

# The Wand Medical Centre Newsletter

## February 2024

World Cancer Day is an international day marked on 4 February to raise awareness of cancer and to encourage its prevention, detection, and treatment. World Cancer Day is led by the Union for International Cancer Control to support the goals of the World



Cancer is a disease which occurs when changes in a group of normal cells within the body lead to uncontrolled, abnormal growth forming a lump called a tumour; this is true of all cancers except leukaemia (cancer of the blood). If left untreated, tumours can grow and spread into the surrounding normal tissue, or to other parts of the body via the bloodstream and lymphatic systems, and can affect the digestive, nervous and circulatory systems or release hormones that may affect body function.

### Key Cancer Facts

- Cancer is the **second-leading cause of death** worldwide.
- **10 million** people die from cancer every year.
- More than 40% of cancer-related death could be preventable as they are **linked to modifiable risk factors** such as smoking, alcohol use, poor diet and physical inactivity.
- **Almost at least one third** of all deaths related to cancer could be prevented through routine screening, and early detection and treatment.
- **70%** of cancer deaths occur in low-to-middle income countries.
- **Millions of lives** could be saved each year by implementing resource appropriate strategies for prevention, early detection and treatment.

# The Wand Medical Centre Newsletter

## February 2024

**Reach out to someone who is having a tough time.**

RANDOM ACTS OF KINDNESS  
FOUNDATION  
www.randomactsofkindness.org

Research shows that helping others can be good for our mental health. It reduces stress, improves our emotional well-being and even benefits our physical health. In short, doing good does you good.

**Be a friend to a lonely neighbor.**

RANDOM ACTS OF KINDNESS  
FOUNDATION  
www.randomactsofkindness.org

**Visit the nearest little library and donate a book.**

RANDOM ACTS OF KINDNESS  
FOUNDATION  
www.randomactsofkindness.org



**Be an active listener when in the company of others.**

RANDOM ACTS OF KINDNESS  
FOUNDATION  
www.randomactsofkindness.org

**Write positive messages on sticky notes and leave for others to find.**

RANDOM ACTS OF KINDNESS  
FOUNDATION  
www.randomactsofkindness.org

**Cook a meal for someone who is struggling.**

RANDOM ACTS OF KINDNESS  
FOUNDATION  
www.randomactsofkindness.org

# The Wand Medical Centre Newsletter

## February 2024

### APPOINTMENTS

Telephone appointments are released daily both online and via reception, where you can book a telephone or face to face consultation.

Online appointments are released 2 days in advance.

The appointment telephone number is 0121 440 1561 and is open Monday/Tuesday and Friday 08.30 to 18.30 and on Wednesday and Thursday between 08.30 and 13.00.

Each appointment is for one person only and one problem.

If you want several members of your family seen or problems dealt with, each person will need to have their own appointment .



### When to use NHS 111

You should use the NHS 111 service if you urgently need medical help or advice but it's not a life threatening situation. You need medical help fast but it's not a 999 emergency. You think you need to go to A&E or need another NHS urgent care service.

You don't know who to call or you don't have a GP to call. You need health information or reassurance about what to do next. Using NHS 111 could save you valuable time by directing you to the appropriate service. NHS 111 is a fast and easy way to get the right help – Wherever you are or whatever the time...24 hours a day & 365 days of the year.

