



What is an NHS Health Check?

The NHS Health Check is a health check-up for adults aged 40 to 74. It's designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia. As we get older, we have a higher risk of developing one of these conditions. An NHS Health Check helps find ways to lower this risk.

How do I get an NHS Health Check?

If you're in the 40 to 74 age group without a pre-existing condition, you will receive a text message from us inviting you for a free NHS Health Check. Call us on **0208 530 4108** to book your appointment

Am I eligible for an NHS Health Check?

The check is for people who are aged 40 to 74 who **do not** have any of the following pre-existing conditions:

- heart disease
- chronic kidney disease
- diabetes
- high blood pressure (hypertension)
- atrial fibrillation
- transient ischaemic attack
- inherited high cholesterol (familial hypercholesterolemia)
- heart failure
- peripheral arterial disease
- stroke
- currently being prescribed statins to lower cholesterol

You should have regular check-ups if you have one of the above conditions.

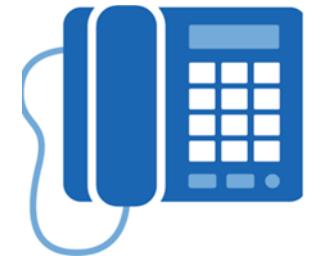
Help us to help you – give us a call!

When we contact you to arrange appointments that will benefit your health,

PLEASE RESPOND!

If we contact you about your:-

- Asthma review
- Diabetic review
- Medication review
- Health check
- Cervical screening
- Blood Pressure check



GIVE US A CALL!

Be involved in your own care. Evidence tells us that when patients are actively involved in their own care, they stay well and manage their conditions better. We want to help you to improve your health and give you the best opportunity to lead the life that you want.

Who's who!

Dr Alexandra Chesworth
MBBS MRCGP DRCOG DFFP

Dr Chesworth graduated from Charing Cross and Westminster Medical School in 1991. She completed her GP training in London. She also worked for some years in Sexual Health at Kingston Hospital. Dr Chesworth continues to be particularly interested in sexual health and women's health care.





Ovarian Cancer Awareness Month

Do you know the symptoms?



Ovarian cancer can be difficult to detect in its early stages, due to many of its symptoms being associated with other, much less serious illnesses such as irritable bowel syndrome. If left undiagnosed and untreated, however, ovarian cancer can become more serious over time.

Ovarian cancer has four main symptoms:

- Persistent stomach pain
- Persistent bloating
- Difficulty eating/feeling full more quickly
- Needing to wee more frequently

If your symptoms are:

- Persistent
- Severe
- Frequent
- Out of the ordinary

Make an appointment with your GP. Keep a record of the symptoms you are experiencing and have your notes to hand when you speak to your doctor, to help them make a diagnosis.

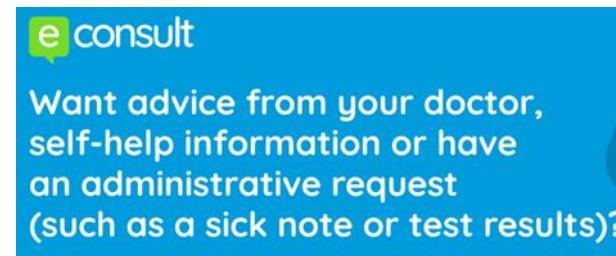
Fit Notes – Med 3 Certificate

Your healthcare professional will only give you a fit note if your health affects your fitness for work. **If you are fit for work, you do not need a fit note.** You also do not need one if you are off sick for 7 calendar days or less, because **you can self-certify** your leave for this time.

For more information:

www.gov.uk/government/publications/the-fit-note-a-guide-for-patients-and-employees

To request a fit note, please use e-consult. Go to www.theshrubberies.medicalcentre.co.uk and click the Online Services tab.



A couple of facts

Between 1 February and 28 February **108** patients did not attend (DNA)

If you are unable to keep your appointment, please make every effort to cancel it so that it may be offered to someone else.

Between 1 February and 28 February, we booked **2,708** appointments!