unable to get the vaccine against the very disease they may be more prone to catching. But these individuals can be protected if they live among many who are vaccinated — this is called herd immunity.



TOTALWELLNESS