

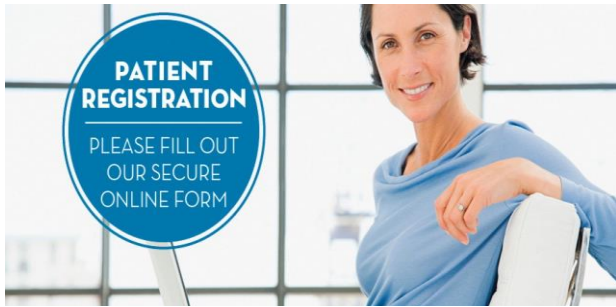


The Lodge Health  
PARTNERSHIP

Lodge Highfield Redbourn

LODGE, HIGHFIELD &  
HIGHFIELD SURGERIES

NEWSLETTER DATE:  
09/2022



### New patient registrations

If you wish to become a patient at our surgery please go onto our website and complete an online registration form, doing this is much quicker and accurate than completing paper forms

## **UNDERSTANDING HRT**

With recent media coverage about the menopause and Hormone Replacement Therapy (HRT) we have been seeing increasing numbers of women booking appointments with us to discuss these topics.

There is no one-size-fits-all approach to managing the menopause as every woman's experience is different, we give advice based on a person's symptoms, hormonal status, pre-existing medical conditions, age and family history. Starting HRT requires an in-depth discussion about the risks and benefits and so **it is helpful if women have some understanding of the menopause prior to discussing it with us.**

The menopause is a natural process usually occurring between age 45-55. Symptoms are due to a lack of oestrogen and can last months to years with some having no symptoms at all. They might include hot flushes, fatigue, headaches, anxiety, palpitations, aching joints, skin changes and loss of sex-drive. You do not need to take medication during the menopause or there may be non-hormonal options to consider such as lifestyle changes, alternative therapies and other medications like certain types of anti-depressants that can be helpful for hot flushes.

If a woman chooses to try HRT we need to understand their current health in order to decide on the best preparation for them. For this we need a **baseline blood pressure and body mass index** (calculated from height and weight) so again it is useful to have these ready before an appointment. Because HRT can increase the risk of breast cancer and blood clots we are particularly interested in a past or family history of these conditions or any factors that make them more likely.

### **Recommended resources**

A good place to start your research:

<https://www.menopausematters.co.uk/>

Has booklets on every aspect of the menopause:

<https://www.newsonhealth.co.uk/>

More on breast cancer risk:

<https://assets.publishing.service.gov.uk/media/5d68d0e340f0b607c6dcb697/HRT-patient-sheet-3008.pdf>



We are increasingly using text messages and emails to inform patients of information surrounding their medical care. This may be to confirm appointments, invitations to appointments, links to further information in government websites or health promotion websites. We want all our patients to be confident that these messages are genuine especially our more vulnerable patients, therefore please be aware of cyber security – the surgery will never ask for any bank details from any patient via a text message or email.

## Vaccination Clinics

**Flu – Please book your flu jab if you are eligible.**

**We have been sending out txt message invites to our patients, please follow the link to book your appointment or contact the surgery. Our clinics are being held across all three of our sites on. Please follow the link below for more information including if you are eligible**

[Flu vaccine - NHS \(www.nhs.uk\)](http://www.nhs.uk)

**Childrens Flu – If your child is 2 or 3 please book them in for a child flu nasal spray by contacting the surgery**

[Child flu vaccine - NHS \(www.nhs.uk\)](http://www.nhs.uk)

**Covid Boosters – We are now inviting eligible patients for their covid boosters. If eligible you can have your flu and covid booster in the same appointment. Look out for your text invitation and follow the link to book, alternatively you can contact the surgery to book.**



At The Lodge Health Partnership, we are made up of more than Doctors and Nurses, we are also thankful for having a whole team specialising in their individual fields. On many occasions it is more beneficial for our patients to see one of the below rather than a doctor

***Physiotherapist      Midwife***

***Mental Health Nurse***

***Health Care Assistant***

***Nurse Practitioners***

***Physician Associate***

***Pharmacist***

***Midwife***



A warm welcome to Dr Ketan Bhatt who has become a partner and GP at the Lodge health partnership. With over 15 years' experience of working in general practice he will be a great addition to our team



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