



The Red Practice

Caring for you every step of the way

In our first newsletter of 2026 we've got some updates on the recent changes to the MMR vaccine as well as some articles that reflect February as 'Heart Health' month and March as 'Ovarian Cancer Awareness' month.

GETTING IN TOUCH

QUICKEST
WAY

ONLINE



Go online to our website
(www.redpracticewalton.nhs.uk)

Monday - Friday from 7:30am

Appointments, prescriptions,
advice, sick notes

STAFF UPDATES

At the end of 2025, we said farewell to Dr Anna Ashcroft who had been with the practice for 5 years. Dr Ashcroft has moved onwards to sunnier climbs and we wish her all the best in her new adventures.

We have also welcomed two new doctors to the practice - **Dr Geeta Naik** and **Dr Wazir Afghan**.

Welcome!

BY PHONE



It can take a little longer on the phone, but this is still an option if online doesn't suit you.

01932 504410

FEBRUARY is
HEART MONTH



Your heart beats over 100,000 times every day without you even thinking about it. So what better way to show you appreciate all its efforts that doing a few small things to look after it!

- ♥ What you **DO**- aim for 30 minutes of sweaty exercise 5 times a week
- ♥ What you **EAT**- increase fruits, vegetables and whole grains, and keep saturated fats, salt and alcohol to a minimum
- ♥ What you **smoke**... **DON'T!**
- ♥ Know your **NUMBERS** - you can check your blood pressure at your pharmacy or using the machine in our waiting room

March is Ovarian Cancer Awareness month. There are around **7600** new cases of ovarian cancer each year in the UK.



**OVARIAN
CANCER
AWARENESS**

You are more at risk if you are **post-menopausal** or have a strong **family history of ovarian or breast cancer**.

If you notice any of these symptoms - particularly if they are **new and persistent** for more than a few weeks, its worth having a chat with your GP so that we can assess further.

- **Bloating**
- **Pain in your abdomen or pelvis**
- **Weeing more frequently**
- **A change in your bowel habit**
- **Being unusually tired**

Ovarian cancer is often diagnosed at a late stage because it can take time for obvious symptoms to develop and sometimes these symptoms are attributed to other conditions.

This means knowing what symptoms to look out for can be even more important.

MMR is now MMRV

The MMR vaccine - most commonly given to children as part of their infant vaccination program, is changing to include protection against Chicken Pox.

MMRV now provides excellent protection against **FOUR** infections.

- Measles
- Mumps
- Rubella
- Chicken Pox**

The timing of the MMRV vaccine will vary slightly depending on how old your child is and if they've already had some of their MMR vaccinations.

Think you need urgent dental care?

NHS



Extra urgent dental appointments are now available. You should get help quickly if:

- you have a knocked-out tooth or other injury to your teeth
- you have severe tooth or mouth pain that's affecting your sleep or daily activities, and is not helped by painkillers like paracetamol or ibuprofen
- you have tooth or mouth pain that is helped by taking painkillers, but it's not going away
- you have swelling, a lump or patch inside your mouth that's getting bigger or not going away – it may or may not be painful
- you've recently had a tooth removed and you're bleeding or have severe pain
- you have a broken or loose filling, denture, crown, bridge or veneer

You should be offered urgent dental treatment within 24 hours or 7 days, depending on your symptoms.

If you've knocked out an adult tooth, you should be offered emergency dental care within 1 hour, or as soon as possible. You can call NHS 111 or contact a dentist and ask for an appointment.

You'll be given advice on what type of appointment you'll need.