

Whats happening this month?



World Kindness Day, a product of the World Kindness Movement, is celebrated all over the globe on **November 13**. The purpose of World Kindness Day is to highlight the importance of random acts of kindness and the chain of paying it forward. It encourages people to be

kind to each other and thus spread kindness in their communities since it has been proven that when we witness people doing something kind, we are more likely to do something nice for others ourselves.

On **November 14th** every year, **World Diabetes Day** is observed to raise awareness around the globe about diabetes. It was created by the International Diabetes Federation (IDF) to educate people about the different types of diabetes and how they affect different ages and groups, lifestyles, and the treatment options that are available.



World Prematurity Day on **November 17** raises awareness of the issues that affect premature babies and their families. It educates people on the care that preterm births need and provides the families of 'preemies' with resources and support. Babies who

are born too early face many more health complications that could affect everything from their hearing and vision to their brain and lungs.

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Dunelm Medical Practice



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Dunelm Medical Practice Newsletter November 2025



Understanding Your Health: A Patient's Jargon Buster

Men's health is in crisis. Men are dying on average 4.5 years earlier than women, and for largely preventable reasons.

Using the moustache as the driving symbol of the movement, Movember focuses on the three key areas of prostate cancer, testicular cancer, and mental health and suicide prevention. Since inception, the Movember Foundation has raised \$837 million and funded over 1,200 projects in more than 20 countries.

GET INVOLVED

Grow a Mo—Patchy, lopsided, itchy or epic – whatever Mo you grow this Movember, your face will raise funds and awareness for men's health.

Move for Movember—Commit to running or walking 60km over the month, at your own pace. That's 60km for the 60 men we lose to suicide each hour, every hour across the world.

Host a Mo-ment—Rally a crew and do something fun and easy. Hosting is all about having a good time for a good cause.

Mo your own way—Create your own challenge – it can be anything. A gruelling test of physical endurance or something else entirely. Your epic efforts will help change the face of men's health.



uk.movember.com

Common medical terms you might hear

When you come to your GP, take a test, or get a prescription, you might hear medical words that sound complicated. Here's a list of common terms explained in plain English so you know what your doctor or nurse is talking about.

- **Acute** – a condition that comes on suddenly, often needing quick treatment (for example, a chest infection).
- **Chronic** – a condition that lasts a long time or keeps coming back, like asthma or diabetes.
- **Benign** – not cancerous and usually not dangerous.
- **Malignant** – cancerous, and may spread if not treated.
- **Target Blood Pressure** – safe range for you based on age, gender and ethnicity.
- **Hypertension** – higher blood pressure than target range.
- **Hypotension** – lower blood pressure than target range.
- **BMI (Body Mass Index)** – a way of checking if your weight is in a healthy range, based on your height and weight.
- **Cardiovascular** – anything to do with the heart and blood vessels.
- **Respiratory** – to do with breathing and the lungs.
- **Side effects** – extra symptoms caused by a treatment or medicine, which may or may not be bothersome.
- **Referral** – when your GP arranges for you to see a specialist or another service.
- **Self-referral** – a specialist service you can get in touch with without needing to see a GP first.
- **Screening** – a health check offered to people without symptoms, to spot problems early (like cervical screening).
- **Vaccination/Immunisation/Inoculation** – an injection or treatment that helps protect you from illness.
- **Dosage** – the amount of medicine you should take and how often.
- **Symptoms** – things you notice or feel in your body (like pain, cough, or tiredness).
- **Diagnosis** – the name or label for the condition your doctor thinks you have.
- **Prognosis** – what is likely to happen in the future with your illness or treatment.