

# September Newsletter



## Meet The Team

### Please welcome our new GP Registrars



**ST2 GP Dr Anthony**



**ST3 GP Dr Tawatao**



**ST2 GP Dr King**

## Prostate Cancer Awareness Month

The campaign runs throughout September, offering a full month of engagement and activity. In 2025, that stretches from Monday, September 1 through Tuesday, September 30. Throughout the month, events are scheduled to maximise impact—from early-career screenings to late-afternoon family talks—covering all times and audiences. It's the prime moment to raise awareness before flu season starts and healthcare systems become strained.

### **Why Prostate Cancer Awareness Month Matters**

- Prostate cancer is a major global health issue. Key reasons this awareness month remains essential include:
- High incidence: One in every eight men will receive a prostate cancer diagnosis in their lifetime.
- Better outcomes with early detection: Early-stage prostate cancer often shows no symptoms. Regular discussions and screenings can catch disease early, offering survival rates exceeding 95% over five years.
- Targeted risk factors: Men over 50, those with African or Caribbean heritage, and men with a family history or genetic predisposition face higher risk and benefit most from early discussion and screening.
- Treatment and quality of life: With advances like active surveillance, focal therapy, nerve-sparing surgery, and more precise radiation, men have options that align with both health and long-term quality of life.
- Care for caregivers: Prostate cancer affects not just patients, but families, partners, and support networks. Awareness Month advocates for carer support, open communication, and shared resilience.
- Beyond individual impact, this month supports public health. It encourages healthcare systems to prioritise accessible screening, data collection, research, and health inequalities—especially in underserved communities.

For further information visit: [www.prostatecanceruk.org](http://www.prostatecanceruk.org)



# Goodbye Dr Trueman

The man, the Myth, the Legend Dr Trueman has now seen his last patient. After many years at the surgery we are sad to say he is hanging his stethoscope up for good. 🥲

We have had the pleasure of working with him for many years, from Senior GP Partner at the practice to semi retired Locum GP, he will be missed dearly by many patients and staff alike and we wish him the very best for his retirement and new adventures to come.







**Flu Clinics begin on Saturday the 4<sup>th</sup> October!!  
If you haven't already booked an appointment,  
please contact reception.**



An advertisement for Tirzepatide (Mounjaro) from the NHS. It features a white pen-like device with a purple cap. The text reads: 'NHS Tirzepatide (Mounjaro®) New weight loss management medication Patient update'.



**The weight loss treatment called Tirzepatide also known as Mounjaro will start to be used by the NHS but is NOT currently available via GP Practices in the Humber & North Yorkshire.**

**Once fully available only those that meet certain criteria will be eligible to receive it – this will be based on Body Mass Index (BMI) and certain health conditions.**

**We know that managing weight loss can be incredibly challenging, and many people are asking about this treatment, after hearing about how effective it can be in helping with weight loss.**

**We appreciate that this might feel frustrating, especially when private options are being advertised. Until then, please do not contact your GP or Community Pharmacy (or any other NHS healthcare provider) to access this medicine as they are currently unable to prescribe this.**