

APRIL

Newsletter

April is Testicular Cancer Awareness Month

Each year in the UK, around **2,400 men** are diagnosed with testicular cancer. It's most common in men aged **25 to 40**, but the good news is — *it's highly treatable when caught early*.

Symptoms of testicular cancer

The most common symptom of testicular cancer is a lump or swelling in your testicle.

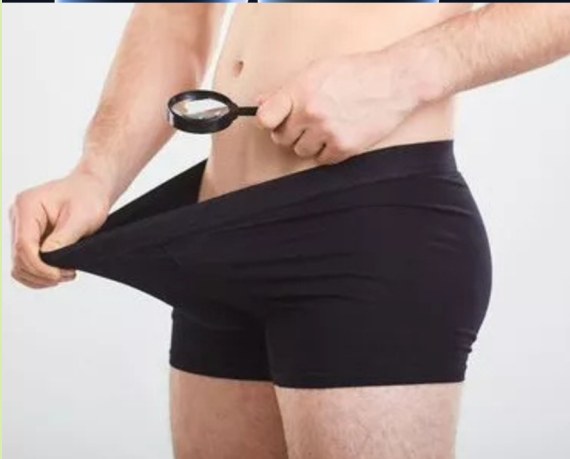
Testicular symptoms to look out for include:

- a lump or swelling in part of one testicle
- a testicle that gets bigger
- a heavy scrotum
- discomfort or pain in your testicle or scrotum

The scrotum is the sack of skin that surrounds your testicles. These symptoms can be similar to other conditions that affect the testicles, such as infections. But it is important that you see a doctor if you have:

- any of these symptoms
- symptoms that are unusual for you
- symptoms that don't go away or don't improve

Your symptoms are unlikely to be cancer but it is important to get them checked by a doctor. Try not to be embarrassed. Doctors are used to discussing intimate problems and will try to put you at ease.



CHECK 'EM

THE BEST TIME TO CHECK YOUR TESTICLES IS IN THE SHOWER

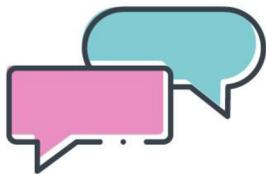
JUST FOLLOW THESE EASY STEPS:

- 1 Check one testicle at a time.
- 2 Hold the testicle between your thumbs and fingers of both hands & roll it gently between your fingers.
- 3 If you notice any of these symptoms...
 - hard lumps
 - smooth or rounded bumps
 - changes in size, shape, or consistency...don't panic but see your GP straight away.

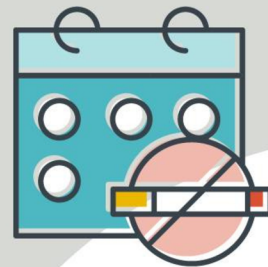
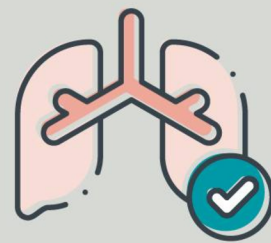


Stop Smoking Support

- Tailored support available
- Friendly, knowledgeable staff providing lifestyle support
- **FREE** vapes, patches, gums or other NRT provided
- Face to Face and distance support available
- Available throughout North Lincolnshire
- ALL smokers welcome!



The **Healthy Lifestyles** team -
Here to support **YOU** towards a healthier lifestyle.



**North
Lincolnshire
Council**

The Healthy Lifestyle service will be in the practice on Thursdays from 3rd April 2:30-4:30pm with their "SWAP TO STOP" stop smoking clinic.

Clinicians will now be able to sign post those that would like to stop smoking to these walk in sessions.

For patients that cannot attend Ashby Turn during this time, additional walk in sessions are held at Ashby Community Centre (The Link) on the following days and times.

Tuesday:
2:00-4:00pm
5:00-7:00pm

Friday:
10:00am - 12noon

NHS

Put it by the loo.

Don't put it off.

The NHS bowel cancer screening kit can detect signs of cancer before you notice anything is wrong.



ACCURX ONLINE REQUEST STATISTICS March 2025

Appointment requests: **2533**
Medical administration requests:
505

