

Headstone

Lane Medical

Centre

February

Newsletter

# NHS

We are excited to introduce our new Practice Manager, Arbra Elezaj, who has recently joined our team. Arbra brings a wealth of experience from her previous roles within the NHS and various GP practices. Having worked as a Healthcare Assistant, Receptionist, GP Assistant, and Deputy Manager, she is well-versed in the inner workings of primary care. We are confident that her knowledge and dedication will help us continue to provide excellent service to all of our patients.

Diabetes is a condition where your body has trouble managing blood sugar levels. This can happen when your body doesn't produce enough insulin or can't use it properly. Over time, high blood sugar can lead to serious health problems, such as heart disease, nerve damage, and kidney issues. But with the right care, including healthy eating, regular exercise, and monitoring your blood sugar, you can manage diabetes and live a full, active life. It's important to work closely with your healthcare team to create a plan that works for you.



**Welcome to our February edition of Headstone Lane Medical Centre newsletter! We hope you are all staying safe and healthy during the winter months.**

The cervical smear test, is an important screening that helps detect early signs of cervical cancer, often before symptoms appear. It can identify abnormal cell changes caused by human papillomavirus (HPV), which can develop into cancer if left untreated. Having regular smear tests is one of the most effective ways to protect your health and catch potential issues early, when they are easier to treat. If you're due for your smear test, it's important to go to your GP practice as scheduled. It's a quick, simple procedure that can make a big difference in your long-term health.

Public Health  
England

NHS

Remember  
to book  
cervical  
screening!

**Cervical screening  
can stop cancer  
before it starts**

CERVICAL  
SCREENING  
SAVES  
LIVES



# Newsletter

## **1. Important Reminders for Your Health**

### **Diabetic Foot Checks**

If you have diabetes, it's essential to have regular foot checks to prevent complications like infections and poor circulation. If you've been invited for a diabetic foot check, please make sure you attend—this simple check could help avoid serious issues down the road.

### **Cervical Smear Tests**

It's cervical screening season! Regular smear tests are crucial for detecting early signs of cervical cancer. If you're due for your test, please book an appointment with us. The test is quick, easy, and could save your life.

## **2. New Services and Updates**

### **Flu Vaccinations**

Flu season is still here! If you haven't yet had your flu vaccination, there's still time to protect yourself. Our practice offers flu shots—please get in touch to arrange your appointment.

### **Extended Hours for Appointments**

We offer extended hours for consultations to better accommodate your schedule. Whether you need an early morning or evening appointment, we've got you covered.

## **3. Health Tips for the Winter Months**

- Stay warm and layer up during the cold weather to protect against flu and cold-related illnesses.
- Make sure to stay active, even in winter! Short walks, indoor exercises, and stretching can keep you feeling good.
- Don't forget to drink plenty of water and eat nutritious, vitamin-rich foods to help boost your immune system.

## **4. Stay in Touch**

We're here for you! If you have any questions, need advice, or wish to book an appointment, please don't hesitate to contact us by phone or through our online booking system.

