HERSCHEL MEDICAL CENTRE

PATIENT HEALTH NEWSLETTER

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THE PERSON BEHIND THE TELESCOPE

Movember & Carers Rights Day — checking in on the men in your life, and the people who care for them

🔭 CAROLINE'S NIGHT SKY, TWO CENTURIES AGO

When people picture the Herschel story, they picture William at the telescope. What's often left out is his sister Caroline — up beside him on the coldest nights, recording readings, grinding lenses, running the calculations, and eventually discovering eight comets of her own. Without her steady, unglamorous support, William's observations would have been far harder to keep going. This November, we're thinking about that same balance. Movember asks us to check in on the men we know, many of whom go quiet under pressure rather than ask for help. Carers Rights Day (19 November) reminds us that the people supporting someone else's health need looking after too — often while quietly managing their own.

WHY THIS MONTH MATTERS

- **Prostate cancer is the most commonly diagnosed cancer in men in the UK** — early detection through a simple blood test makes a real difference to outcomes.
- **Testicular cancer is the most common cancer in young men**, typically affecting those aged 15–49 — regular self-checks help catch changes early, when treatment works best.
- Suicide remains **the leading cause of death in men under 50** in the UK, with men accounting for around three-quarters of all suicides — talking early saves lives.
- Around **23% of men avoid seeing a GP altogether** due to embarrassment — whatever's on your mind or body, we've heard it before and we're here to help, not judge.
- **Nearly 1 in 10 people in England is an unpaid carer** — looking after a partner, parent, friend or child — and many don't think of themselves as "carers," which means they miss out on support they're entitled to.
- Every day, **around 12,000 people in the UK become unpaid carers** — often with little warning and little idea of what support is available.

YOUR MISSION, HERSCHEL-STYLE

Whether you're the one who needs checking on, or the one quietly doing the checking-in, this month is for you too:

- **Get into the habit of checking yourself** — for testicular changes or anything that feels different, don't wait it out, book in and let us take a look.
- **If you notice urinary changes or other symptoms that concern you, come and talk to us** — we'll assess what's going on and advise on next steps together.
- **If you're struggling, tell someone — or tell us** — GP appointments cover mental health just as much as physical health, and asking early makes the biggest difference.
- **If you care for someone unpaid, register as a carer with us** at reception or via the NHS App's new MyCarer feature — this can unlock a free flu jab and priority support.
- **Ask your local council about a Carer's Assessment** — you're entitled to support in your own right, not just as an extension of someone else's care.

Every discovery has someone behind it. This month, we see you too.

Book a men's health check or register as a carer today — at reception or via the NHS App — Herschel Surgery, Slough

Sources: Movember UK; Carers UK, "Carers Rights Day"; GOV.UK — for general information only, not a substitute for personalised medical advice.