

NEWSLETTER JULY 2026

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EXCELLENT



Based on **293 reviews**



Glasgow Medical Rooms:

Welcome to our July Newsletter from Glasgow Medical Rooms.

As we move into the heart of summer, we'd like to thank all of our clients for their continued support and trust. July is a great time to focus on skin health, self-care, and feeling your best, and we're excited to share the latest updates, treatments, and special offers available this month.



In this edition, you'll find information on our most popular services, skincare tips for the summer season, and news about what's happening at Glasgow Medical Rooms. We look forward to welcoming both new and returning clients and helping you achieve your aesthetic and wellness goals.

Thank you for being part of our community, and we hope you enjoy this month's newsletter.

Summer Health Check: Is Your Health Holiday Ready?

Summer often brings changes to our daily routines, whether that's travelling abroad, enjoying outdoor activities, or spending more time with family and friends. It's also a good time to take stock of your health.

Many common conditions, including high blood pressure, raised cholesterol, diabetes, and vitamin deficiencies, can develop with few or no symptoms. Regular health screening can help identify potential issues early, often before they become more serious.

At Glasgow Medical Rooms, our comprehensive health assessments are designed to provide a clear picture of your current health and help you make informed decisions about your wellbeing.

Benefits of a Health Check:

- Early identification of potential health concerns
- Assessment of cardiovascular risk
- Review of lifestyle factors including nutrition, exercise and sleep
- Personalised recommendations for maintaining good health
- Peace of mind

If it has been more than a year since your last health review, summer is an excellent time to arrange one.



Travel Health Advice For Summer Holidays:

Whether you're heading to Europe, North America or further afield, taking a few simple precautions can help ensure a healthy and enjoyable trip.

Travel Health Checklist:

- ✓ Check whether you require any travel vaccinations.
- ✓ Ensure you have sufficient medication for your entire trip.
- ✓ Carry medications in their original packaging.
- ✓ Pack a basic first aid kit.
- ✓ Review travel insurance coverage.
- ✓ Consider any health conditions that may be affected by heat, altitude or long-haul travel.

Travelling with conditions such as asthma, diabetes or heart disease may require additional preparation. If you're unsure, our doctors can provide personalised travel health advice before your departure.



Female Health Assessment:

Women's health needs evolve throughout life, from reproductive health and fertility concerns to perimenopause, menopause and beyond. Many women experience symptoms such as fatigue, weight changes, irregular periods, low mood, poor sleep or hormonal fluctuations without fully understanding the underlying cause.

Our dedicated Women's Health Assessment provides a comprehensive review of key aspects of your health, helping to identify potential issues early and providing valuable insight into your overall wellbeing.

What Does the Assessment Include?

Your assessment begins with a 30-minute consultation with one of our experienced Advanced Nurse Practitioners. During this appointment, we will discuss your medical history, lifestyle factors, current symptoms and any health concerns you may have.

A comprehensive range of laboratory tests will then be undertaken, including:

General Health Screening

- Full blood count
- Blood pressure assessment
- Body Mass Index (BMI)
- Urinalysis

Heart Health

- Cholesterol profile
- Cardiovascular risk indicators

Diabetes Screening

- HbA1c testing to assess blood sugar control

Nutritional Health

- Vitamin D
- Vitamin B12
- Folate
- Calcium
- Magnesium
- Zinc

Iron Status

- Iron levels
- Ferritin
- Transferrin studies

Hormone Health

- Oestrogen levels
- Progesterone
- Testosterone
- Follicle Stimulating Hormone (FSH)
- Luteinising Hormone (LH)
- Prolactin

Women's Health Screening

- CA125 tumour marker assessment

Your Follow-Up Consultation

Once your results are available, typically within seven days, you will return for a dedicated 30-minute appointment with an experienced GP.

During this consultation, your results will be reviewed in detail, allowing time to discuss:

- Any abnormalities identified
- Hormonal health and menopause concerns
- Nutritional deficiencies
- Cardiovascular risk factors
- Lifestyle recommendations
- Further investigations or treatment options if required

Why Consider a Women's Health Assessment?

Many health conditions can develop gradually and without obvious symptoms. A proactive health assessment can help identify concerns early, provide reassurance where appropriate, and support informed decisions about your future health.

Whether you're experiencing symptoms, approaching menopause, planning for the future, or simply looking to gain a clearer understanding of your health, our Women's Health Assessment offers a personalised and comprehensive approach to preventative healthcare.

Book your Women's Health Assessment today and take a proactive step towards understanding and optimising your health.

July Special Offer

To support women in taking a proactive approach to their health, we are pleased to offer a 10% discount on our Women's Health Assessment throughout July.

Usually £650

July Offer Price: £585

This comprehensive assessment combines advanced laboratory screening with dedicated appointments with both an Advanced Nurse Practitioner and an experienced GP, providing a detailed overview of your health and personalised recommendations for your wellbeing.

10% OFF Was £650
Now £585



Why an Annual Health Screening Matters:

Many serious health conditions develop gradually and often without obvious symptoms. High blood pressure, raised cholesterol, diabetes, vitamin deficiencies, hormonal imbalances and even some forms of cancer can progress silently for months or years before symptoms become noticeable.

A comprehensive health assessment provides an opportunity to understand your current health status, identify potential risk factors and detect concerns at an early stage when intervention may be most effective.

At Glasgow Medical Rooms, our health assessments go beyond standard screening. We take a personalised approach, combining detailed laboratory testing with dedicated consultations to help you gain a clearer understanding of your health and wellbeing.

The Benefits of Preventative Health Screening

- **Early Detection:** Many conditions can be identified before symptoms appear, allowing earlier treatment and better long-term outcomes.
- **Greater Understanding of Your Health:** Health screening provides valuable insight into key areas such as cardiovascular health, diabetes risk, nutritional status, hormone balance and overall wellbeing.
- **Personalised Recommendations:** Your results are reviewed by experienced clinicians who can provide tailored advice on lifestyle, nutrition, exercise and any further investigations that may be beneficial.
- **Peace of Mind:** For many patients, health screening offers reassurance that they are in good health or provides the information needed to make positive changes moving forward.

Which Assessment Is Right for You?

We offer a range of comprehensive health assessments designed to meet different health goals and individual needs:

- Executive Health Assessment – £850
- Lifestyle Health & Nutrition Assessment – £850
- Comprehensive Health Assessment – £750
- Essential Health Assessment – £650
- Male Health Assessment – £650
- Female Health Assessment – £650
- Tired All The Time Health Assessment – £525



Whether you are looking for a complete overview of your health, have specific concerns about fatigue, want to optimise your nutrition, or simply wish to take a proactive approach to your wellbeing, there is an assessment designed for you.

Your health is one of your most valuable assets. Investing in preventative healthcare today can help you make informed decisions and support your long-term health for years to come.

To learn more about our health assessments or to book an appointment, contact Glasgow Medical Rooms today.

Meet the Team:



Dr Sheila O'Neill

PRIVATE GP AND CLINICAL DIRECTOR

MBChB DRCOG MRCP



Dr Astrid Bennet

MB ChB DCH, DRCOG, Dip Dermatology



Dr Julie Browning

MBChB MRCP DRCOG DFSRH



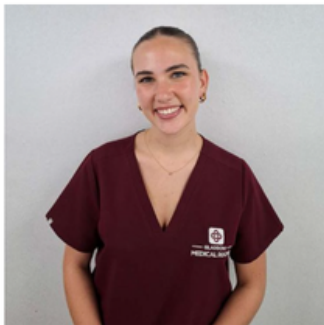
Nicola Keane

Practice Manager



Rebecca McIntosh

Office Manager



Tyla Hattingh

Administrative Assistant



ELLIE MURPHY

Administrative Assistant



KELSIE SHANNON

Administrative Assistant

Reviews:

★★★★★ Edited a month ago

Attended Glasgow Medical Rooms for an appointment with Dr Sheila O'Neil today
The admin and reception staff are all very helpful and pleasant and I have nothing but praise for them.
Dr O'Neil is an excellent GP who is very knowledgeable and non judgemental. There are never any problems attending Glasgow Medical Rooms for an appointment and I have no problem paying the fee to see her privately.
Highly recommended.

★★★★★ 2 weeks ago **NEW**

Five star service. Reception staff were extremely hospitable and welcoming. The Doctor was kind, professional and attentive. Please pass on my gratitude.

★★★★★ a week ago **NEW**

every thing 5 star

★★★★★ 15 hours ago **NEW**

Visited for an ENG1 medical. Staff were very friendly and the whole atmosphere was nice. Great central location. Would recommend to anyone

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