

May 2020

Prevention is better than treatment or cure.

To our valued patient,

As a consequence of the COVID-19 pandemic & encouraged social isolation, many of you are at home with a little more time on your hands than usual. There has never been a better time to get on top of your general health & wellbeing.

Although we are lucky to live in a time where we are able to treat & ideally cure the health issues we are faced with throughout our lives, nothing beats actively PREVENTING them from happening in the first place.

<u>PREVENTION</u>	<u>TREATMENT OR CURE</u>
Easy & achievable Little or negligible cost Healthy lifestyle No stress on family	Complex & stressful Moderate or high cost Time consuming More stress on family

The only way we can do this is by regularly & proactively assessing our health status with our GP, monitoring various health markers & addressing any causes for concern before it's too late.

For your age group, it is recommended that you speak with your GP as soon as possible, to potentially discuss & / or organise referrals for:

- Chronic Disease Management: Is your chronic disease being managed effectively? Perhaps you are due for a GP Management Plan or Team Care Arrangement with our Nurse?
- Hearing, Vision & Dental Check
- Nutrition, Physical Activity & Mental Health Check: Plus alcohol, smoking & other drugs
- Reproductive & Sexual Health Check
- Immunisations: Are these up to date?
- Sun & Other Cancer Screening

Keep on top of your health & wellbeing and prevent potential health issues, with proactive health checks tailored to you.

Call 9707-3999 & request a "40 to 49 year old health check appointment" with your GP. For a limited time, if you prefer, this can be conducted as a telephone appointment instead of face-to-face. Please let our receptionist know your preference when booking. Normal fees apply.

Yours Sincerely,

Dr David Warnock | Dr Nicola Wheatley Price | Dr Karen Wilson