



# Theale Medical Centre

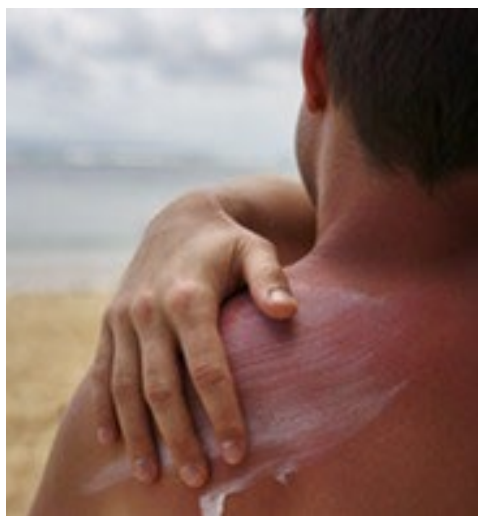
May 2025 Newsletter

## Check your blood pressure to stay heart healthy

It's May Measurement Month, a campaign to make people aware of the dangers of undetected high blood pressure, and the health issues it can lead to.

As part of the Big Squeeze campaign, BOB ICB is encouraging people aged 40 and over to get their blood pressure checked for free at a local pharmacy.

Left untreated, high blood pressure can lead to heart attacks, strokes, kidney disease and vascular dementia, so getting blood pressure checked saves lives. And if someone is diagnosed, the good news is that it's usually easily treatable by making simple lifestyle changes, or through regular medication prescribed by a doctor.



## Protect your skin in the sun to avoid cancer

Be aware of the risks of skin cancer and how to stay safe in the sun. As summer approaches and UV exposure increases, it's the perfect time to protect your skin and learn more.

Why it matters:

- Skin cancer is common and can be serious - melanoma is the deadliest form.
- Early detection saves lives - treatment is most effective when caught early.
- Simple sun safety steps can help prevent skin damage and cancer.

Get involved:

- Check your skin regularly for changes.
- Use sunscreen, cover up, and avoid peak sun hours.
- Share tips with friends and family to spread awareness.

## Lung cancer screening saves lives

Lung cancer is a leading cause of cancer deaths, but early detection can save lives. Screening finds lung cancer early, when it's easier to treat and outcomes are better.

Who should get screened? People aged 55–74 who smoke or used to smoke, are registered with a GP, and live in an area offering screening.

You can view more information on screening and areas it's offered here: Lung Cancer Screening - [thamesvalleycanceralliance.nhs.uk](https://thamesvalleycanceralliance.nhs.uk)



**Ovarian cancer awareness-** This cancer is often diagnosed late due to subtle symptoms and no reliable screening test. Early detection saves lives, but awareness is key. Learn more about the symptoms and spread the word: [worldovariancancercoalition.org](https://worldovariancancercoalition.org)

## Supporting people with autism

The National Autistic Society Survey Report 2025 reveals that in the UK:

- More than half (55%) of people with autism avoid going out because they are worried how people will treat them.
- A quarter (25%) of people with autism said they usually get a negative reaction when they say they have autism.
- Nine in 10 people with autism (90%) have experienced poor mental health due to attitudes or perceptions of autism, and 84% have experienced social isolation.

There are many simple ways society can make a difference to people with autism and their families. Whether taking steps to understand their experience of the world, allowing time for them to process information and space to regulate, or advocating for colleagues with autism in the workplace.

Your involvement can make a real difference and it's all about how you show up – whether you are supporting your colleagues with autism or family members, your actions can help create an accepting world.

## Tracking prescriptions

NHS England today announced that nearly 1,500 high street chemists – including every Boots in England – are now offering the service, which enables patients to check on their prescriptions through real-time “Amazon-style” updates.

Almost half (45%) of phone calls to community pharmacies are estimated to be from patients asking if their prescription is ready, with the new service helping to free up time for pharmacists to provide advice to patients. Instead of phoning up, patients can instead track their prescriptions by logging in to the app to see if their medication is “ready to collect” or “dispatched by pharmacy” if they are being delivered.

The service is expected to be made available to nearly 5,000 more pharmacies over the next 12 months – covering 60% of those in England.

NHS App users are also being encouraged to use the app during the bank holiday weekend to order repeat prescriptions or check medical advice.

For non-urgent medical help, people can contact NHS 111 and those in life-threatening emergencies should call 999.



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