

Welcome to the Ancora Medical Practice Newsletter

We're excited to bring you 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.

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Unwell? Choose well



Humber and North Yorkshire
Health and Care Partnership



Unwell? Choose well



Self Care

Minor ailments should be treated at home

Minor cuts and grazes
Minor bruises
Minor sprains
Coughs and colds



Pharmacy

Local expert advice

Minor illnesses
Headaches
Stomach upsets
Bites & stings



NHS 111

Non-emergency help

Use NHS 111 online if you're unsure what service you need



GP Practice

A skilled team of medical professionals

Lasting symptoms
Chronic pain
Long term conditions
New prescriptions



Urgent Care

Urgent Treatment Centres

Breaks & sprains
x-rays
Cuts & burns
Fever & rashes



A&E or 999

For emergencies only

Choking
Chest pain
Blacking out
Serious blood loss

If you can, use online services in the first instance



Mental Health

For urgent mental health help

Text "SHOUT" to 85258 for free from a UK mobile network or scan the QR code to find a local helpline



Cervical Cancer Awareness Month - January

One in 142 women or people with a cervix will be diagnosed with cervical cancer in their lifetime, but with almost all (98.8%) cases preventable, you can reduce your risk in a number of ways.

Women and people with a cervix are being encouraged to take three easy steps to significantly reduce their risk of developing cervical cancer, as part of Humber and North Yorkshire Cancer Alliance's **#PreventCervicalCancer** campaign.



Step one: Attend your cervical screening appointment







Step two: Be clued up about cervical cancer


It is important to know what is normal for you, so you can spot signs of cervical cancer in the earliest stages. The main symptoms of cervical cancer to be aware of are:

- vaginal bleeding that is unusual for you – including bleeding during or after sex, between your periods or after the [menopause](#), or having heavier periods than usual
- pain during sex
- changes to your vaginal discharge
- pain in your lower back, between your hip bones, or in your lower tummy

Common signs and symptoms of cervical cancer **NHS**

Vaginal bleeding that's unusual for you – including:

 Bleeding during or after sex	 Bleeding between your periods or after the menopause	 Heavier periods than usual
 Changes to your vaginal discharge	 Pain in your lower back, between your hip bones (pelvis), or in your lower tummy	 Pain during sex

 These symptoms are very common and can be caused by many different conditions but it's important to get them checked by a GP.

These symptoms are very common and can be caused by many different conditions, but it is important to get them checked by a GP. If it is cervical cancer, finding it as early as possible means it can be easier to treat.

Step three: Spread the word about cervical cancer!

Opening hours

We now open the doors of our Ashby Road surgery at 08:00am Monday to Saturday, Saturdays are for pre booked appointments only.

Our Detuyll Street surgery opens its doors from 08:30am Monday - Friday.

All opening hours are excluding bank holidays and staff protected learning time on the second Wednesday of every month from 13:00pm.

The telephone lines will be open and answered from 08:00am, our triage is open from 8am every morning, excluding bank holidays and you are advised to use our triage, where available, for all appointment needs.

You can access our admin triage during our contracted hours Monday - Friday and this should be utilised for prescription requests, Med3 requests and all general admin enquiries.

You can of course still contact the surgery on 01724 842244.

Staff Protected Learning Time

Please note: Our Ashby Road and Detuyll Street Practices will not be available to patients on the afternoon of the 2nd Wednesday of every month for staff training from 13:00pm - If you require medical assistance during our protected learning time, you can contact 111, visit your local pharmacy or in an emergency, call 999.

Please check before attending your local pharmacy that they are open, you can do this by visiting the below link.

[Find a pharmacy - NHS](#)

Thank you

Ancora Medical Practice





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.

