Migraine

Newsletter Peel Park Surgery September

**A migraine is usually a moderate or severe headache felt as a throbbing pain on one side of the head.** Many people also have symptoms such as nausea, vomiting and increased sensitivity to light or sound. There are several types of migraine, including:

* **migraine** **with aura** – where there are specific warning signs just before the migraine begins, such as seeing flashing lights. There's no cure for migraines, but a number of treatments are available to help reduce the symptoms. These include:
* **painkillers** ,**triptans**  and **anti-emetics** . Some people find migraine attacks are associated with certain **triggers,** which can include: starting their period, stress, tiredness, certain foods or drinks.
* You should **call 999** if slurred or garbled speech, blinding pain unlike anything experienced before, headache along with a high temperature (fever), stiff neck, mental confusion, seizures, [double vision](https://www.nhs.uk/conditions/double-vision/) and a rash.

Prostate Cancer

**Prostate cancer is the most common cancer in men in the UK. It usually develops slowly, so there may be no signs for many years.**

Symptoms of prostate cancer can include: needing to pee more frequently, often during the night, needing to rush to the toilet, difficulty in starting to pee (hesitancy), straining or taking a long time while peeing, weak flow, feeling that your bladder has not emptied fully, [blood in urine](https://www.nhs.uk/conditions/blood-in-urine/) or [blood in semen](https://www.nhs.uk/conditions/blood-in-semen/).

Your doctor is likely to: ask for a urine sample to check for infection, take a blood sample to test your level of prostate-specific antigen (PSA) – called [PSA testing](https://www.nhs.uk/conditions/prostate-cancer/psa-testing/), examine your prostate by inserting a gloved finger into your bottom – called [digital rectal examination](https://www.nhs.uk/conditions/rectal-examination/)

**Treatment for prostate cancer will depend on your individual circumstances. For many men with prostate cancer, no treatment will be necessary**