

Adult Healthcare at WBHC

This provides details of adult screening, NHS vaccination and health check program at WBHC.

Adult Screening Program

Screen for	Male / Female / All	Age (years)	Frequency	How you will be contacted	Location	Notes	When to expect results
Cervical cancer	F	25 - 50	Every 3 years	By NHS letter	At GP Practice by a nurse	Also known as a smear test.	2- 6 weeks
		50 - 64	Every 5 years				
Breast cancer	F	50 - 70	Every 3 years	By NHS. letter	Jarvis Breast Centre. Stoughton Rd, Guildford, GU1 1 LJ (0333 200 2062)	If you are over 71 and haven't been screened for over 3 years, contact the Jarvis Centre to arrange an appointment. https://www.breast-screening.surrey.nhs.uk/	2-3 weeks
Bowel cancer	All	54 - 74	Every 2 years	Letter and home testing kit sent to your registered address	Your home	Over 75s can request a testing kit. Call 0800 707 6060	2 weeks
Abdominal Aortic Aneurysm (AAA) (Self referral - see notes)	M	65 - 75	Once	Phone the AAA screening Centre (01784 884859)	Ashford Hospital London Rd, Stanwell, Ashford, TW15 3AA	Self referral recommended if you have ever smoked or have a family history of AAA.	At your appointment
Diabetic retinopathy (Invitation only)	All	12 and above	Every year or Every 2 years if your previous 2 tests were clear.	By Retinopathy Service letter	Letter will offer locations.	Also known as diabetic eye screening. GP can refer if urgent.	3 weeks
Prostate cancer (Self referral)	M	Over 50	Every 2-4 years	Request a test from your GP Practice. (See notes for GP Practice specific next steps)	GP Practice (By Practice Nurse)	<u>Wey Family</u> You will receive a PSA (Prostate Specific Antigen) information leaflet. Request a PSA blood test if you still want the test.	1-2 weeks
						<u>Parishes Bridge</u> A healthcare professional will phone you to assess if the test would be appropriate for you.	
						<u>Madeira Medical</u> Your request will be screened by a GP to see if it would be appropriate for you.	

Adult Vaccination program

Vaccination for	Age (years)	Frequency	How you will be contacted	Location	Notes
Flu	From 65 Under 65s - see below (*).	Every year	Text message from your GP Practice in autumn / early winter	GP Practice or Your Home (if registered as housebound on your GP records)	Front line and social care workers can apply via their employer.
Pneumococcal Helps protect against bacterial infections which can cause serious illnesses eg. Meningitis, Sepsis and Pneumonia	From 65	1 dose If you are at high risk from Pneumococcal infections, you may need regular doses. Check with your GP	By GP Practice	GP Practice	If you are a welder or exposed to metal fumes at work, speak to your employer about getting the vaccine
Shingles You can get shingles more than once. It's important to get vaccinated even if you've had shingles before.	From 65 (if you turn 65 on or after 1 September '23)	2 doses given between 6-12 months apart (see notes)	By GP Practice	GP Practice	Your 2nd dose must be before your 81st birthday
	From 70 (if you turned 65 before 1 September '23)				
	From 50 (if you have a severely weakened immune system (see below (**)))	2 doses given 8 weeks to 6 months apart			
Pertussis (Whooping Cough)	Between 16 - 32 weeks pregnant (but can be given until go into labour)	1 dose	Offered at your routine 16 week antenatal appointment	GP Practice or St Peter's Hospital	To protect your baby from whooping cough. You should get re-vaccinated in each pregnancy
RSV (Respiratory syncytial Virus)	In pregnancy (from 28 weeks) + Over 75	1 dose	Pregnancy - At antenatal appointment Over 75 - by GP Practice	Pregnancy - At antenatal appointment Over 75 - GP Practice	New NHS program starting September 2024
COVID-19	Age dependent on vulnerability.	Seasonal doses	NHS invitation or ring 119	Location advised on NHS invitation	Offered seasonally.

(*) Ask your GP. You are eligible for Flu vaccine if:

You are Pregnant and/or have certain long term health conditions:

Asthma, COPD, Cystic Fibrosis, Coronary Heart Disease, Heart Failure, Chronic Kidney Disease, Parkinson's, Motor Neurone Disease, Multiple Sclerosis, Cerebral Palsy, Diabetes,

Addison's Disease, Sickle Cell Disease, Spleen Removal, Weakened Immune System, Learning Disability, Obesity (BMI > 40)

Or:

You live in a care home, live with someone who has a weakened immune system, are the main carer for an older or disabled person, and/or receive carer's allowance.

(**) Ask your GP. You may be eligible for Shingles vaccine if you are under 50 and have:

Leukaemia, Lymphoma, HIV or AIDS

Or:

You take medication which can weaken the immune system or have had a stem cell transplant, radiotherapy, chemotherapy and/or an organ transplant.

Adult Health Check

To check for	Age (years)	Frequency	How you will be contacted	Location	What is involved?	When will I get my results?
Risk of developing Heart Disease, Stroke, Kidney Disease, Diabetes and Dementia in the next 10 years	40 - 74 See below (*)	Every 5 years	By invitation from your GP Practice for high risk patients	GP Practice	1. Blood test. (Results are checked by a GP who may request you attend an additional appointment if there are any concerns) 2. Physical health checks: - Height - Weight - Waist size - Blood Pressure	On the day of your physical health checks. If required, you may be offered advice to improve your lifestyle and/or signposted to local services to help you make changes.

(*) If you have any of the conditions listed below, you should be receiving regular check-ups via your healthcare team and should not need the NHS health check described above.

Any questions re eligibility, contact your GP Practice:

- Heart Disease,
- Chronic Kidney Disease
- Diabetes
- High Blood Pressure
- Atrial Fibrillation
- Transient Ischaemic Attack
- Familial Hypercholesterolemia
- Heart Failure
- Peripheral Arterial Disease
- Stroke
- Taking prescribed Statins
- Previous checks have shown you have a greater than 20% risk of developing heart or kidney conditions in the next 10 years.

Health and Wellbeing Online Resources

• British Heart Foundation. For heart health questions

<https://www.bhf.org.uk/information-support/publications/10-minutes-heart-month/heart-month-daily-challenges/latest-publications-list>

• Macmillan Cancer Support

<https://www.macmillan.org.uk/cancer-information-and-support/treatment/your-treatment-options/questions-to-ask-your-healthcare-team>

• Alzheimer's Association

<https://www.alz.org/alzheimers-dementia/treatments/questions-for-your-doctor>

• NHS mental and physical health advice

<http://www.nhs.uk/live-well>

• Mental Health, Drugs and Alcohol support

<https://www.wearewithyou.org.uk/>

• NHS Mental Health Support

<https://www.nhs.uk/every-mind-matters/>