



Mandalay Medical Centre Newsletter

Contact Number

01204 309206

Email Address

gmicb-bol.gp.p82023@nhs.net



LONG-ACTING REVERSIBLE CONTRACEPTION.
MORE EFFECTIVE.
MORE CONVENIENT.
Coil and implant service now available - just ask your nurse or doctor.

If you would like to book an appointment for a coil or implant please contact the surgery to arrange an appointment with Dr Gracie.

The NHS does not offer routine PSA testing, but you can ask your GP for a test, especially if you are over 50 or have symptoms of a prostate conditions.

Be Prostate Aware

Are you showing any of these common symptoms of suspected prostate cancer?



Needing to rush to the toilet to pass urine



Passing urine more often than usual, especially at night



Difficulty in passing urine



Feeling that your bladder has not emptied fully



Blood in urine or blood in semen

**CHECK4
CANCER**
It could save your life

0800 085 6663 www.check4cancer.com

NHS Finding bowel cancer early makes it easier to treat

The NHS bowel cancer screening kit can detect signs of cancer before you notice anything is wrong.



Vaccines teach your immune system how to create antibodies that protect you from diseases. It's much safer for your immune system to learn this through vaccination than by catching the diseases and treating them. Once your immune system knows how to fight a disease, it can often give you life long protection.



Why you should do it?

- **It's a life-saving early detection tool** . The test finds signs of cancer before you have symptoms.
- **Early detection is key** . Bowel cancer is easier to treat when caught early.
- **Almost 43,000 people are diagnosed with bowel cancer each year** . Completing the test makes you 25% less likely to die from it.
- **It's a quick, simple test** . It involves collecting just one tiny sample of poo, and the postage is free

Vaccinate your child to protect them from serious, potentially fatal diseases like measles, meningitis, and tetanus by safely training their immune system to fight infections.



Prescriptions

We are unable to take prescription requests over the phone. Our preferred method to order would be via email to gmicb-bol.gp.p82023@nhs.net

Alternatively requests can be made in writing and placed in the box in reception.

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