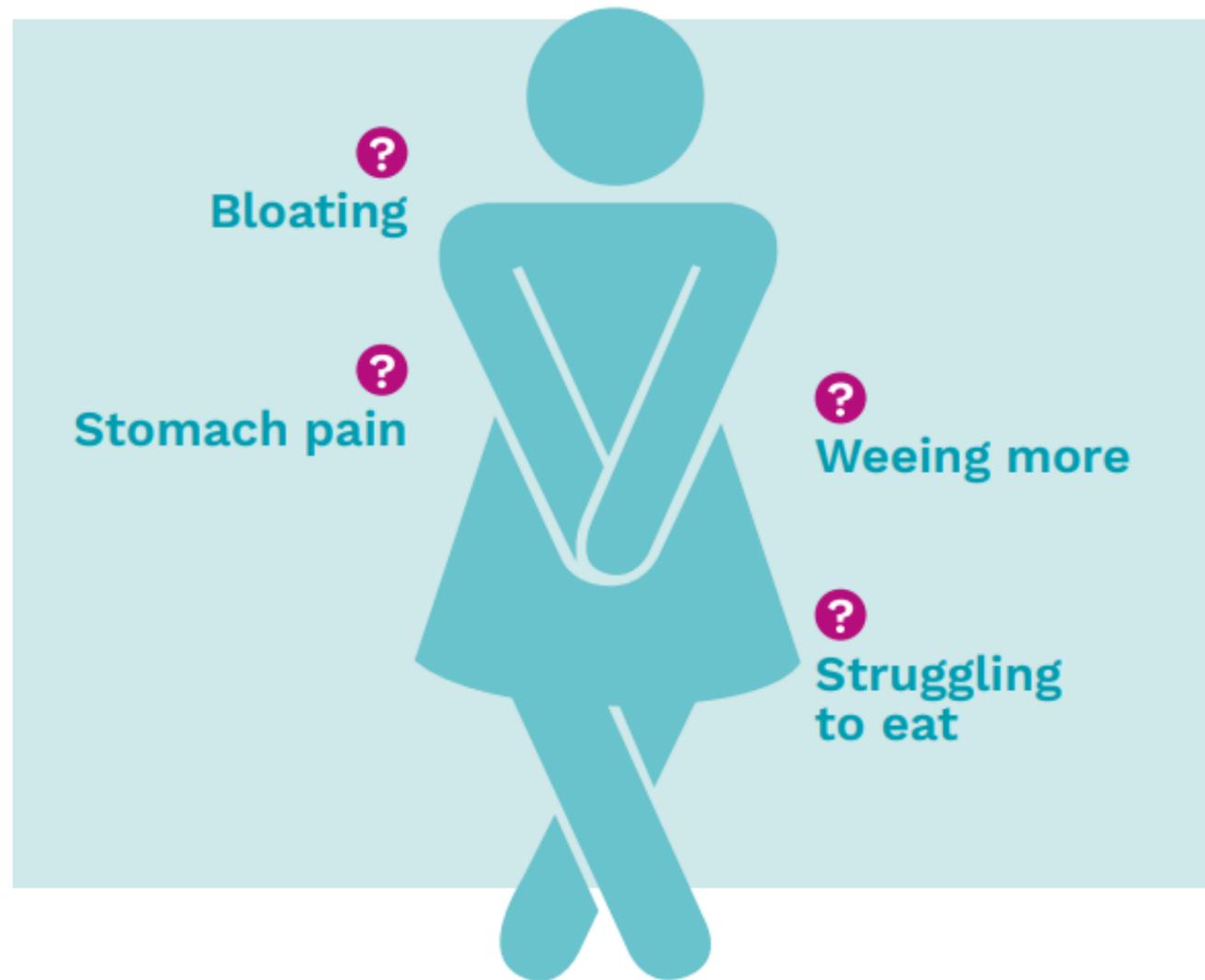


## Do you know the symptoms of ovarian cancer?



**Don't ignore these symptoms.**

Did you see cancer hiding there? Ovarian cancer can look pretty innocent if you don't know what to look for. So if you're suffering with any of these symptoms frequently, make sure you see your GP to rule out anything serious.



WHITBY, COAST & MOORS  
PRIMARY CARE NETWORK

March 2022



## Monthly Newsletter

**Are you looking after someone, and could they manage without you?**

Carers provide support to people who need help with day-to-day living who may be suffering from illness, frailty, disability, mental health or substance misuse issues.

Help is available for you  
At Staithe Surgery, we are committed to supporting our patients who are carers. Speak to a member of our team to identify yourself as a carer and to find out more about the support available to you.

**Practice Champion**  
We have introduced a Practice Champion who is the focal point for all carer matters.

Should you have any questions or would like to have a confidential discussion, please ask to speak to:

The Practice Champion at Staithe Surgery is Joanne Sutherland, Care Coordinator.

Alternatively, ask for a Carer's Identification Form at reception.

We are here to support you in supporting others.



### Inside this newsletter

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# TODAY IS THE DAY TO STOP SMOKING



There are always health and financial benefits to quitting smoking, but quitting now will help you:

- 1. Reduce your risk of diseases** caused by smoking such as cancer, diabetes, heart attack, emphysema, bronchitis and stroke. Quitting will improve your health, and reduce pressure on the NHS.
- 2. Stopping smoking allows your body to repair itself** – after 8 hours oxygen levels return to normal, after 2 days, your lungs start clearing out smoking debris, after 3 days breathing becomes easier and within weeks, your heart attack risk begins to drop.
- 3. Protect the health of others.** Exposure to secondhand smoke also increases the risk of complications from respiratory infections, especially in children. It also increases the risk of heart attacks, strokes and cancer.

If you don't feel you can stop smoking right now, there are steps you can take to protect others.

**Take your smoke outside.** Experts advise that you take at least seven steps from your home to prevent smoke from drifting back into the house. Please be mindful of others and, as far as possible, stay away from other people's open windows, doorways, balconies etc. People are anxious about being exposed to tobacco smoke and your smoke drifting into their home could be upsetting.

**Use other sources of nicotine.** To reduce the amount you smoke, use nicotine replacement therapy or vaping products. There are many different kinds of nicotine products out there. People often find it helpful to combine a slower acting nicotine product (such as a patch) with a faster acting product (like the nasal spray or gum). You can ask a pharmacist for advice. Ask about Varenicline (Champix) too.

The average smoker saves just under £2000 per year when they quit.

Where could that extra money take you?



TODAY IS THE DAY to stop smoking.

For help to quit, search 'smokefree'

## NHS remote support

The NHS offer a number of ways to access some support without leaving your home.

## Smokefree app

This Smokefree app can help you stop smoking by providing daily support and motivation. If you stay smokefree for the 4-week programme you're up to 5 times more likely to quit for good. Plus, you can track the days you've been smokefree and see how much you're saving!

Life smells sweeter without cigarettes.

Your ability to smell can improve just 48 hours after quitting.



TODAY IS THE DAY to stop smoking.

For help to quit, search 'smokefree'