

August 2026 Newsletter

Glasgow Medical Rooms



Your Monthly Health Update

As summer begins to wind down, August is the perfect time to refocus on your health and wellbeing before the busy autumn months. In this edition, we've included practical advice on staying healthy, recognising when to seek medical advice, and making the most of preventative healthcare. We hope you find it informative and helpful.

Welcome to our monthly newsletter!

- **Preparing Your Health for Autumn:** August is the ideal time to book routine health checks and address any concerns before the busier autumn and winter months.
- **Don't Ignore Summer Health Issues:** Persistent symptoms such as fatigue, skin changes or ongoing pain shouldn't be dismissed simply because it's summer.
- **Couples Health Assessment:** Taking a proactive approach to your health together can provide reassurance, identify potential risks early, and support your long-term wellbeing as a couple.
- **Returning to Routine After Summer:** As holidays come to an end, small changes to your sleep, diet and exercise can help you feel your best.
- **Travel Health:** If you're travelling this summer, planning ahead can help you stay healthy both during your trip and when you return home.
- **Practice News:** Keep up to date with the latest news, services and appointment information from Glasgow Medical Rooms.

Preparing Your Health For Autumn

As summer draws to a close, August is an ideal time to take a proactive approach to your health before the busy autumn and winter months. Booking a routine health check now can help identify potential concerns early, giving you time to address them before they become more significant.

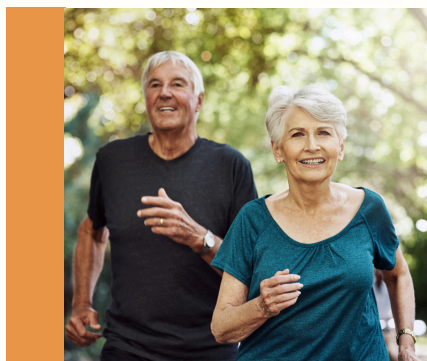
Many long-term conditions, including high blood pressure, high cholesterol and type 2 diabetes, can develop without obvious symptoms. Regular health assessments provide valuable insight into your overall wellbeing, helping identify risk factors early so you can receive timely advice and treatment where appropriate.

With autumn bringing an increase in seasonal illnesses, it's also a good opportunity to review your health. Whether you need a blood pressure check, want to discuss ongoing symptoms, review your medications or simply gain reassurance, now is an excellent time to do so.

At Glasgow Medical Rooms, our tailored health assessments provide a comprehensive review of your health and lifestyle, along with personalised recommendations to help you stay well throughout the year. Investing in your health today can help you enjoy a healthier, more confident autumn.

Don't Ignore Summer Health Issues

Summer is often a time to relax and travel, but many people delay seeking medical advice until after the holidays. While some minor illnesses improve on their own, persistent or worsening symptoms should never be ignored.



A cough lasting more than three weeks, ongoing tiredness, persistent digestive symptoms, or joint and muscle pain that affects daily life should be assessed. It's also important to have any new or changing moles checked, particularly if they change in size, shape or colour.

Seeking medical advice early can provide reassurance, identify problems sooner and help prevent symptoms from worsening. If you've been putting off booking an appointment, August is an ideal time to prioritise your health before autumn begins.

Couples Health Assessment August Deal



Our Couples Health Assessment Package is designed to give both partners a comprehensive overview of their health, with a focus on prevention, early detection and long-term wellbeing. It's the ideal opportunity to take a proactive approach to understanding your individual health needs while supporting each other on your journey to better health.

Each assessment includes a thorough review of your medical history, current medications and lifestyle, alongside a comprehensive range of blood tests and health screenings. These assess key areas including heart health, diabetes risk, nutritional status, iron levels, kidney health, urinalysis and relevant tumour markers. Gender-specific screening is also included, with hormone health assessment for women and prostate health (PSA) screening for men.

Your assessment begins with a 30-minute consultation with an Advanced Nurse Practitioner, who will carry out your health assessment and arrange your blood tests. Once your results are available (usually within 7 days), you'll each attend a 30-minute follow-up appointment with an experienced GP to review your results in detail, answer any questions and provide personalised advice and recommendations where appropriate.

Special Offer: Was £1,300 – Now £1,170

Offer valid until 31/08/2026

Book your Couples Health Assessment today and take the first step towards a healthier future together.

Returning to Routine After Summer

After the relaxed pace of summer, August offers the perfect opportunity to re-establish healthy habits before work and social commitments become busier. Small, sustainable changes to your daily routine can have a significant impact on both your physical and mental wellbeing.

One of the most beneficial places to start is with your sleep. Longer evenings, holidays and changes to routine can often disrupt regular sleeping patterns. Aim to return to a consistent bedtime, reduce screen time before bed and create a relaxing evening routine to help improve the quality of your sleep.

If your exercise routine has taken a back seat over the summer, ease yourself back into regular activity gradually. Whether it's walking, swimming, cycling or returning to the gym, building up your activity levels steadily can help reduce the risk of injury and improve your energy levels, mood and overall fitness.

Healthy eating is another important part of resetting after the holiday season. Focus on balanced meals that include plenty of fruit, vegetables, wholegrains and lean protein, while staying well hydrated. There's no need for restrictive diets—making simple, sustainable choices is often the most effective way to support long-term health.

As work schedules become busier, it's also important to manage stress before it begins to affect your wellbeing. Taking regular breaks, staying physically active, making time for hobbies and maintaining social connections can all help build resilience during busy periods.

If you've noticed ongoing fatigue, difficulty sleeping or persistent stress that isn't improving, speaking with a healthcare professional can help identify any underlying causes and provide personalised advice. Looking after your health now can help you feel your best as you head into the autumn months.





Travel Health



Whether you're travelling abroad or enjoying a staycation this summer, a little preparation can help you stay healthy. Stay well hydrated, move around regularly on long journeys to reduce the risk of DVT, and check that you have enough medication to last for the duration of your trip. It's important to arrange any necessary prescription renewals well in advance of your holiday to avoid running out while you're away.

If you require a repeat prescription or a medication review, contact Glasgow Medical Rooms to arrange an appointment before you travel. Planning ahead will help ensure you can enjoy your holiday with peace of mind, knowing you'll have the medication you need throughout your trip.

Despite careful planning, illness can sometimes occur while you're away from home. If you become unwell while visiting Glasgow, or find you've run out of your regular medication, Glasgow Medical Rooms offers prompt private GP appointments for international visitors. Our experienced GPs can assess a wide range of illnesses, provide prescriptions where appropriate, and offer advice to help you continue your travels safely.

International patient appointments are £165, with same-day appointments often available, giving you fast access to expert medical care when you need it most.



Flu Vaccines



Flu Vaccinations – Register Your Interest

Our flu vaccine stock is expected to arrive in mid-September.

If you'd like to be among the first to book your flu vaccination, join our priority call-back list. Simply give our team a call or send us an email, and we'll contact you as soon as appointments become available.

Workplace Flu Vaccinations

Looking to protect your team this flu season? We also offer on-site flu vaccination clinics for businesses, making it easy for your employees to get vaccinated at work.

For more information or to discuss a workplace vaccination programme, please contact our Office Manager, Rebecca, at rebecca@glasgowmedicalrooms.com.

Practice News

September Weekend:

Please note that Glasgow Medical Rooms will be taking a short break in September.

- Friday 25th September: Closing at 1pm.
- Monday 28th September: Closed.
- Tuesday 29th September: Reopening with normal business hours.

If you require a repeat prescription, medication review or any ongoing medication, please contact us well in advance of the closure to ensure there is enough time to process your request before we close.

Thank you for your understanding, and we look forward to welcoming you back on Tuesday 29th September.

Google Reviews

Thank you for over 300 Google Reviews:

We're delighted to have reached over 300 Google reviews and would like to say a heartfelt thank you to everyone who has taken the time to share their experience at Glasgow Medical Rooms.

Your kind words, feedback and support mean a great deal to our team. It's a privilege to care for our patients, and we're incredibly grateful for the trust you place in us. Thank you for helping us reach this milestone.

