



## "Your Practice, Your Voice" March 2025 Newsletter

**W**elcome to the March newsletter! As I write, the weather is still changeable but does seem to be improving. Any time spent in nature is known to be a boost for mental health, and living in a garden city brings plenty of green space accessible for all. There are regular guided walks around the town focusing on heritage and history, with the additional benefits of physical exercise. Here's hoping for a colourful and sunny spring. Also, wishing those who started observing Ramadan on 28th February, a very happy, peaceful and fulfilling celebration!



### International Women's Day : March 8th

This year's theme is "Accelerate Action", for Women's Equality. The first international Women's day was celebrated in 1911 and has expanded globally ever since. You can find out much more information and order a toolkit at [www.internationalwomensday.com](http://www.internationalwomensday.com). One of the best ways to forge gender equality is to understand what works and to do more of this, faster. **Accelerate Action** is a worldwide call to acknowledge strategies, resources, and activity that positively impact women's advancement, and to support and elevate their implementation. **#IWD2025 #AccelerateAction**

#### Health awareness March 2025

**Endometriosis:** occurs when cells similar to the ones in the lining of the womb (uterus) are found elsewhere in the body. These cells can grow and change in response to hormones in the menstrual cycle, this can cause inflammation, pain & scar tissue. Endometriosis is most commonly found on the lining of the pelvis (peritoneum) and may occur in the ovaries and involve other pelvic organs, like the bowel or bladder. Less commonly, endometriosis can also be found outside the pelvis, such as in the chest. Endometriosis affects 10% of women and those assigned female at birth from puberty to menopause, although the impact may be felt for life. In the UK, that's over 1.5 million from all races and ethnicities living with the condition. [www.endometriosis-uk.org](http://www.endometriosis-uk.org) is a very comprehensive website and contains a symptoms checker.

**Significant barriers to gender equality remain, yet with the right action and support, positive progress can be made for women everywhere.**

#### Ovarian Cancer Awareness.



Currently only 3 in 10 women diagnosed with ovarian cancer live beyond 10 years. With 7500 women receiving an ovarian cancer diagnosis in the UK each year, it is vital to make faster progress to reach a vision of ovarian cancer being survivable for all women. Please do take up any screening invitations; early intervention can make a massive difference.

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### More Awareness days and themes for March



**Self injury awareness day** takes place on the 1st of March every year. It's a day dedicated to breaking down the stigma around self-harm and to increasing understanding and empathy towards those who struggle with it.

**National Nutrition Month** takes place in March every year to focus on the importance of making informed food choices and developing sound eating and physical activity habits. This also ties in with Nutrition and Hydration week **17th to 23rd March**. Go to [www.nutritionandhydrationweek.co.uk](http://www.nutritionandhydrationweek.co.uk) for more information.



**Zero Discrimination Day:** takes place on the 1st of March each year, for people everywhere to promote and celebrate everyone's right to live a full life with dignity—no matter what they look like, where they come from, who they love, or any other distinction.



**Prostate Cancer awareness month:** get ready to "March the Month! 1 in 8 men get prostate cancer, and the risks can almost double amongst the BAME community. Visit [www.prostatecanceruk.org](http://www.prostatecanceruk.org) to find out more.



**Colon Cancer awareness month:** Colorectal cancer, also known as cancer of the colon, rectum, or bowel, is the **fourth most common cancer in the UK**. Almost 42,000 new cases are diagnosed each year. The cancer is more common in people over the age of 60. If caught in the early stages, there is a greater than 90% chance of a cure. The five year survival rate is almost 60%.

[www.bowelcanceruk.org.uk](http://www.bowelcanceruk.org.uk) is a very comprehensive website with a wealth of resources.



**Brain Tumour awareness month:** a vital initiative aimed at shedding light on the challenges faced by those affected by brain tumours.

**Appointments.** If you are unable to attend a scheduled appointment please try and let the practice know as soon as possible by calling **01707 321500** and pressing **option 2** when prompted. **"Did not attend"** or **DNA's** continue to be an issue and do cost the NHS.



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

- **NHS 111** For both physical & mental health issues
- **Herts urgent care: QEII Hospital, Welwyn Garden City**
- **Any of the local pharmacies**

**See you in April!**

**Remember:** Awareness and early intervention! Take care.

