

DoctorNow
HEALTHCARE TAILORED TO YOU



Welcome

to our Autumn Newsletter

As we transition from the warmth of summer into the crisp, cool months of autumn, it's the perfect time to reflect on our health and wellbeing.

The changing seasons bring a shift in both the weather and our daily routines, and with that, new challenges for our health. Shorter days, cooler temperatures, and the approach of winter can affect everything from our immune systems to our mental wellbeing. At Doctor Now, we believe that staying informed and taking proactive steps to protect your health is

key to thriving through the colder months.

As well as valuable tips and guidance on how to stay healthy during the autumn and winter seasons, our Autumn Newsletter also provides updates on some exciting developments within the practice. These include the upcoming launch of the Doctor Now app

and our recently launched e-prescribing and medication home delivery service, both of which are aimed at making your healthcare experience more efficient and convenient.

We are always striving to innovate and improve the ways we can support your health, and we're proud of the steps we've taken to expand our services to meet the needs of our patients.

Lifestyle Medicine & Health Screenings

Prevention is always better than cure.

Prevention is always better than cure, and at Doctor Now, we place a strong emphasis on proactive healthcare. We encourage all of our patients to explore our full range of lifestyle medicine services, designed to support long-term health and wellbeing. The Doctor Now preventative health services include comprehensive health screenings and medical assessments, which are instrumental in identifying early warning signs of potential health problems. By catching issues early, our clinical team can intervene in a timely and effective manner.

This proactive approach to health is more than just preventing illnesses; it helps to develop sustainable, healthy habits that can prevent, manage, and even

reverse chronic conditions like diabetes, hypertension, and heart disease. Through personalised guidance, our team will help empower you to take control of your health and make informed choices that positively impact your life.

One of the most effective ways to monitor your health is through health screening medicals; designed to evaluate critical health markers, such as cholesterol levels, blood pressure, and other vital indicators. By staying informed about your health status, you gain valuable insights and peace of mind, especially as we approach the colder months when illnesses can be more prevalent. With timely screenings, you can take proactive steps to maintain your health and wellbeing year-round.

Did you know...

At Doctor Now, we have a dedicated team of specialist GPs who offer expert lifestyle advice tailored to an individual's needs. Dr Fleur Paxton, Dr Katie Hannaford and Dr Mia Murray all provide expert advice including:

- **Sleep**
- **Diet & nutrition**
- **Weight management**
- **Exercise**
- **Mental health & wellbeing**

This specialist service includes the team providing guidance on strategy and goal setting to help patients take control of their health and achieve sustainable results.

To take greater charge of your health contact the practice for more information or to book a consultation with one of our specialist team.



The importance of good sleep for your immune system

A good night's sleep is vital for overall health and wellbeing, particularly when it comes to bolstering your immune system. During sleep, your body repairs itself and strengthens its defences against infections. As we head into flu season, making sure you get 7-9 hours of quality sleep per night can make a significant difference in your ability to fight off viruses. Prioritising sleep, along with a balanced diet and regular exercise, forms a strong foundation for a healthy lifestyle throughout the winter months.

Preparing for Autumn/Winter Health Issues

With shorter days and colder weather, autumn and winter can bring about specific health challenges.

It's common to experience issues such as colds, flu and respiratory infections during this time. Taking preventive measures, like staying warm, eating well, and practicing good personal hygiene, can help reduce the risk of illness. Regular handwashing, maintaining social distancing where necessary, and using hand sanitizers remain important, especially in crowded indoor spaces.

Our Corporate & Occupational Health Services

You may not be aware that in addition to our primary care services, we also offer corporate and occupational health services. Whether you own a business or are in a position of influence at work and looking to safeguard the health of your employees, we provide tailored medical services designed to support workforce wellbeing. From health assessments to fitness-for-work checks, management referrals and mental health support, our corporate and occupational health services help keep your team healthy and productive and empower HR teams to make informed HR decisions.

If you would like more information about these services, please don't hesitate to get in touch.

Flu Season & Flu Vaccination

Flu season is upon us and we strongly encourage all eligible patients to get their flu vaccination as soon as possible. Vaccination is the most effective way to protect yourself and those around you from the flu. It's especially important for vulnerable groups, including the elderly, pregnant women and individuals with underlying health conditions.

Doctor Now is now taking appointments for flu vaccinations, so please book yours today to ensure you're protected this flu season.





DoctorNow Developments: Exciting news from our practice!

We're thrilled to announce that our **DoctorNow app** will be launching soon!

Phase one of our user-friendly app will allow you to manage appointments, order repeat prescriptions and access pathology results directly on your smartphone. Stay tuned for more information and the official release date.

Additionally, this is a reminder that earlier in the year we introduced e-prescribing and increased our focus on our medication home delivery service. This means you can now have your prescriptions sent electronically to your email or

smartphone to present at a pharmacy of your choice or delivered directly to your home – saving you time and ensuring you obtain your medication and start treatment as quickly as possible.

Thank you for your ongoing trust in Doctor Now looking after your health. We look forward to continuing to provide you with the best care possible throughout the autumn and winter seasons.

Stay well and take care...

Contact

Telephone: **01494 410 888** | Email: info@doctornow.org
Little Hall Barn, Windsor End, Beaconsfield,
Buckinghamshire HP9 2JW

DoctorNow
& the Beaconsfield Clinic
together we care