

Whats happening this month?



Rare Disease Day is observed every year on **February 28** or on **February 29** in leap years. It shines a spotlight on rare diseases and the challenges faced by those living with them.

World Cancer Day, observed annually on February 4. Its mission is to raise awareness about cancer, educate people about the disease, and inspire governments to take action.



International Childhood Cancer Day (ICCD) is observed annually on February 15, to raise awareness about childhood cancer, and to lend support to children and adolescents with cancer, cancer survivors, and their families.

On **February 17** let yourself be inspired by Random Acts of Kindness Day to bring joy to the people you come across. The day encourages people to do good deeds, and celebrate the pay-it-forward mentality.



Dunelm Medical Practice – Across the city of Durham—Bearpark—Gilesgate—Framwellgate

Kelvin House, 1-2 Victor Terrace, Bearpark, Durham, DH7 7DG

Tel: 0191 373 2077

Email: nencicb-cd.a83030.bearpark@nhs.net

Gilesgate Medical Centre, Sunderland Road, Durham, DH1 2QQ

Tel: 0191 386 4242

Email: nencicb-cd.a83030.gilesgate@nhs.net

Framwellgate Medical Centre, 50 Front Street, Durham, DH1 5BL

Tel: 0191 386 6044

Email: nencicb-cd.a83030.framwellgate@nhs.net

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Dunelm Medical Practice



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Dunelm Medical Practice Newsletter February 2025





Make 2025 the year you quit smoking for good

When you quit smoking, good things start to happen. You'll begin to see almost immediate improvements to your health.

It's never too late to quit and it's easier to stop smoking with the right support. Why not start by downloading the free NHS Quit Smoking app to track your progress and get daily motivation?

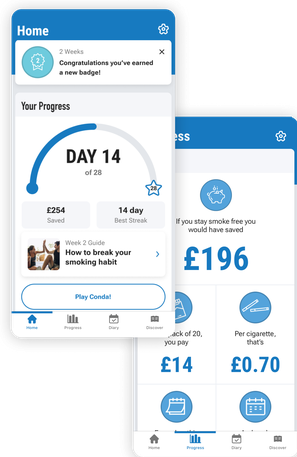
You don't need to imagine a life without smoking, you can live it!



Use the NHS Quit Smoking app this 2025 to help you quit smoking and start breathing more easily.

The app allows you to:

- track your progress
 - see how much you're saving
 - get daily support
 - get inspired by others
- Once you reach 28 days smoke-free, you're much more likely to quit for good!



What are the signs and symptoms of cancer?

There are over 200 different types of cancer that can cause many different signs and symptoms. Sometimes symptoms affect specific areas of the body, such as our tummy or skin. But signs can also be more general, and include weight loss, tiredness (fatigue) or unexplained pain.

VERY HEAVY NIGHT SWEATS OR FEVER

Sweating at night or having a high temperature (fever) can be caused by infections or a side effect of certain medications. It's also often experienced by women around the time of the menopause. But speak to your doctor if you have very heavy, drenching night sweats, or an unexplained fever.

FATIGUE

If you're feeling tired all the time, or, for no clear reason, it could be a sign that something is wrong - speak to your doctor.

UNEXPLAINED BLEEDING OR BRUISING

Unexplained bleeding or bruising when you have not hurt yourself is important to get checked out by your doctor. This includes blood in your poo or pee, as well as vomiting or coughing up blood. It also includes any unexplained vaginal bleeding between periods, after sex or after the menopause. No matter how much blood or what colour it is (blood can be red, or a darker colour like brown or black), speak to your doctor.

UNEXPLAINED PAIN OR ACHE

Pain is one way our body tells us that something is wrong. As we get older, it's more common to experience aches and pains. But unexplained or persistent pain anywhere in the body could be a sign of something more serious.

UNEXPLAINED WEIGHT LOSS

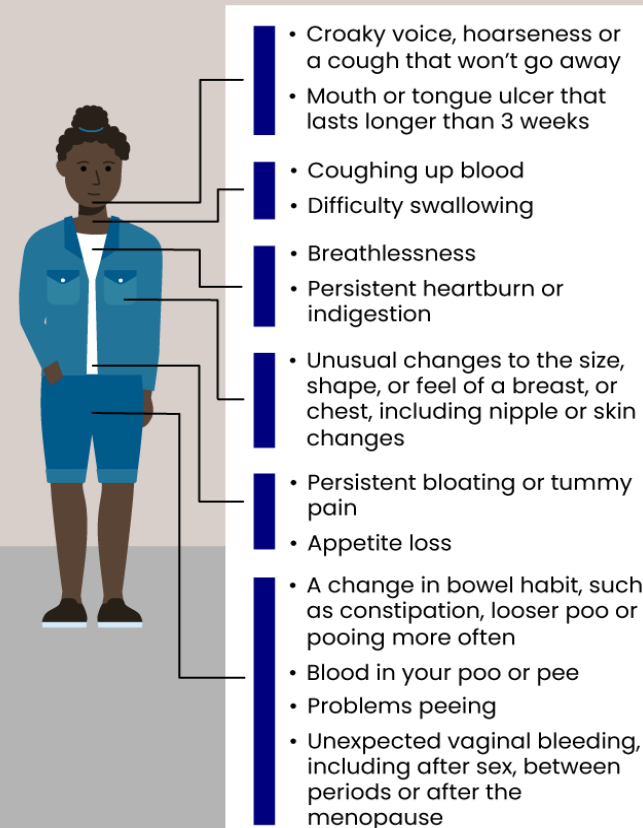
Small weight changes over time are quite normal, but if you have lost a noticeable amount of weight without trying to, tell your doctor.

UNUSUAL LUMP OR SWELLING ANYWHERE

Persistent lumps or swelling in any part of your body should be taken seriously. This includes any lumps in the neck, armpit, stomach, groin, chest, breast, or testicle.

These are some of the key signs and symptoms of cancer.

- Very heavy night sweats or fever
- Feeling more tired than usual
- Unexplained bleeding or bruising
- Unexplained pain or ache
- Unexplained weight loss
- An unusual lump or swelling anywhere on your body
- A new mole or changes to a mole
- Skin changes, nail changes, or a sore that won't heal



If you spot anything that isn't normal for you - don't ignore it. Whether it's listed here or not, get it checked out.