

DoctorNow
HEALTHCARE TAILORED TO YOU



Be Travel Wise This Summer

Travelling is one of life's greatest joys, offering the chance to experience new cultures, explore hidden gems and create lasting memories.

When you're planning your itinerary, booking flights and securing your accommodation, it's easy to forget that maintaining good health during your travels is just as important as any destination on your list.

Each destination brings its own unique health risks. It's important to prepare well in advance by checking what travel vaccinations or preventive medications, such as anti-malarial medication, are recommended for your itinerary. Our experienced travel nurses are able to provide personalised advice tailored to your destination, travel plans and medical history.

Planning your trip from a health perspective ensures you can fully enjoy your travels

without unexpected setbacks. In addition to vaccinations and preventive medications, it's essential to consider environmental factors that may affect your health. For example, sun exposure in hotter climates can lead to sunburn, heatstroke, and long-term skin damage so ensure you pack a high-SPF sunscreen, protective clothing and sunglasses. Dehydration is another common issue, especially when flying or spending time in hot or humid destinations; always carry a water bottle and stay hydrated throughout your journey. Another important piece of advice if you take regular medication; ensure you bring enough with you for your entire trip, plus a little extra in

case of delays, and keep them in your hand luggage.

Travelling is an incredible opportunity to learn and explore, but it shouldn't come at the expense of your health. With the right preparations and access to healthcare, you can travel with confidence.

Planning a trip? **Let us help you prepare.**

At Doctor Now, we offer a comprehensive travel health service, including personalised advice, essential travel vaccinations and anti-malarial medications tailored to your destination. Our travel health nurses are here to ensure that you are fully protected, so that you can focus on enjoying every moment of your journey.

School & Student Services



We know that school years often bring a variety of health-related challenges and the Doctor Now team is experienced in supporting students, families and schools in helping to navigate them with ease.

Did you know?

Doctor Now offers talks by GP's for both students and parents, covering a range of topics from managing stress and navigating gender specific challenges, to advice on establishing healthy routines and recognising the signs of mental health struggles. We also offer travel health services to students and teachers heading on school trips and health vaccinations to students on specialist courses.

In addition, pupils attending boarding school can benefit from our service with private GP appointments, health vaccinations and other specialist services.

We are also always delighted to participate in careers events, where our GP's and nurses can share their experiences and offer insight into a career in medicine and the healthcare profession.

For more information, please contact Beckie at rebecca.iona-smith@doctornow.org or call **01494 410 888**

Introducing Dr Michael Rodger



We are very excited to announce that Dr Michael Rodger joined the Doctor Now team in May 2025. Dr Rodger is an experienced GP having worked in both the NHS and private sector, most recently as a GP partner in Princes Risborough.

Special areas of interest include:

- **General Family Medicine**
- **Preventative Care Medicine**
- **Diabetes**
- **Men's Health**

To book an appointment with Dr Rodger, please contact **01494 410 888** and the team will be happy to assist, or book via the DoctorNow Private GP app.

Advanced Health Screening for Men and Women...

Advanced Health Screening offers a more extensive focus on individual risk factors and health concerns involving further assessment, diagnostics and specialist referral (if required).

We offer Men's and Women's Advanced Health Screening alongside a wellbeing and lifestyle support programme. Our Advanced Health Screening includes cancer, gender specific and heart health and cardiovascular screening.

For more information, or to book an appointment, please call **01494 410 888** and our team will be happy to help.

Stop Smoking For Good

Doctor Now is pleased to announce a new Stop Smoking Service, led by our Specialist Nurse, Liz D'Arcy-Evans. The service provides personalised support, practical advice, and proven strategies to help you quit smoking and stay smoke-free. You will be well supported throughout your journey by Liz, who has a special interest in promoting the health and wellbeing of those seeking to quit smoking.

To find out more about this service contact the team on 01494 410888 and they will be happy to help.

The Specialist Pain Centre

The Specialist Pain Centre comprises of an experienced group of pain management specialists, working as part of the Doctor Now & Beaconsfield Clinic team.

Specialising in diagnosing and treating persistent pain conditions, they offer a pathway of care from initial consultation through to investigations and interventional therapy. Their dedicated outpatient treatment suite offers capacity for x-ray imaging and ultrasound guided injections. Their team is led by Dr Neal Evans Senior Pain Management Consultant, nurses, radiographers and healthcare assistants.

If you are suffering from pain, one of our Doctor Now GP's can assess your symptoms and refer you to The Specialist Pain Centre if needed.

If you have any further questions or would like to book an appointment with one of our GP's, please call us on **01494 410 888** and one of our team will be delighted to assist.



Have you downloaded the DoctorNow App?

The DoctorNow Private GP App is available to all patients and can be downloaded from the App Store and Google Play now.

The App allows you to book or cancel appointments, view medical documents, receive pathology results and request repeat prescriptions. For those patients without a mobile device, the web app can be viewed on a computer by clicking the link on our website.



Apple Store



Google Play

If you enjoy our newsletter...

We post regular updates on both Instagram & Facebook; you can follow us by scanning the QR codes.



Instagram



Facebook

Contact

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DoctorNow
& the Beaconsfield Clinic
together we care