



The latest patient news, views and announcements

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Managing Your Blood Pressure



High blood pressure (or hypertension) is very common and affects more than one in four adults in England. Left untreated, high blood pressure can increase your risk of developing a number of serious long-term health conditions, such as heart disease, strokes and kidney disease.

That's why it's so important to regularly check your blood pressure.

What is blood pressure?

Blood pressure is a measure of the force that your heart uses to pump blood around your body. Each time your heart beats, it pumps blood into your arteries that carry blood from your heart to your brain and the rest of your body.

Understanding your blood pressure reading

Your blood pressure reading is written as two numbers. For example, your reading will be something like 120/80.



The first number is the systolic pressure, which is the highest pressure when your heart beats and pushes blood around the body.

The second number is the diastolic pressure, which is the lowest level when your heart relaxes between beats.

For patients aged under 80, a single blood pressure reading over 140/90 (or 140/80 for diabetics) is considered a high reading and will require further investigation. Patients can be asked to provide blood pressure readings over 7 days, so we can work out the average reading over a longer period. If the average reading remains high, we will ask patients to book an appointment with our Clinical Pharmacist or a GP to discuss their readings and whether lifestyle changes (such as diet/exercise) or medication is needed to bring their blood pressure back within a normal range.

It's easy to measure

Many patients already have their own blood pressure monitor at home, but if not, they can use the blood pressure monitor in our Waiting Room at the Surgery. Another easy access option is to visit one of our local pharmacies - Tesco's, Boots, Smart Pharm and Well Pharmacy in Clevedon all offer a blood pressure reading service.

High blood pressure is often called the "silent killer" because it can quietly damage your body for years before symptoms become noticeable. Therefore, keeping tabs on your blood pressure is a crucial part of maintaining good health.

Calling you back!



When we introduced our new telephone system last year, it came with an integrated 'Call Back' feature. This means when you ring us, you can choose to receive a call back instead of hanging on waiting for your call to be answered. Your place in the queue will be automatically kept, and when you reach the top of the queue we will ring you back.

Easter & May Bank Holidays

Just a reminder to make sure you have sufficient medications to take you through the Easter and May Bank Holidays.

Travelling abroad? Don't forget your Vaccines



If you're planning to take a trip abroad soon, you may need to be vaccinated against some of the more serious diseases found in other parts of the world. Vaccinations are available to protect you against infections such as yellow fever, typhoid and hepatitis A.

It's best to think ahead and call into Reception and complete a Travel Vaccination form at least 6-8 weeks before you're due to travel. Some vaccines

will need to be given well in advance to allow your body to develop immunity. And some vaccines involve several doses spread over weeks or months.

Our Travel Clinic team will review your completed form and give you a call to let you know what Travel Vaccines you need and book you in for an appointment.

Our March '25 Stats!

Number of appointments offered	4,805	😊
Number of appointments missed by patients	267	😓
Number of telephone calls answered	5,357	😊
Number of Accurx Patient Requests processed	4,456	😊
Number of prescriptions issued	6,147	😊

Successful Covid Spring Booster campaign



More than 2,200 patients will have had their Spring Booster Covid Vaccine by the end of the April. This includes those we have visited in local care homes and housebound patients.


Thank you to all our patients and staff for helping the clinics to run so smoothly.



Bowel Cancer Awareness

Know the symptoms of bowel cancer



-  Bleeding from your bottom
-  Blood in your poo
-  A change in how often you poo, or regularly having diarrhoea or constipation
-  Losing weight but you're not sure why
-  Feeling very tired all the time but you're not sure why
-  A pain or lump in your tummy

If you have any of these symptoms, it's important to ask your GP for an at-home test as soon as you can.

Bowel cancer is the fourth most common type of cancer, but Bowel Cancer UK says more than nine people in 10 can survive when it's diagnosed early.



April is Bowel Cancer Awareness Month, and on 22 April our CMC team will be 'wearing blue' to raise money for the cause.

CMC Team Update

Colleagues, ex-colleagues, family and friends got together this month to say a fond farewell and best wishes to Dr. Matt Hoghton upon his retirement, after 25 years at Clevedon Medical Centre.



Thank you for reading our newsletter. If you would like to hear more about a particular topic, please let us know and we will include in future issues.

Clevedon Medical Centre Team