DoctorNow
HEALTHCARE TAILORED TO YOU



Prioritise your health in 2025

With spring fast approaching, now is a good time to focus on our health and wellbeing.

Whether recovering from health setbacks in 2024 or seeking to improve your health, Doctor Now can help you prioritise and create realistic and achievable goals.

Our team can support you in making positive health choices with services tailored to your needs and lifestyle including health screening and preventative health to help make informed decisions.

Routine blood and urine tests provide a snapshot of your health and detect issues early, allowing for timely intervention. Regular testing also optimises fitness and quality of life.

At Doctor Now, we believe prevention is key. Our medicals assess risk for conditions such as diabetes, cardiovascular disease and cancer. Men's health screening may include prostate checks, while women's services cover cervical screening, breast health, and reproductive health. We also offer screenings for testosterone levels, emotional health, fertility, hormonal health, menstrual issues, and menopause.

A healthy weight, generally achieved through nutrition and exercise, is recommended and a great goal for the start of a new year. It boosts cardiovascular health, energy, mobility, and reduces chronic disease risks. These habits also improve mental health by reducing stress. For those struggling with their weight, weight loss medications can provide an effective boost when combined with lifestyle changes.

We look forward to supporting your health and wellbeing throughout the year and wish you a happy and prosperous 2025.



Women's Health
Perimenopause & Menopause

Perimenopause and menopause are significant milestones in a woman's life, each bringing unique challenges. At Doctor Now, we offer personalised care to support women through these transitions.

Perimenopause, typically starting in the 40s (but varying), brings hormonal changes that may cause symptoms like irregular periods, hot flushes, night sweats, mood swings, changes in libido, as well as vaginal symptoms. We provide lifestyle advice on exercise, nutrition, stress management, and sleep to help ease discomfort and improve overall well-being.

In conjunction with lifestyle, we also offer hormone replacement therapy (HRT). Our doctors collaborate with you to discuss the benefits and risks of HRT, creating a tailored plan based on your health and goals.

During menopause, ongoing care is important. Regular screening such as bone density scans assess the risk of osteoporosis plus a range of our screening and diagnostic services help manage long-term health risks including heart disease and cancer.

Fertility & Men's Health
at The Beaconsfield Clinic

Written by Mr Jonathan Ramsay, Male Fertility Specialist & Consultant Urologist

Are sperm counts really declining, and if so, should we be worried?

At the Annual Fertility Conference in Edinburgh this year, we heard that there had been a gradual decline in men's fertility and that the changes maybe more broadly linked to men's health in general.

Of course, we all know that a 'bad' lifestyle, particularly smoking, drinking too much and substance abuse can be bad for our health, but it is clear that these habits are particularly bad for good quality sperm production. Less obvious might be the effects of hair growth restorers, and body building protein supplements – some of which might contain steroids. We should certainly be attending to our weight and eating habits and cutting out ultra processed foods.

But beyond this, fertility is not just a sperm test, having a baby takes 2 people so it is best to be able to see couples rather than individuals.

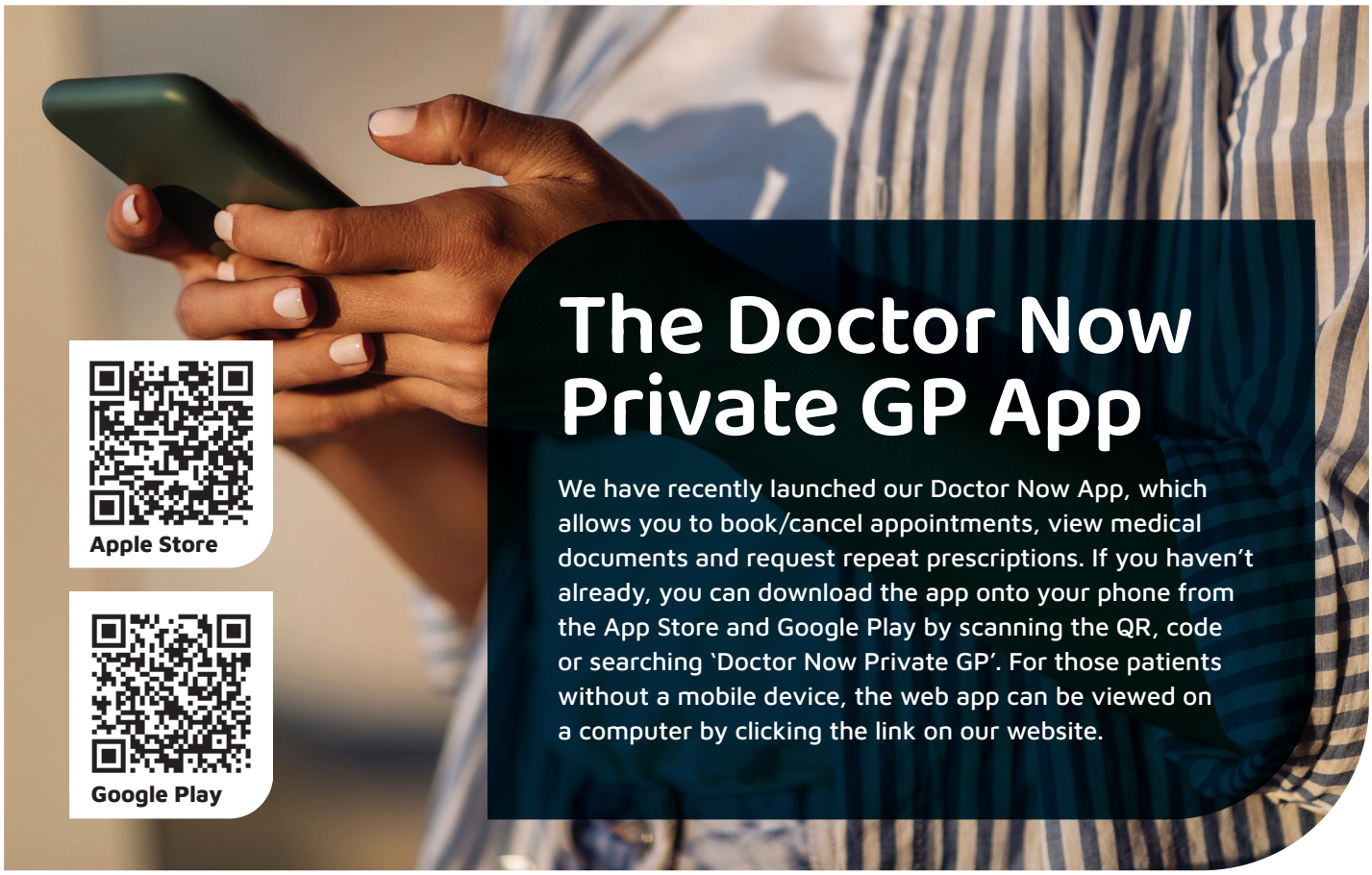
At The Beaconsfield Clinic we have Urologists with a special interest in fertility and men's health, Mr Jonathan Ramsay and Mr Jas Kalsi, and we have Gynaecologists specialising in fertility and IVF from the Lister Fertility Clinic in London, Mr Neale Watson and Mr Gavin Kemble.

The consultants are supported by a unique one stop diagnostic service, Fertility Solutions, run by Ms Claire Mooney. They provide both simple and more complex diagnostic services on site at The Beaconsfield Clinic.

These collated fertility services, as far as we know, are unique in the UK. At The Beaconsfield Clinic we aim to see the whole picture, we never 'ignore' the man, and will investigate and look after his general health. Who knows, by attending to a man's health we may be helping to halt that downward trend in fertility, and we might even be improving the health of the next generation.

If you would like a consultation or a checkup, contact:

Fertility Solutions: **claire@fertility-solutions.net**
Jonathan Ramsay: **alison.pa@jonathanramsay.co.uk**
Jas Kalsi: **info@urologynow.co.uk**



The Doctor Now Private GP App

We have recently launched our Doctor Now App, which allows you to book/cancel appointments, view medical documents and request repeat prescriptions. If you haven't already, you can download the app onto your phone from the App Store and Google Play by scanning the QR, code or searching 'Doctor Now Private GP'. For those patients without a mobile device, the web app can be viewed on a computer by clicking the link on our website.

Apple Store

Google Play

Convenience at your fingertips

In 2024 Doctor Now partnered with SignatureRX

an advanced electronic prescription service, which allows our GP's to send paperless, secure and compliant prescriptions direct to any pharmacy, anywhere in the UK. This offers our patients a seamless prescription service and a faster turnaround time. Ask your GP or the team at your next appointment.

Medication to your door

Did you know that...

In addition to sending a secure prescription to your preferred pharmacy, you can also arrange for your medication to be delivered to your home or work address through SignatureRX? When you receive your code via email, click on the delivery option and Signature RX will deliver your medication next day.

Introducing Beaconsfield ENT Service

Doctor Now & The Beaconsfield Clinic are very excited to announce our new Beaconsfield ENT service. Our ENT's offer comprehensive Ear, Nose, and Throat (ENT) care tailored to meet the needs of patients of all ages. Our team of experienced specialists provide advanced diagnostics, treatment, and ongoing support to help patients achieve optimal health and wellness. Symptoms could include hearing loss, glue ear, reduction in smell, nasal congestion, tonsillitis and neck lumps.

For more information or to book an appointment, please contact our dedicated ENT team on 01494 683 143 or email them at ent@thebeaconsfieldclinic.co.uk and they would be delighted to assist.



Have you already got your upcoming travel booked for 2025?

Here at Doctor Now we don't only offer travel vaccinations but also comprehensive travel health advice. This includes any vaccinations you will need for your trip, to an expert, tailored initial travel health consultation with one of our travel health nurses to discuss any further precautions needed.

For more information, please get in touch with our patient services team.

Stay well and take care...

Contact

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DoctorNow & the BeaconsfieldClinic
together we care