



**WHITBY, COAST & MOORS**  
PRIMARY CARE NETWORK

November 2022



# Monthly Newsletter

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## Updates from DANBY

### **Appointments**

In the last 4 weeks 12/09/2022—09/10/2022 DANBY has serviced a total of **1779** appointments. **229** of those appointments were provided as same day appointments. **91.1%** of appointments at DANBY in that period were face to face, which equates to **1621** appointments.

### **Prescriptions**

Did you know you can order repeat prescriptions online? Ordering online can save time, free up phone lines and also can be done at a time that is more convenient to the requestee.

Call in to your GP practice and you will provide you with a registration pack. There are several providers of online services listed on your registration document and on the practice websites is a list of providers such as Engage Consult, NHS app and Patient Access. Online you can also:

- check your symptoms / get self-care information and advice
- order repeat prescriptions / send secure messages to your practice
- view your medical record securely online / have an online consultation

### **Vaccinations**

Here at DANBY and within the Whitby Coast and Moors Primary Care Network, we stand ready and able to deliver the covid vaccination programme for Autumn.

Unfortunately, the allocation of vaccines to the Practice are lower than we have planned for. This is because the allocations for GP surgeries have been calculated on the basis that a large portion of patient will attend vaccination centres or pharmacies.

This means at the moment we are only being supplied a limited number of vaccines and must therefore target the most vulnerable groups.

If you have received a letter or text from the government and want to get your vaccine quickly please follow the link supplied and book with an alternative provider.



## Programme background

The adult population living with overweight in England is 25.6 million (62%), of which 11.4 million adults (25%) are living with obesity.

Obesity is a serious health concern that increases the risk of many other health conditions, including Type 2 Diabetes, cardiovascular disease, joint problems, mental health problems, and some cancers. There is also evidence to suggest that people living with obesity are at higher risk of more severe outcomes associated with COVID-19.

## Why obesity matters

The NHS Digital Weight Management Programme gives free, online access to weight management plans if you have a BMI over 30 and have diabetes or high blood pressure or both. The BMI threshold is 27.5 for people from black, Asian and ethnic minority backgrounds as we know that people from these ethnic backgrounds are at an increased risk of conditions such as type 2 diabetes at a lower BMI.

You will only be able to access the NHS Digital Weight Management Programme if you have a smartphone or computer with internet access.

## How long is the programme?

The programme takes 12 weeks to complete.

## What does the programme involve?

You will choose a weight management plan to help you develop healthier eating habits, be more active and lose weight.

Each plan provides recipes and nutrition advice, wellbeing support and tips to boost your activity levels. As an online plan, it can be completed anywhere in your own time.

## How much does it cost?

It is free.

## What happens next?

### Step 1:

After your referral, you will receive a text message within two working days from 'NHS WMP'. The text message contains a link to a website.

### Step 2:

Click on the link to the website to confirm your date of birth, ethnicity, and some other information to get started.

### Step 3:

Read about the different 12-week weight management plans on offer to help you. Choose the plan you think will work best for you. If you do not choose your plan after six weeks, your referral is sent back to the referring healthcare professional.

### Step 4:

Your chosen weight management plan provider will contact you within five working days. You will then start your 12-week weight management plan! If you do not start your plan after six weeks, your referral will close.





## What is pancreatic cancer?

The pancreas is a gland that produces digestive juices and hormones. Pancreatic cancer is when abnormal cells in the pancreas start to divide and grow in an uncontrolled way and forms a growth (tumour).

The cancer cells can grow into surrounding blood vessels or organs such as the small bowel (duodenum). And may spread to other areas of the body.

## What does the pancreas do?

The pancreas produces digestive juices and insulin, as well as other hormones to do with digestion. The part which produces the digestive juices is called the exocrine pancreas. The part which produces hormones, including insulin, is called the endocrine pancreas.

Cancers that develop from these two parts can behave differently and cause different symptoms.

## How common is pancreatic cancer?

Around 10,500 people are diagnosed with pancreatic cancer in the UK each year. It is the 10th most common cancer in the UK.

## Risks and causes

Your risk of developing cancer depends on many things including age, genetics, lifestyle and environmental factors. Anything that can increase your risk of cancer is called a risk factor.

Around 10,300 people in the UK get pancreatic cancer each year. It is the 10th most common cancer. Doctors don't know what causes most pancreatic cancers. But there are some factors that may increase your risk of developing it. Having any of these risk factors does not mean that you will definitely develop cancer.

## Getting older

Pancreatic cancer is more common in older people. Almost half of all new cases are diagnosed in people aged 75 and over. Pancreatic cancer is uncommon in people under 40 years old.

## Smoking and smokeless tobacco

Around 20 out of 100 cases of pancreatic cancer in the UK (around 20%) are caused by smoking. Cigarettes, cigars, pipes and chewing tobacco all increase pancreatic cancer risk.

## Being overweight or obese

More than 10 in 100 pancreatic cancers in the UK (more than 10%) are caused by being overweight or obese. This increase in risk could be because the pancreas makes more insulin in overweight people. But we need more research to know for sure.

## Family cancer syndromes and genetic factors

Sometimes pancreatic cancer is found to run in families. But only between 5 and 10 in 100 people (5 to 10%) diagnosed with pancreatic cancer have a family history of it.

## Pancreatic cancer symptoms

Pancreatic cancer doesn't usually cause symptoms in the early stages. As the cancer grows it can start to cause symptoms. These can include:

- pain in the stomach area or back
- yellowing of the skin or whites of your eyes (jaundice)
- unexplained weight loss
- Diabetes
- Itching
- Sickness
- Bowel changes
- Fever and shivering
- Indigestion
- Blood clots

## Online access to GP records from November 2022

From November 2022 nearly all patients aged 16 years and over, whose GP practices use TPP or EMIS systems, will see new (prospective) record entries on their GP record automatically via the NHS App. This is in line with the updated GP contract in 2019.



## Why these changes are being made

If you are over 16 and have an online account, such as through the [NHS App](#), [NHS website](#), or another online primary care service, you will now be able to see all future notes and health records from your doctor (GP). Some people can already access this feature, this won't change for you.

This means that you will be able to see notes from your appointments, as well as test results and any letters that are saved on your records. This only applies to records from your doctor (GP), not from hospitals or other specialists. For most people, access will be automatic, and you won't need to do anything.

Your doctor (GP) may talk to you to discuss test results before you are able to see some of your information on the app. Your doctor (GP) may also talk to you before your full records access is given to make sure that having access is of benefit to you. There might be some sensitive information on your record, so you should talk to your doctor if you have any concerns.

These changes only apply to people with online accounts. If you do not want an online account, you can still access your health records by requesting this information through reception. The changes also only apply to personal information about you. If you are a carer and would like to see information about someone you care for, speak to reception staff.

The NHS App, website and other online services are all very secure, so no one is able to access your information except you. You'll need to make sure you protect your login details. Don't share your password with anyone as they will then have access to your personal information.

If you do not want to see your health record, or if you would like more information about these changes, please speak to your GP or reception staff.