

Budbrooke Medical Centre



February 2025

Annual Reviews & Annual Blood Tests:

You may have been contacted by the practice to book an annual review and/or an annual blood test. It is vital to ensure that you book and attend these appointments to get the best patient care at our practice and prioritise your health.

It is also best practice to keep your medical records up to date with providing the practice with updates such as recent blood pressure readings or whether your drinking or smoking habits have recently changes.

Our friendly and helpful reception team can update your records accordingly, for example, if you have quit smoking, you can give us a call and we can add this to your medical records.

If you feel you should have had an annual review or an annual blood test but have not been contacted for this, please give us a call on 01926 403 800 and our team will be happy to investigate this for you.

We Need YOU, Join Our PPG Today:

Do you want to voice your opinion on patient satisfaction and how to best improve this? The Patient Participation Group are looking to recruit new members. Anyone can join but we particularly would like to seek 45 and under as we currently don't have this cohort represented in the PPG. This would provide a different perspective on how to explore new avenues the practice can take for patients, how to best improve patient care, and what they would like to see the practice improve in or participate in.

If you are interested, please send an email to budbrookemedicalcentre@nhs.net

Contact Details for Budbrooke MC:

Telephone: 01926 403 800

Email (All Enquires): budbrookemedicalcentre@nhs.net

Email (Medication): dispensary@budbrookemc.nhs.uk

IN THE EVENT OF AN EMERGENCY RING 999

FOR OUT OF HOURS PLEASE RING 111

Who can you see this month?

Nurse/HCA:

Sally Bell
Ruth Mullineux
Lisa Northall



Additional Staff

First Contact Physio - Joanna Smith - Every Thursday
Clinical Pharmacist - Furhan Ansari
MIND Practitioner - Esme Blackshaw - Every Tuesday
Social Prescriber - Tracey Bugg

GP:

Dr Henry White
Dr Vu Ha
Dr Lisa Dishman
Dr Henk Mulder
Dr Muhharib
Dr Gadsdon
Dr Jonathan Curtis (Registrar)

Health Dates Feb-25:

National Heart Month

4 February: World Cancer Day

4 February: Lung Leavin Day

3-9 February: Tinnitus Awareness Week

3-9 February: Children's Mental Health Week

3-9 February: Sexual Abuse & Sexual Violence Awareness Week

10 February: International Epilepsy Day

17 February: Random Acts of Kindness Day

24-2 March: Eating Disorders Awareness Week



Let's Talk About Smears...

What is a Cervical Screening?

All women aged 25 to 64 are invited by letter to cervical screening to check the health of their cervix. Cervical screening used to be called a smear test. Cervical screening checks the health of your cervix and helps find any abnormal changes before they can turn into cancer. It's not a test for cancer; it's a test to help prevent cancer.

Cervical screening checks a sample of cells from your cervix for certain types of human papillomavirus (HPV). These types of HPV can cause abnormal changes to the cells in your cervix and are called "high risk" types of HPV. If high risk types of HPV are found during screening, the sample of cells is also checked for abnormal cell changes.

If abnormal cells are found, they can be treated so they do not get a chance to turn into cervical cancer. You should still consider taking part in cervical screening if you've had the HPV vaccine.

What is HPV?

HPV is the name for a very common group of viruses. Most people will get some type of HPV during their lives, in fact, around 4 in 5 men and women will have HPV at some point in their lives. It's very common and nothing to feel ashamed or embarrassed about. You can get HPV from any kind of skin-to-skin contact of the genital area, not just from penetrative sex. Many people become infected with HPV shortly after becoming sexually active, and the virus has no symptoms.

Some types of high-risk types of HPV can cause cervical cancer. In most cases your body will get rid of HPV without it causing any problems. But sometimes HPV can stay in your body for a long time. If high risk types of HPV stay in your body, they can cause changes to the cells in your cervix. These changes may become cervical cancer if not treated.

What support we can provide prior, during and after your smear:

It is quite normal and common for people to feel nervous about attending a smear appointment and can be slightly uncomfortable. Here at the practice, nurses are willing to discuss the procedure with you prior to your appointment, so you are aware of what to expect. Alternatively, there is a national service called 'Eve Appeal' who offer more information and support about going for cervical screening. Their helpline is: 0808 802 0019 or visit their website on www.eveappeal.org.uk