Highgate Medical Centre

April 2024

A close-up of a sign

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Hypertension (High blood pressure)

The new ‘Get your blood pressure checked’ campaign has recently launched.

The only way to know if you have high blood pressure is to get a blood pressure test to lower your risk of a fatal heart attack, stroke, kidney disease or vascular dementia. The campaign encourages all adults aged 40 and over to get a blood pressure check. It’s a free, simple and a non-invasive procedure conducted in privacy at your local pharmacy, and you don’t need to book in advance.

**NHS Pharmacy First**

You can now visit your local pharmacy for treatment for the below conditions:

* Urinary tract infection (Women aged 16-64)
* Shingles
* Impetigo
* Infected insect bites
* Acute sore throat
* Acute sinusitis
* Acute otitis media

**NHS APP**

The NHS App allows you to access a range of NHS Services, this includes ordering your repeat medication and viewing your medical records. You can download the NHS App on your smartphone or tablet. Please visit the link below

https://www.nhs.uk/nhs-app/

**May Bank holidays**

The surgery will be closed on Monday 6th May and Monday 27th May 2024.

If you need medical assistance when we are closed, please call **NHS 111, 999 for medical emergencies or visit the Urgent Care Centre, Hospital Way, Loughborough, LE12 5JY. Tel 01509 568800**

A poster of a person with a yellow jacket

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Friends and Family Test Feedback (FFT)

Each week we send out feedback questionnaires to a random selection of patients. If you receive this questionnaire, we would be very grateful for your response so we can understand what we are doing well and where we can improve. A selection of last month’s feedback can be found below:

* Very helpful and always try to accommodate
* Very helpful, kind and knowledgeable staff, quick response, easy to book appointments
* Polite, caring service from all working within the Practice.
* The staff work together as a team and always manage to get appointments or telephone consultations

All of our FFT feedback can be found on our practice website - https://www.highgatemedicalcentre.co.uk/