



# EASTGATE SURGERY

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# NEWSLETTER



APRIL IS  
**TESTICULAR**  
CANCER  
AWARENESS MONTH

## 1<sup>st</sup> April: Testicular Cancer Awareness Month

April is Testicular Cancer Awareness Month in the UK, a time dedicated to raising awareness, reducing stigma, and encouraging men to take charge of their health.

Knowing what to look out for is vital. If you notice any unusual changes, it's important to book an appointment with your GP as soon as possible. **Signs and symptoms can include:**

- A lump or swelling in one of your testicles
- One testicle becoming noticeably larger or different in size
- An ache, discomfort, or pain in the testicle or scrotum
- A feeling of heaviness, firmness, or hardness in the scrotum
- Checking yourself regularly and acting early can make a real difference.

## CHILDHOOD IMMUNISATIONS

Vaccinate to protect your child and others.

Immunisations are safe, effective, and protect against serious diseases. Side effects are usually mild—such as soreness, redness, or fever—and far less severe than the illnesses vaccines prevent. Immunising your child also helps protect vulnerable people around you, including babies and those with weakened immune systems. Stay on schedule and keep your family safe.





## April: Stress Awareness Month:

# APRIL IS STRESS AWARENESS MONTH

April is **Stress Awareness Month** in the UK, a time to highlight the impact stress can have on both our mental and physical wellbeing, and to encourage people to talk more openly about how they're feeling. While stress is something we all experience at times, persistent or overwhelming stress can affect sleep, mood, concentration, and overall health.

If you're feeling constantly anxious, overwhelmed, irritable, or struggling to cope with everyday life, it's important not to ignore it. Reaching out for support is a positive step. **Booking an appointment with your GP** can help you understand what you're experiencing, explore ways to manage your stress, and access further support if needed.

## Appointments

We provide a variety of appointment with GP's as well as other clinicians throughout the week, Monday through Saturday

All consultations are by an appointment system. Appointments can be organised by Telephone or Online via [SystemConnect](#) – (no login details required) - Scan the QR Code to book your appointment.



**Scan the QR code**