



WESTBURY GROUP PRACTICE

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Winter 2017 Newsletter

Online Services



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GP online services

You can now book appointments, order repeat prescriptions and even access your GP records online. It's quick, easy and your information is secure.

Register for online services at your GP surgery or to find out more visit nhs.uk/GPonlineservices



Just like online banking, you can look at your GP records on a computer, a tablet or a smartphone. To sign up for Online Services you'll need to visit us and bring some ID too.

Adverse Weather

Please be reminded that frost, snow and ice can all make for difficult driving conditions and leave pavements slippery under foot. We take extra steps to ensure that our sites are as safe as possible by monitoring the forecast and gritting the car parks and walkways in the evening and again early morning when these conditions are expected. However, please take extra care to prevent slips and falls when out and about this winter.

White Horse Aesthetic Clinic

Looking for cosmetic procedures in Wiltshire? Our range of cosmetic facial treatments could be the answer. We can help roll back the years giving you back a youthful, natural look. Contact us today;

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- Skin Rejuvenation



Staff News

We've recently been fortunate to recruit a number of clinical and non clinical staff recently, we hope you will join us in making them feel welcome to the practice.

Dr. Adi Burch, Dr. Anna Rozycka, Nurse Joanna Hall, Nurse Alison Howard, Nurse Rachel Walters
HCA Lara Robson, HCA Lauren Foskett, Receptionists Chloe and Kay, Stock Controller Kevin



Dawn White, Jackie Bull and Pauline Rice have sadly left the practice in the last few months.

The Importance of Cervical Smears – Sister Julia Office (Women's Health)

Smear tests prevent against 75% of cervical cancers, yet 1 in 4 women don't attend. In 2016 only 75.07% of 29-49 year olds attended the White Horse Health Centre for a smear and only 75.68% of 50-64 year olds. If you are a woman over the age of 25, you will most likely have been invited to take a cervical screening test, also known as the smear test. These tests are carried out to determine if abnormal cells are present in a woman's cervix.

Smear tests are quick and pain-free, using only a small brush to remove cells from the neck of the cervix, which is then examined to detect any changes. If irregular cells are left untreated or ignored, they could potentially develop into cervical cancer.

It is important to note that smear tests are used to help prevent cervical cancer, rather than diagnose it. Cervical cancer does not develop suddenly, out of the blue, but cervical cells will change progressively over time. This is why regular cervical screenings, at least once every three years, are highly recommended for all women between the ages of 25-49. Women between the ages of 50-64 should get screened at least once every five years.

Tests are designed to identify the smallest mutation. These will typically be categorised as pre-cancerous, before any serious complications arise in the cervix. More than 3,000 women are diagnosed with cervical cancer each year in the UK. According to Cancer Research, the peak age group for incidences of cervical cancer is in those aged 25-29. It is therefore shocking to learn that one-fifth of young women think a cervical smear test constitutes an unnecessary health check. The importance of regular smear testing is vital particularly young women, who are the highest risk group but also seem to be the most reluctant. A cervical screening is a simple, painless 5-10 minute procedure which can save your life.
