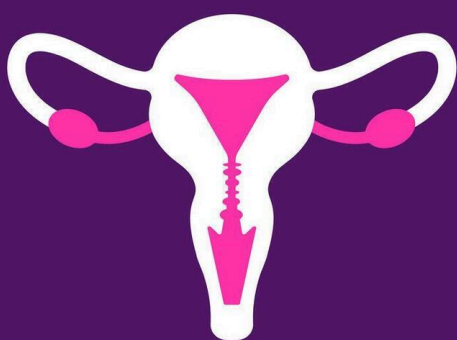




EASTGATE SURGERY

NEWSLETTER



FIBROIDS
AWARENESS
MONTH
— JULY —

1st July – 31st July: Fibroid Awareness Month

Fibroids are common, non-cancerous growths that develop in or around the womb. Many people with fibroids do not have any symptoms, but for others they can affect everyday life. Symptoms may include heavy or prolonged periods, painful periods, pelvic pain or pressure, frequent urination, constipation, pain during sex, or a swollen lower abdomen. If you have symptoms that are persistent, worsening, or affecting your quality of life, it is important to seek medical advice. Book an appointment with your GP today to discuss your symptoms

CHILDHOOD IMMUNISATIONS

Vaccinate to protect your child and others.

Immunisations are safe, effective, and protect against serious diseases. Side effects are usually mild—such as soreness, redness, or fever—and far less severe than the illnesses vaccines prevent. Immunising your child also helps protect vulnerable people around you, including babies and those with weakened immune systems. Stay on schedule and keep your family safe.



6th - 12th July: Alcohol Awareness Week

Small Changes, Big Wins for Your Health
#AlcoholAwarenessWeek

Alcohol Awareness Week is an opportunity to learn more about how alcohol can affect your health and wellbeing. While many people drink alcohol without experiencing immediate problems, regularly drinking more than the recommended amount can increase your risk of developing serious health conditions, including high blood pressure, liver disease, heart disease, stroke, several types of cancer, and mental health problems such as anxiety and depression. Alcohol can also affect your sleep, mood, relationships, and overall quality of life.

If you are finding it difficult to cut down, are worried about your drinking, or have noticed that alcohol is affecting your health or daily life, you do not have to manage it alone. Your GP can provide confidential advice, assess your individual needs, and discuss the support and treatment options available to help you reduce your alcohol intake safely. **If you have any concerns about your alcohol use, book an appointment with your GP today.**

Appointments

We provide a variety of appointment with GP's as well as other clinicians throughout the week, Monday through Saturday

All consultations are by an appointment system. Appointments can be organised by Telephone or Online via [SystemConnect](#) – (no login details required) - Scan the QR Code to book your appointment.

