

## Are you OK?



### **Suicide rates within New Zealand are increasing at a rapid rate. It is a National problem.**

Hawkes Bay alone has devastatingly high suicide rates, with the East Coast having the highest rate in New Zealand.

Our whanau, our community our nation need us! Ask your loved ones the hard questions. Don't assume "they'll be OK".

If you need help, asking for help is OK! Asking for help can be daunting, but asking is your first step to getting the help you need.

Talk to anyone, talk to everyone, the more people that know the more support you can get!

Never give up! Our team at The Doctors are always here to listen, so if you can't talk to whanau or friends, talk to us!

### **How can I access help?**

If you are feeling suicidal or have concerns that someone is suicidal, we treat this as a matter of urgency. Call our clinic and ask to speak to a nurse or GP urgently. You do not have to go into detail with our call centre/front desk staff, simply just let them know your matter is urgent.

Alternatively, you can present into our Napier clinic, 30 Munroe Street and ask to be seen urgently, you will be seen as a priority.

### **I can't afford to see my doctor but I need help?**

Never let the cost of a consultation stop you from accessing help. We have access to different funding streams when cost is a barrier. In particular for mental health issues, which may mean your visit is partially or fully funded. If we cannot access funding for you, and it is a mental health or medical emergency it is our policy to see you regardless of whether payment can be made or not.

### **Where else can I get help?**

- ✚ 0800 112 334 Emergency Mental Health Service (Crisis Team)
- ✚ 06 8788109 – Hawkes Bay Hospital – Community Mental Health
- ✚ Free call or txt 1737 any time for support from a trained counsellor
- ✚ 0508 828 866 – Suicide Crisis Helpline
- ✚ 0800 543 354 – Lifeline
- ✚ 0800 787 984 – Youthline
- ✚ 0800 611 116 – Healthline

## #GOBLUEFOROURBOYS

### **Prostate Cancer Awareness**

On the 16<sup>th</sup> of this month our staff here at The Doctors are having a Blue Do for our boys, to raise awareness for Prostate Cancer.

Every year around 3,000 men are diagnosed with prostate cancer in New Zealand and more than 600 will die. That's about the same number of women who die from breast cancer.

Early detection is key. With one in eight men getting prostate cancer, early diagnosis and effective treatment saves lives. Don't wait for symptoms, many men don't have them when they are first diagnosed. Mostly, men don't know how dangerous this disease is, they don't talk to their doctor about



it, their doctor doesn't talk to them about it, or they simply don't know they may have it as they have no symptoms and don't feel unwell.

## Breast health check saves lives

Breast cancer is the most common cancer that affects women in New Zealand and the risk increases as women get older.

For this reason, every Kiwi woman between the ages of 45-69 with no symptoms of breast cancer can have a free mammogram every two years with BreastScreen Aotearoa (BSA).

It is vital women attend breast screening appointments. Although screening does not prevent cancer developing, there is a good chance of recovery if it is detected in its early stages.

A mammogram is a low dose x-ray of the breast area that can show changes before they can be felt.

During the screening, the breast two views are usually taken of each breast – one from the side and one from above.

The images are then reviewed by two radiologists, a report is written and the woman is notified of the results.

With the woman's consent the report is sent to her doctor.

If no cancer is found the woman is invited to come for another mammogram in two years.

If there are any abnormal findings, the woman is recalled for further investigations.

A call back doesn't mean you definitely have cancer. Sometimes the mammogram results are not clear enough to read and need to be repeated.

If you do have breast symptoms that you are worried about, don't wait until your next mammogram appointment.



Always be alert for new lumps or thickened tissue, changes in nipple or breast shape or size, and unusual pain which won't go away.

If you notice any of these breast changes, it is very important that you see your doctor or practice nurse straight away.

Talk to your doctor or nurse about registering for BSA mammograms and for more information go to [www.timetoscreen.co.nz](http://www.timetoscreen.co.nz).

