



Newsletter

Patient Newsletter edition 28: November 2025

Dementia awareness talk

Dawn - Dementia Adviser from the Cheshire East branch of the Alzheimers Society - will be giving a talk on Wednesday 12th November 10.30am – 12noon at Greenmoss Medical Centre.

Dawn will discuss symptoms, management of behaviours, activities and services that might be useful, practical things like benefits and needs assessments, carer information etc.

We expect this to be a well attended session so please book your place by emailing janet.weaver@nhs.net or book via our Reception.

Practice closure dates

We are closed one afternoon each month (except August and December) for staff training. We close at 1pm and re-open the following morning. The last one for this year is on Tuesday 4.11.25

Weight management support

As reported in a previous newsletter regarding weight loss injections, we are still unable to prescribe these to a wider cohort of patients.

We can however continue to offer support patients with weight management with help from various local services as well as an online (digital) weight management programme.

Please get in touch if you would like to consider a weight management referral.

PSA testing

A few facts about prostate cancer:

- Prostate cancer is rare under the age of 50
- Prostate cancer is the most common cancer in men in the UK, making up 26% of all male cancer diagnoses
- Prostate cancer covers a spectrum of disease, from slow growing tumours (which are often asymptomatic) to very aggressive tumours
- About 1 in 8 men will get prostate cancer at some point in their life
- Prostate cancer is most common in black men and least common in Asian men
- Transgender women can still suffer with prostate cancer as the prostate is often left behind in gender affirming surgery

The symptoms of prostate cancer include a poor flow of urine, frequently needing to go to the toilet in the day/night and dribbling after you have finished passing urine. Some men also notice that they experience a long wait before passing urine, this is called hesitancy. Sometimes there is an urgent need to get to the toilet, this is called urgency.

Later symptoms of prostate cancer may include bone pain, particularly low back pain as the cancer spreads to the bones locally. Testicular pain, blood in the urine or ejaculate, constipation, stress incontinence or the complete inability to pass urine. Raised lymph nodes, jaundice (yellowing of skin) and sometimes seizures/fits are also late signs of the cancer.

The test used to alert clinicians to the possibility of prostate cancer is called the prostate specific antigen test or PSA for short.

Unfortunately, there is not a national screening programme for prostate cancer, like there is for cervical or bowel cancer for example. This is because the PSA test is not a specific test. In other words, the test is positive in prostate cancer but can also be falsely positive in infection and a condition called BPH (benign prostatic hypertrophy) or overgrowth of the prostate which is very common in men as they age. The PSA test result can also be affected by vigorous exercise, ejaculation, medicines (finasteride/dutasteride), urinary catheters, anal sex, or prostate stimulation.

Therefore, if the PSA test was used as a screening tool, lots of men would have a false positive test, leading to over-investigation and treatment which as you can imagine can be stressful and harmful in some cases.

The PSA test itself cannot distinguish what has caused the rise, so this is the first step in deciding if you need further testing.

The normal values for PSA are listed below, it is normal to have some PSA in your blood.

- For those under 50 the PSA should be under 2.5ng/ml
- For those aged 50-69 the PSA should be under 3ng/ml

- And for those aged 70-79 the PSA should be under 5ng/ml

If you are a male patient, particularly if you are over 50 with symptoms, please book an appointment with us to discuss your symptoms. You will need a more rigorous assessment including a history of your problem, an examination of your prostate, urine, and blood tests.

Listed below are the advantages and disadvantages of PSA testing in men who are 50 and over without symptoms, courtesy of Prostate Cancer UK:

Advantages

- It can pick up prostate cancer before you have symptoms
- It can help pick up a fast-growing tumour earlier meaning that treatment could stop it spreading and causing problems

Disadvantages

- Your PSA level might be raised, even if you don't have prostate cancer. Many men have a raised PSA but not prostate cancer
- The PSA test can miss prostate cancer
- If your PSA level is raised you may need a biopsy. This can cause side effects such as pain, infection, and bleeding. Most men will now be sent for an MRI and will only need a biopsy if an abnormality is found on the scan
- Being diagnosed with a slow-growing prostate cancer that is unlikely to cause any problems or shorten your life may still make you worry and may lead to have treatment that you don't need. Most men with local cancer now have their cancer carefully monitored

instead and only have treatment if the cancer starts to grow

Test results

If we have requested the tests and you don't hear from us regarding your result, you can assume that your result indicated that it was either normal, or that it required no action. Assume no news is good news. You can also view the results online via the NHS app.

There is therefore no need to ring us to check if your result is back, or whether we have looked at it or acted upon it. Additionally there is no need to book an appointment with your doctor or nurse to review your result, unless you have been told you specifically require a further assessment.

We appreciate that on occasion, you might want to know the actual value of a result, for your own peace of mind, or your own records and in this case, feel free to call us, at least two weeks after your test, so that we can let you know the actual reading. We kindly ask that such calls be confined to the afternoons.

Please be aware that if your results could indicate serious disease, we will always call you urgently to either assess you further so please try not to worry.

