

MEMBER NEWSLETTER

JULY 22



Welcome to the July edition of our member's newsletter. In this issue we look at the unprecedented red weather warning and what you can do to keep safe and cool, as well as taking a look at the dangers that extreme heat can pose and the signs to look out for.

As July is Sarcoma Awareness Month, we will also be taking a look at this type of cancer in more detail.

We hope you find the information useful and wish you all a brilliant start to the summer!

With best wishes, *Dr Shilpa*

JULY AWARENESS DATES:

- Group B Step Support (GBSS) Awareness Month
- Sarcoma Awareness Month
- Talk to Us Month
- Good Care Month
- 24/7 Samaritans Awareness Day / The Big Listen – 24 July
- National Schizophrenia Awareness Day – 25 July
- World Hepatitis Day – 28 July

EXTREME HEAT WARNING

For the first time ever the Met Office has issued a red "extreme heat" warning for most of the UK this week with temperatures set to hit 40°C in some areas.

A Level 4 UK Health Security Agency Heat Health Alert has been issued for Sunday, Monday and Tuesday. This is used when a heatwave is so severe and/or prolonged that its effects may cause illness even among the fit and healthy, and not just those in high-risk groups.

TIPS TO KEEP COOL AND STAY SAFE:

- Drink plenty of fluids but avoid alcohol which can cause dehydration
- Take plenty of water with you when travelling
- Cool your house by closing blinds & curtains during the day
- Keep your sleeping area well ventilated
- Take a cool shower or bath
- Sprinkle yourself with cold water throughout the day
- Wear light coloured, loose clothing
- Keep exercise to a minimum, avoiding the hottest parts of the day
- Seek shade whenever possible; especially between 11am & 3pm
- Wear sunscreen as UV damage can occur even on cloudy days
- Take extra care if elderly or vulnerable
- Check on family and friends who may need help

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Sources: www.metoffice.gov.uk | www.macmillan.org.uk | www.nhs.uk

SIGNS AND TREATMENT OF HEAT-INDUCED ILLNESS:



For most people without underlying health conditions the extreme heat will be uncomfortable but not life-threatening. However, there are some illnesses to look out for:

| | SYMPTOMS | TREATMENT |
|------------------------|--|---|
| HEAT CRAMPS | Painful, involuntary muscle spasms caused by dehydration and loss of electrolytes. | Cool down (perhaps by taking a cold shower) & rehydrating with clear fluids or sports drinks. |
| HEAT RASH | Small, red, itchy papules caused by sweat becoming trapped in the skin. | Place a cold, damp cloth on the affected area for up to 20 minutes. |
| HEAT EXHAUSTION | <ul style="list-style-type: none"> • Headache • Dizziness and confusion • Loss of appetite and feeling sick • Excessive sweating • Pale, clammy skin • Cramps in the arms, legs and stomach • Fast breathing or pulse • High temperature of 38C or above • Being very thirsty <p>Caused by your body overheating. If left untreated, heat exhaustion may evolve into heatstroke which is a medical emergency.</p> | <ol style="list-style-type: none"> 1. Move them to a cool place 2. Get them to lie down and raise their feet slightly 3. Get them to drink plenty of water. Sports or rehydration drinks are OK 4. Cool their skin – spray or sponge them with cool water and fan them. Cold packs around the armpits or neck are good, too 5. Stay with them until they're better <p>If they have not cooled down or started to feel better within 30 minutes, are not sweating despite feeling hot, feel confused or have a high temperature then contact 111 for advice.</p> |
| HEATSTROKE | <ul style="list-style-type: none"> • Fast breathing or shortness of breath • Convulsions (seizures) • Becoming unresponsive • Loss of consciousness • Core body temperature of over 40°C <p>Heatstroke can lead to a medical emergency as the body's thermoregulation mechanism fails.</p> | <ol style="list-style-type: none"> 1. Call 999 immediately 2. Place the person in the recovery position 3. Continue to try and cool them down by spraying or sponging their skin with cool water and fanning them 4. Use cold packs around the armpits or neck |

SPOTLIGHT ON SARCOMA

July is dedicated by many cancer support groups as sarcoma Awareness Month. Throughout the month there will be fundraising events, campaigning and an emphasis on patients sharing their stories so we thought it would be useful to highlight some facts about this type of cancer.

Sarcomas are rare cancers that develop in the supporting tissues of the body which include bone, cartilage, tendons, fat and muscle. Each year approximately 4,300 people in England alone are diagnosed with a soft tissue sarcoma. A further 550 people across the UK are diagnosed with bone sarcoma (cancer).

There are two main types of sarcoma:

| SOFT TISSUE SARCOMA | BONE SARCOMA |
|--|--|
| <p>Types of Soft Tissue Sarcoma include:</p> <ul style="list-style-type: none">• Leiomyosarcoma – develops in muscle tissue• Liposarcoma – develops in fat tissue• Angiosarcoma – develops in the cells of the blood or lymph glands• Gastrointestinal Stromal Tumours (GISTs) – develop in the connective tissues that support the organs of the digestive system <p>Despite having no obvious early-stage symptoms, signs may include:</p> <ul style="list-style-type: none">• Swelling under the skin causing a painless <u>lump</u> that cannot easily be moved around & gets bigger over time• A lump anywhere on the body which is bigger than 5cm or is painful or tender• Swelling in the abdomen causing pain, a persistent feeling of fullness & constipation• Swelling near the lungs causing a cough or breathlessness | <p>Types of Bone Sarcoma include:</p> <ul style="list-style-type: none">• Osteosarcoma• Chondrosarcoma• Ewing sarcoma• Chordoma• There are also rarer types of bone cancer. <p>A tumour in a bone can cause symptoms which include:</p> <ul style="list-style-type: none">• Pain, tenderness or swelling in the area affected• Pain may be made worse by exercise and feels worse at night• You may also have reduced movement if the tumour is near a joint• If the affected bone is in the leg, it may cause a limp |

Most soft tissue lumps are not cancer and many symptoms of bone sarcoma can be caused by other conditions but you should always get checked if you have any concerns.

Whilst the exact causes of either type of sarcoma are not known, like with most cancers, there are certain risk factors that may make some people more susceptible to developing it. If you are concerned that you may be at risk or have noticed any of the symptoms listed above please make an appointment to see us to discuss things further.