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The North London  
Health Centre  
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# The North London Health Centre Newsletter

[www.thenorthlondonhealthcentre.co.uk](http://www.thenorthlondonhealthcentre.co.uk)

## Inside this issue:

<i>Flu</i>	1
<i>Walk in flu clinics</i>	1
<i>Travel Vaccine Reminder</i>	1
<i>The new opening hours</i>	1
<i>Chlamydia screening</i>	2
<i>Our new website</i>	2
<i>Cervical Cancer Screening</i>	2

[Flu](#) symptoms hit quite suddenly and severely. They usually include fever, chills, headaches and aching muscles. You can often get a [cough](#) and [sore throat](#).

Because flu is caused by viruses and not bacteria, antibiotics won't treat it

Anyone can get flu, but it can be more serious for:

- people aged 65 or over
- people of any age (including babies over six months old) with a serious medical condition

If you are in one of these two groups, you're more vulnerable to the effects of flu (even if you're fit and healthy) and could develop more serious illnesses, such as [bronchitis](#) and [pneumonia](#), needing hospitalisation.

## New Opening hours

Monday 8.00-20.00

Tuesday 8.00-18.30

Wednesday 8.00-18.30

Thursday 8.00-20.00

Friday 8.00-18.30

You will hopefully have seen we are now open two evenings a week till late and all morning surgeries start at the much earlier time of 8 am. These extra appointments are to suit those who work in London or can't arrange child care until late in the evening. They are proving very popular..

## Travelling Abroad this winter?

\* If you're travelling abroad this winter, please check with our nurse to confirm your travel vaccine requirements.

## *Walk in Flu Clinics* (ask at reception for dates)

### Get the jab

The best time of the year to get a [flu vaccination](#) (jab) is in October. It's free and it's effective against the latest flu virus strains. Even if you've already had a flu jab in previous years, you need another one this year.

Come to one of our walk in clinics if you're 65 or over, or if you have any of the following problems (however old you are):

- a serious heart, liver or chest complaint,

- Diabetes
- Kidney Disease
- Stroke
- lower immunity due to cancer treatment or steroids

For appointments contact:  
The North London Health Centre  
on  
020 8886 3631  
www.thenorthlondonhealthcentre.co.uk

## *Chlamydia Screening*

The important things to know about chlamydia are:

**For most people chlamydia has no symptoms, so you probably won't know if you or your partner (s) have it without having a test.**

**Chlamydia is the most commonly diagnosed STI in England and rates are increasing.**

**Untreated chlamydia can have serious long term health implications and may lead to infertility (being unable to have children).**

**If you are sexually active and under 25 years old, you should be tested for chlamydia annually or when you change your sexual partner.**

**If you are under 25 years old you can get a free and confidential chlamydia test with our nurse.**

**Chlamydia is easily tested for and easy to treat – you don't need to be examined.**

**Book an appointment with our nurse Sophie and she will arrange your test**

### Check out our new website

Some of you may have already been on our new website. It is packed full of information about the surgery, the clinics and services we offer and general health advice. You can also order repeat prescriptions and book your appointment on line.

## Cervical Cancer Screening Programme

### What is cervical screening?

Cervical screening is **not** a test for cancer. It is a method of preventing cancer by detecting and treating early abnormalities which, if left untreated, could lead to cancer in a woman's cervix (the neck of the womb). The first stage in cervical screening is taking a sample using [liquid based cytology](#) (LBC).

A sample of cells is taken from the cervix for analysis. A doctor or nurse inserts an instrument (a speculum) to open the woman's vagina and uses a brush to sweep around the cervix. Most women consider the procedure to be only mildly uncomfortable.

Early detection and treatment can prevent 75 per cent of cancers developing but like other screening tests, it is not perfect. It may not always detect early cell changes that could lead to cancer.

### Who is eligible for cervical screening?

All women between the ages of 25 and 64 are eligible for a free cervical screening test every three to five years. In the light of evidence published in 2003<sup>1</sup> the NHS Cervical Screening Programme now offers screening at different intervals depending on age. This means that women are provided with a more targeted and effective screening programme.

Book an appointment with our nurse when you receive an invitation letter.

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