

MEMBER NEWSLETTER

SEPTEMBER 22



It's hard to believe that we are into September already!

This is a very busy month when it comes to awareness and there are so many important dates that it would be impossible for us to discuss all of the topics in our newsletter. However, as with most things medical, early diagnosis is one of the most important factors and that's why we are now offering all our members a free basic annual health check. Please see below for more information and how to book.

To help you clear the fact from the fiction we also have some information around monkeypox which has been making headlines recently.

From Wednesday (7th September) Claire will be away from the office and although our out-of-hours team will be answering calls and booking appointments we would ask that you please bear with us regarding a response to any queries that you may have. We will endeavour to respond to any e-mails or phone queries as quickly as possible but it may take a little longer than usual.

Please remember to let us know if you have any suggestions for future newsletter topics.

With best wishes, *Dr. Shilpa*

SEPTEMBER AWARENESS DATES:

- Urology Month
- Blood Cancer Month
- Vascular Disease Month
- World Alzheimer's Month
- Migraine Week 5th - 10th
- Know your Numbers Week 6th - 11th
- Balance Week 12th - 17th
- Orchid Male Cancer Week 13th - 18th
- Rheumatoid Arthritis Week 13th - 18th
- Sexual Health Week 13th - 18th
- National Eczema Week 13th - 18th
- Jeans for Genes 13th - 18th
- Youth Mental Health Day 19th
- Raspberry Cavernoma Day 20th
- National Eye Health Week 20th - 25th
- Organ Donation Week 20th - 25th
- Shine Night Walk London 24th

FREE ANNUAL HEALTH SCREEN FOR MEMBERS

It has never been more difficult to access timely healthcare and many of the patients we see in the NHS are struggling to get all their health needs met, particularly if they have more than one issue or if they have symptoms that do not neatly fit into a "diagnosis".

A health screen can be a great way of ruling out something more serious such as heart disease, cancer or a chronic disease and with this in mind we will now be offering all our members a **FREE** annual health screen which will include a suite of blood tests*.

At your appointment we will collect baseline health data such as your blood pressure and BMI to help identify any current or potential future health concerns. If you are over 40 we may recommend taking additional tests at this health screen but will discuss this with you at the time. (e.g. FIT test for bowel cancer which is usually included in the £750 Health Screen for non-members).

To take advantage of this offer please book online using the button or contact us via phone or e-mail us to book a convenient appointment.

[CLICK HERE TO BOOK YOUR FREE HEALTH SCREEN](#)

NOT YET A MEMBER?

As part of our mission to put wellness first, membership of Shilpa Davé Health provides patients with a number of benefits for a small monthly cost; Individual Membership costs £30 pm, Couple Membership is £50 pm and Family Membership (2 adults & up to 3 children) is £75 pm.

You will receive a monthly statement and unique access to the members section of the website along with other benefits that are only available to members such as functional medicine, nutritional therapy and Strala yoga. Terms apply so please check our website for more details.

[CLICK HERE TO JOIN AND FIND OUT MORE](#)

MONKEYPOX

There have been various news reports recently regarding monkeypox so we felt it important to stress that although more people have been diagnosed with it recently, it is still only a very small number of people in the UK and the risk remains low.

SYMPTOMS:

- Rash
- High temperature
- Chills
- Headache, muscle aches, backache or joint pain
- Fatigue
- Respiratory symptoms (sore throat, cough, blocked nose)
- Swollen glands

WHAT IS MONKEYPOX? Monkeypox is a viral infection and has some symptoms similar to smallpox but is generally much less serious and far less likely to be fatal.

WHAT ARE THE SYMPTOMS? A rash usually appears 1 to 5 days after the first symptoms and begins with flat lesions which become raised and then fill with fluid and pus. These blister-like spots can appear anywhere on the face, genitals, mouth, hands, feet, chest and bottom. Symptoms can sometimes be mistaken for chicken pox.

The illness can cause extreme pain and discomfort for several weeks. In severe cases, the pain can cause hospitalisation and leave permanent scarring on the skin. It can also cause damage to the brain, eyes and lungs

WHO IS AT RISK? Anyone can get monkeypox although most cases have been in men who are gay, bisexual, or have sex with other men, so it's particularly important to be aware of the symptoms if you're in these groups. The NHS says you are extremely unlikely to have monkeypox if:

- you have not been in close contact (such as touching their skin or sharing towels, clothes or bedding) with someone who has monkeypox or monkeypox symptoms
- you have not recently travelled to west or central Africa

SO, IS IT AN STI? The virus is spread through close contact but not necessarily through sexual activity and is therefore not defined as an STI.

HOW DOES IT SPREAD? The virus spreads from close contact with a contagious person, direct contact with the rash, scabs or bodily fluids or less often by touching objects used by someone with the illness.

IS IT DEADLY? The virus can occasionally prove fatal but this happens very rarely. Those who are particularly young, old or immunocompromised will be most at risk.

WHAT IS THE CURE? Unfortunately, there is no known cure but the virus generally clears by itself after 2-4 weeks. There are, however, some treatments available for those that become seriously ill.

CAN I BE VACCINATED? As the two illnesses are caused by a similar virus, vaccines against smallpox are expected to prevent or reduce the severity of the monkeypox infection. However, as there is only a limited supply of the smallpox (Modified Vaccinia Ankara (MVA)) vaccination, it is only being offered to people who are most at risk.

***Annual Members free BASIC health screen (adults only): 30 minutes wellness check** includes detailed Health Questionnaire and Lifestyle Analysis, Blood Pressure, Height, Weight, urine analysis, body composition analysis (Hydration, lean muscle, %body fat, visceral fat, Bone mass), HAEMATOLOGY (FBC, differential, ESR), BIOCHEMISTRY (urea, creatinine, eGFR), LIVER (Bilirubin, , GGT, Alkaline Phosphatase, AST,ALT, Albumin, Globulin), CARDIAC (glucose, triglycerides, Cholesterol, HDL Cholesterol, LDL Cholesterol, Non-LDL Cholesterol), BONE (calcium, phosphate, uric acid):
ADDITIONAL BLOODS AND TESTS ARE CHARGEABLE.