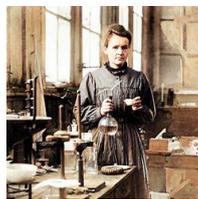


‘Your Practice, Your Voice’ March 2024 Newsletter



Welcome to the March newsletter! On the 8th of this month the World celebrates International Women’s Day. It is a day for celebrating the social, economic, cultural and political achievements of Women, and just as importantly advocating for true Equality in all walks of Life. For further information please visit www.internationalwomensday.com.



Female Pioneers in Medicine:

Marie Curie—a Polish/French physicist and chemist who conducted pioneering research on radioactivity. The first Woman to win a Nobel Peace Prize and the first person to ever win two! Declared the most influential Woman in history, whose legacy continues to this day.



Peseshet, an Egyptian woman from the Old Kingdom, is the earliest recorded female Physician. She held the title of “Lady Overseer” of the female Physicians.



Rosalind Franklin—a British chemist and X-ray crystallographer whose work was central to the understanding of the molecular structures of DNA, RNA and viruses. Her contributions in these fields were not properly acknowledged during her lifetime.

In keeping with International Women’s Day, there are a number of awareness dates to observe this month, which we would like to share:

Ovarian Cancer Awareness: Do you know that 90% of women don't know the four main symptoms of ovarian cancer? Knowing this information could be lifesaving, as an early diagnosis can make all the difference. Share this information with your family and friends. As with all Cancers; early intervention saves lives!



This March, walk for yourself, for a woman you love and for every woman affected by ovarian cancer and we can make ovarian cancer a survivable disease. You could even win a signed England shirt from your Walk in Her Name captain, Beth Mead.

Please visit <https://ovarian.org.uk> for further details!

Please turn over for further March awareness days for everyone!

Contributions & resource details welcome - We would love to hear from you! If there are any subjects you would like to see covered in this newsletter, please email martin_norman@hotmail.co.uk and add “Patients’ Voices” in the subject field.



March 1st : **Endometriosis** impacts 1 in 10 women and those assigned female at birth in the UK, yet so many are still unaware of the condition and its impact. www.endometriosis-uk.org will continue focusing on raising vital awareness of the common symptoms of endometriosis. Improving general public awareness and understanding of the condition ensures that those experiencing symptoms, their friends and family and their healthcare team know to ask 'could it be endometriosis?', leading to more prompt diagnosis and access to care.

March 1st: Self-injury awareness day. SIAD, is a global awareness event celebrated on March 1. This day serves as an opportunity for people across the UK to speak with one voice, raising awareness, reducing stigma, encouraging open conversation and highlight support available. Everyone is encouraged to participate, especially across social media using the hashtag **#SelfHarmAwarenessDay**. www.harmless.org.uk is a very good website with a wide range of resources.



www.mariecurie.org.uk/daffodil

March 1st to March 31st: Marie Curie Great Daffodil Appeal 2024. The Marie Curie Great Daffodil Appeal is an annual fundraising campaign organized by the Marie Curie charity. It involves the sale of daffodil pins and various events to raise funds to support individuals and families living with terminal illnesses.



March 10th: National Women and Girls HIV/AIDS Awareness Day.

The reduction in HIV transmission in England is a success story. There was a 35% reduction in new HIV diagnoses in England between 2014 and 2019. In 2019 an estimated 94% of people living with HIV had been diagnosed, 98% of those diagnosed were on treatment, and 97% of those on treatment having an undetectable viral load. You can find further information and resources at www.medicinesresources.nhs.uk and www.tht.org.uk

Also in March:

- 3rd March **World Hearing Day**. A globally recognized annual event held in March, focusing on raising awareness about hearing loss and promoting ear and hearing care. www.hearingaid.org.uk
- 15th March **World Sleep Day**. A day to celebrate sleep and promote important sleep related issues, raising awareness of the importance of good sleep. <https://worldsleepday.org>
- 12th to 18th March **Nutrition and Hydration Week**. Focusing on the significance of proper nutrition and staying well hydrated. <https://nutritionandhydrationweek.co.uk>

Just a reminder of services that can help when the practice is closed:

- **NHS 111**
- **Herts urgent care: QEII Hospital, Welwyn Garden City**
- **Any of the local pharmacies**

**See you
In April!**