

Issue 1
August 2018

NEWSLETTER GOSSOMS END SURGERY

**2018 DROP IN
FLU CLINIC!**

Saturday 29th Sept

10am – 1pm

**OPENING
TIMES:**

Reception:

**Monday to Friday
8:00am-6:30pm**

**Nurse late night
surgery Tuesday
6pm to 7.30pm**



**OUT OF HOURS
CARE:**

**Call 111 or contact
reception to make
an appointment
with an out-of-hours
GP based in Tring.**

Phone:

01442 866148

Address:

**Victory Rd, Berkhamsted
HP4 1DL**

Our Services

Welcome to Gossoms End Surgery. We are the smallest practice in Berkhamsted, and as a result we aim to provide a very personal service to our patients.

We have a modern purpose-built surgery and offer a comprehensive health promotion and disease management service to our patients, and in addition can offer minor surgery to our patients as part of our total care approach. We also provide lifestyle advice to patients to enable them to manage their own health more effectively.

On Line Services

The easiest option is to register for online services is via the Patient Access Website. Just come to reception with a photo ID and we will provide you with the relevant information to enable you to get started! The app is available for Android and Apple devices as well as your PC. On line you can book appointments, request repeat prescriptions and request access to your medical records.



Are you a Diabetic?

We are running Diabetic Review Care Clinics throughout the summer. If you have not already booked into a clinic, please call us so that we can arrange for you to be reviewed by Jackie, our Practice Nurse.

These reviews are critical in helping you to remain healthy as early stages of complications from diabetes can occur without your knowledge.

You'll wax your bikini line ...but you won't get a Smear!

Cervical Smear Screening

Cervical Screening used to be called a smear test. Do you know that women aged 25 – 49 years of age should attend for a cervical smear every 3 years? Women aged 50 – 64 years of age should attend every 5 years.

For many women an invitation is met with mixed emotions as screening test can be uncomfortable, embarrassing or (less common) they may suffer pain during the test. However, there are many positive reasons as to why these tests are undertaken.

So what is cervical screening?

A cervical screening test (previously known as a smear test) is a method of detecting abnormal cells on the cervix. The cervix is the entrance to the womb from the vagina. Detecting and removing abnormal cervical cells can prevent cervical cancer.

What cervical screening actually does is to highlight abnormalities that, if left, might develop into cancer. So that's the first thing – it is not a test for cancer. Furthermore, a cervical screening test result which requests that a woman is called back for further investigation doesn't usually mean she has cancer.

For every 100 women who have cervical screening, about 6 will have an abnormal result. However, it's very rare for cancer to be diagnosed from the results of a cervical screening test with less than 1 in 1,000 test results showing invasive cancer.

Gossoms End Surgery

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