

NEWSLETTER

PRODUCED BY THE PATIENT PARTICIPATION GROUP FOR SALTSCAR SURGERY

September 8th to 14th

Know your Numbers!



1 in 9 Adults in the UK has High Blood Pressure – but does not know it

High blood pressure usually has no symptoms which is why many people do not know they have it. The only way to find out if you have high blood pressure is to have regular checks

Why is my blood pressure so important?

High blood pressure increases your risk of having a stroke or heart attack. It is also a risk factor for kidney disease, dementia and other illnesses. By lowering your blood pressure with lifestyle changes or medication you can lower your risk.

What do the numbers mean?

When you have your blood pressure measured it is written like this:

140/90mmHg, which is said "140 over 90". The first number is your SYSTOLIC pressure, when your heart pushes blood round your body. The second is the DIASTOLIC, when your heart relaxes.

A healthy blood pressure is 120/80 or less. You should aim to get your blood pressure to this level.

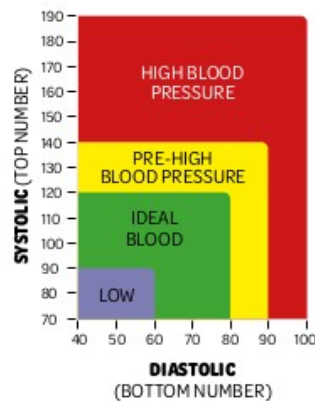
However, it is possible to have a one-off high reading and a proper diagnosis can only be given by a doctor.

You can lower your blood pressure

Everyone can lower their blood pressure by making a few simple lifestyle changes.

- Eat less salt
- Eat more fruit and vegetables
- Drink alcohol in moderation
- Lose weight if you need to
- Be active
- Medication

Some people will also need to take medication prescribed by their doctor. Modern medicines are usually very effective at reducing your blood pressure



Flu Clinics in September, October and November

Eligibility



Pregnant women

All children aged 2 or 3 years on 31 August 2025

Primary school aged children (from Reception to Year 6) - **will be done at school by school nursing team**

Secondary school aged children (from Year 7 to Year 11) - **will be done at school by school nursing team**

All children in clinical risk groups aged from 6 months to less than 18 years

Those aged 65 years and over

Those aged 18 years to under 65 years in clinical risk groups

Those in long-stay residential care homes

Carers in receipt of carer's allowance, or those who are the main carer of an elderly or disabled person

Close contacts of immunocompromised individuals

Frontline workers in a social care setting without an employer led occupational health scheme, those that are employed by those who receive direct payments (personal budgets) or Personal Health budgets, such as Personal Assistants

Sat flu clinic

Under 65 - 4th October

Over 65 - 11th October & 18th October

Mop up Any age clinic - 1st November

Other clinics

Pregnant women - 10th Sept

Under 18 flu week various dates - w.c 6th October

Those eligible for covid boosters will be offered covid boosters at their FLU appointment (if stock available)

For appointments and repeat prescriptions, visit: www.saltscarsurgery.nhs.uk

Changes to Cervical Screening from 1st July 2025

What is changing?

At the moment in England, if you are aged 25-49 years you are routinely invited for cervical screening every 3 years.

Why are cervical screening intervals changing?

The Human Papillomavirus (HPV) causes nearly all cervical cancers. We now use a test which is more sensitive and accurate than the previous method (smear test) to look for HPV in your sample.

If you test negative for HPV you are extremely unlikely to go on to develop cervical cancer within the next 10 years and the screening test will change from **3 to 5** years.

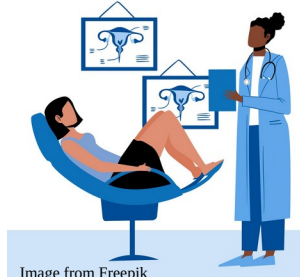


Image from Freepik

When is this change happening?

This is happening from 1st July 2025 – so anyone who is screened **on or after this date**, and tests negative for HPV, will move to 5 yearly screening unless previous screening history suggests they should be screened more regularly. If you are being screened **before 1 July 2025** and test negative for HPV, you will stay on the current 3 yearly recall until you're next due a screen in 3 years' time.

Will everyone move onto this new 5 yearly screening pathway automatically?

No. Next test due dates will not be changed retrospectively; you will be invited at the interval in which you were advised of at the time of your last test.

So will everyone aged 25-49 move to a 5 year screening if they test negative after 1 July?

No, not everyone. If your test result is negative but your last test (taken within the last 5 years) showed an HPV positive result, you will still be invited for screening in 3 years time so that your HPV status can continue to be monitored. If you test negative for HPV at that next test, then you'll move to 5 year screening.

What happens if I test positive for HPV?

It's important to remember that having HPV does not mean that you have or will develop cervical cancer. It is a common virus that most people will have at some point in their life without knowing, and which usually goes away on its own. If HPV is found in your sample and there are no cell changes, you are invited for screening again in 1 year. If cell changes are found alongside HPV, you are referred directly to a hospital clinic for a colposcopy to check the cervix more closely. Further follow up and treatment will depend on the colposcopy findings.

What happens if I test negative for HPV?

For most people, their screening result is normal, with no HPV detected, and you will be due another test in 5 years time.

How to register for the NHS APP Installing the App

1 Open the App Store or Google Play.

2. Search for 'NHS App'.

3. Install the app.

Registering

If you already have an NHS login account for other apps and websites you can use the same email address and password to log in.

To create an NHS login account, you must be aged 13 or over and have an email address and phone number:

- 1 Enter your email address and select **Continue**.
2. Choose a password.
3. Accept the NHS login terms and conditions.
- 4 We will email you a security code. Enter this code in the NHS App to confirm your email address.
- 5 Enter your mobile phone number and select **Continue**.
- 6 We will send you another security code in a text message. Enter this code in the NHS App to confirm your mobile phone number.
- 7 If you have entered the correct codes, you can access the NHS App.

You will now have an NHS login.



Organ Donation Week is September 22nd to 28th

In England, the organ donation law changed on May 20, 2020, introducing an "opt-out" system for organ donation. This means that adults in England are considered potential organ donors after their death unless they have registered to opt out or are excluded from the new system.

To find out more, and confirm your support for organ donation, visit the website

<https://www.organdonation.nhs.uk/register-your-decision/> call 0300 123 23 23 or use the NHS app.

**100,000 lives have been saved in the UK
by organ donation in the last 30 years**



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