

DR KHUROO'S PRACTICE

NEWSLETTER

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NHS

CERVICAL CANCER

Cervical screening is one of the best ways to protect yourself from cancer.

The poster features an NHS logo in the top right corner. The main title 'CERVICAL CANCER' is written in large, bold, white letters. Below the title, there are three stylized illustrations of women: one sitting on the ground, one sitting on a chair, and one standing. At the bottom right, there is an illustration of a woman holding a large pink heart. The background is a light purple color.

SINCE MARCH 2026, WE HAVE HAD...

- 965 GP Appointments
- 658 Nurse Appointments
- 87 Pharmacy Referrals
- 104 Online Appointment Requests
- 156 Did Not Attend their Appointments

If you don't need your appointment, let us know! Someone else who is in need of urgent assistance may need it.

Scan the QR code to contact us!



CERVICAL CANCER SCREENING!

Are you aged between 25 - 64? You may be due for your smear test.

It's a screening to check the health of the cervix (the opening to your womb from your vagina). Small sample of cells are collected and tested for certain types of HPV (human papillomavirus).

We know it can be a daunting experience having this done, but a cervical screening ensures we help identify and help prevent cancer. In the UK, the rates are often higher for females aged 30 to 34, which are often gone unchecked.

Speak to our friendly reception team to see if you eligible and book one in with the practice nurse!

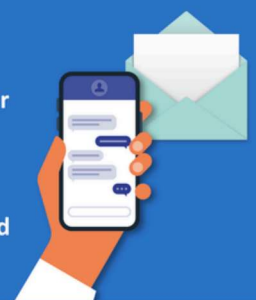
COVID Spring Booster Campaign

NHS

Adults aged 75 years and over

Residents in care homes for older adults

Individuals aged 6 months and over who are immunosuppressed



COVID BOOSTER

Are you aged 75 and over, aged 6 months and over with a weakened immune system? Get you Spring COVID Booster today!

Protection from previous doses or infections fades over time. Viruses can change too. Getting this extra dose:

- Reduces your risk of getting very poorly
- Helps you recover faster if you do catch it
- Reduces the chance of needing to go to hospital.

Contact the surgery today to get you jab booked!

Bowel cancer



Blood in your poo, which may look red or black



Changes in your poo, such as having diarrhoea or constipation



Needing to poo more or less often



Often feeling like you need to poo



Bleeding from your bottom



Feeling tired for no reason



Losing weight without trying



Tummy pain or bloating



Contact your GP practice if you have any of these symptoms for **3 weeks or more**

BOWEL CANCER SCREENING

Are you aged between 50 and 74?

Bowel cancer screening uses a test called faecal immunochemical test (FIT) which checks the poo for signs of blood. It can also detect precancerous polyps and early-stage colorectal cancer, improving prevention and treatment outcomes.

It's a breakthrough test which helps us find the second biggest cancer killer. This is treatable and curable especially if diagnosed early on.

54% of bowel cancer cases are preventable and 53.9% survive bowel cancer for 10 or more years (2018).

It's not too late! Contact your GP today to find out more information.

MENTAL HEALTH

Did you know we have our in-house Mental Health Practitioner's (MHPs).

These individuals help are trained to support patients in the local community with emotional, behavioural and psychological challenges.

This is a non-referral needed appointment and they are there to help and listen to you.

We understand the need to ensure every patient has a strong connection with their GP in every situation, but having a MHP there as well by your side, ensures you're receiving the best care with someone who you can reach out to at times.

Call our reception team to enquire about MHP's and book an appointment in with them today.

MENTAL HEALTH



PRESCRIPTIONS

Please note, we NO longer take prescription requests over the phone*.

The best way to request your repeat medications is to:

- Use our online dedicated prescription service
- Email us on drkhuroo.practice@nhs.net with your details
- Pop into reception and request there.

Please note our policy is to issue your medications within 48 hours - it is the patient's responsibility to request their medications in a timely manner.

*unless pre arranged with the GP