

APRIL NEWSLETTER

April 2026

This Month:

Spring Health Check:

April is when many people reset their routines after winter.

Vitamin D & Sunlight:

After winter in Scotland, vitamin levels can be low.

Mental Health & Stress:

Spring is busy for many people returning to routines.

Getting Active Again:

Warmer weather means people start exercising again.

Travel Health Tips:

Many families travel in April.

Easter Opening Hours:

Please note some earlier finishes.



This Spring

As spring arrives and the days grow longer, April is a great time to refocus on your health and wellbeing. With Easter approaching, many people are enjoying time with family or getting back outdoors after winter. In this month's newsletter, we're sharing a few seasonal health tips and updates from the practice.



Spring Health Reset: Is it Time for Your Check-Up?

Spring is an ideal time to check in on your health after the winter months. Changes in routine, less daylight, and reduced activity during winter can sometimes impact our overall wellbeing. A routine health check can help identify early signs of issues such as high blood pressure or raised cholesterol, often before symptoms develop. It also provides an opportunity to review lifestyle habits, discuss any ongoing concerns, and ensure you are taking the right steps to support your long-term health.

To help patients take a proactive approach this season, we are offering our Silver Health Assessment package at a discount, designed to give you a clear overview of your health as we move into the brighter months.

USUALLY £600.

NOW £550!

**Offer valid until
30/04/2026**

FULL BLOOD COUNT

Hemoglobin
Hematocrit
Mean Cell Hemoglobin
Mean Cell Hemoglobin Concentration (MCHC)
Red Blood Cell Mean
Mean Cell Volume (MCV)
Red Blood Cell Count
Basophil Count
Lymphocyte Count
Eosinophil Count
Monocyte Count
Neutrophil Count
White Blood Cell Count
Platelet Count

URINALYSIS

Bilirubin
Glucose
Ketones
Nitrite
PH
Protein
Red Blood Cells (RBC)
Urobilinogen
White Blood Cells (WBC)

BONE HEALTH

Alkaline Phosphatase (ALP)
Calcium (Adjusted)
Phosphate

HEART HEALTH

Total Cholesterol
LDL Cholesterol
HDL Cholesterol
Total Cholesterol/ HDL
Cholesterol Ratio
Triglycerides
High Sensitivity C-Reactive Protein

LIVER HEALTH

ALP
ALT
AST
GGT
Total Bilirubin
Albumin

KIDNEY HEALTH

Creatinine
EGFR
Chloride
Calcium (Adjusted)
Potassium
Phosphate
Sodium
Urea

DIABETES HEALTH

Glucose
HBA1C





Vitamin D & Sunlight:



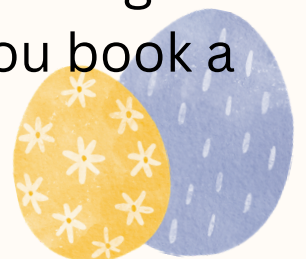
After the long winter months in the UK, many people experience lower levels of vitamin D due to reduced sunlight exposure. Vitamin D is essential for maintaining healthy bones and muscles, supporting the immune system, and contributing to overall wellbeing. During spring and summer, spending short periods of time outdoors allows the body to naturally produce vitamin D when sunlight reaches the skin.

However, some people remain at higher risk of deficiency, including those who spend limited time outdoors, have darker skin, cover their skin for cultural reasons, or have certain medical conditions. Low vitamin D levels can sometimes cause symptoms such as fatigue, muscle aches, bone discomfort, or low mood, although many people may not notice symptoms at all.

At our practice, we can assess your vitamin D levels with a simple blood test and provide personalised advice on safe sunlight exposure, diet, and supplementation if needed. If a deficiency is identified, our clinicians can recommend appropriate treatment and follow-up to help restore healthy levels and support your overall health.



We are offering a Vitamin D blood tests to check your levels. usually these tests are £190 - now get tested for £170 when you book a consultation.

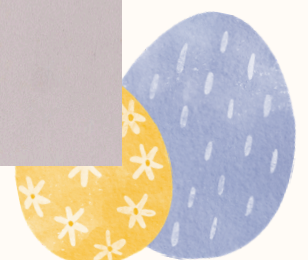
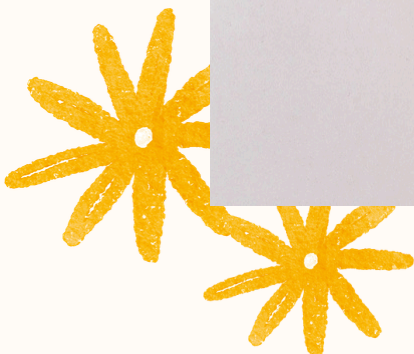




Mental Health & Stress

Modern life can be busy and demanding, and many people experience periods of stress or low mood at different points throughout the year. Work pressures, family responsibilities, and ongoing life changes can all have an impact on mental wellbeing. While occasional stress is normal, persistent feelings of worry, difficulty sleeping, irritability, or feeling overwhelmed can be signs that additional support may be helpful.

Speaking with a GP can often be an important first step. At Glasgow Medical Rooms, our clinicians provide a confidential and supportive environment where you can discuss any concerns about your mental health. We can offer advice on managing stress, assess symptoms of conditions such as anxiety or low mood, and discuss appropriate treatment options or referrals where needed. Early support can make a significant difference, helping you feel more in control and improving your overall wellbeing.





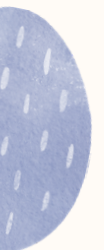
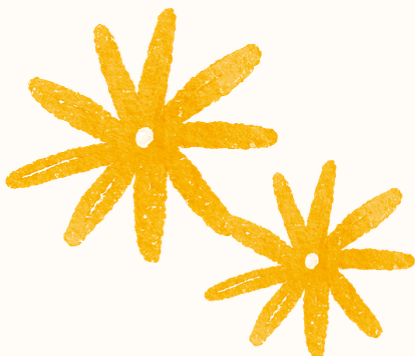
Getting Active Again:



As the weather improves and the days become longer, many people feel motivated to become more active again after the winter months. Whether it's returning to the gym, running outdoors, or increasing daily activity, building exercise back into your routine can have significant benefits for both physical and mental health. However, increasing activity too quickly can sometimes lead to strains, joint pain, or other minor injuries.

If you are experiencing any aches, pains, or mobility issues as you become more active, it's important to address them early. At Glasgow Medical Rooms, we have an experienced physiotherapist who visits the practice every Thursday and can assess injuries, provide treatment, and offer personalised rehabilitation advice. We can get you booked in today for just £60 for your initial consultation.

Follow our link to see all of our physiotherapy services:
<https://glasgowmedicalrooms.com/physiotherapy/>





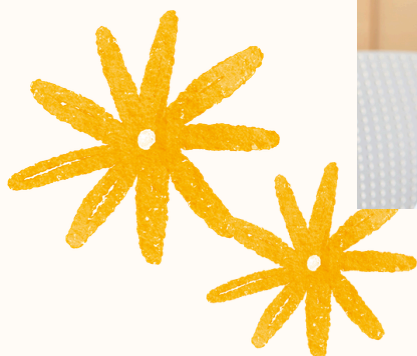
Travel Health Tips:



With Easter and spring holidays approaching, many people are preparing for trips abroad. When travelling, it's important to consider your health as well as your destination. Different countries may require or recommend certain vaccinations, and it's helpful to plan ahead to ensure you have enough time to receive any necessary vaccines before you travel.

At Glasgow Medical Rooms, we offer a travel vaccine consultation either over the phone or in clinic for £40. During this appointment, we will discuss your destination, review your vaccination history, advise which vaccines may be recommended, and ensure you have the right timeframe to receive them before your trip.

It's also important to travel safely by ensuring you have enough of your regular medication for the duration of your trip, along with any necessary documentation if you are carrying prescription medicines. Our team can provide advice and support to help you travel with confidence and stay well while you are away.





Easter Holiday Timings:



Please note our opening hours over the Easter period. The practice will close at 1pm on Friday the 3rd of April for a half day. We will also be closed on Monday 6th April for the Easter holiday.

Normal practice hours will resume from Tuesday 7th April. If you require an appointment around this time, we recommend booking in advance.

We would like to wish all of our patients a very happy and relaxing Easter. If you are travelling over the holiday period, we hope you have a safe and enjoyable trip. However you choose to spend the long weekend, we hope it brings you a chance to rest, recharge, and enjoy time with family and friends.

