



OCTOBER NEWSLETTER



A Spooktacular October at Glasgow Medical Rooms



Scarily Good Health Advice

- Breast Cancer Awareness Month
- October Health MOT
- Menopause and Womens Health
- Don't Let The Unknown Haunt You This Halloween
- Tired All The Time Medical
- Find and Fright
- Enjoy the Spooky Season



As the seasons change and the days grow shorter, October is a great time to pause and think about our health and wellbeing.

This month, we're focusing on some important areas of health, from Breast Cancer Awareness Month and looking after your health with an October Health MOT, to menopause and women's health. We're also preparing for the colder months ahead with a reminder that flu season is here, and exploring some of the reasons you may be feeling tired all the time.

And, of course, October wouldn't be complete without a little bit of Halloween spirit! 🎃 We'll finish with some tips to help you enjoy the spooky season while staying happy and healthy.

At Glasgow Medical Rooms, we believe that looking after your health isn't just about treating illness — it's about understanding your health, being proactive and getting the right support when you need it.

We hope you enjoy this month's newsletter and find something useful for you and your family.

From all of us at Glasgow Medical Rooms, have a healthy and happy October!



Small test,
valuable insights —
your health starts
with
understanding
what's happening
inside.



Breast Cancer Awareness Month



October marks Breast Cancer Awareness Month, an important opportunity to raise awareness of breast health and encourage everyone to be familiar with what is normal for them. Breast cancer is the most common cancer in the UK, but when diagnosed at an early stage, treatment is often more likely to be successful. Changes to look out for can include a new lump or swelling in the breast or armpit, a change in the size or shape of the breast, skin changes, changes to the nipple or unusual nipple discharge. Most breast changes are not cancer, but it is important not to ignore anything that is new or unusual for you. If you notice a change that concerns you, speak to your GP for advice. October is a good reminder to make breast health part of your routine — know your normal, attend screening when invited, and don't hesitate to seek medical advice if something doesn't feel right.

Health MOT

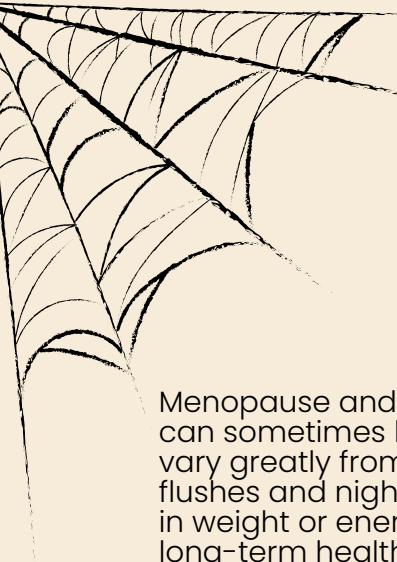
October is the perfect time to give your health a little check-in. A Health MOT can provide valuable insight into how your body is doing, even when you feel perfectly well. Routine blood tests can help assess important markers such as cholesterol, blood glucose, liver and kidney function, and can sometimes identify early signs of health concerns before symptoms develop. At Glasgow Medical Rooms, we make looking after your health as convenient as possible — blood tests can be arranged on the same day as your appointment, meaning you can discuss your health with your GP and have your recommended bloods taken during the same visit.

We offer a range of health assessment packages tailored to different ages, needs and stages of life. Take a look at our website to explore the different packages available and find the one that's right for you. If you'd like to take a proactive approach to your health this October, contact the Glasgow Medical Rooms team to book your appointment — we'd be delighted to help you get started.



**Scarily Good
Health Advice**





Menopause and Womens Health

Menopause and perimenopause are a natural part of life, but the changes they bring can sometimes have a significant impact on how you feel day to day. Symptoms can vary greatly from woman to woman and may include changes to your periods, hot flushes and night sweats, poor sleep, fatigue, low mood, anxiety, brain fog and changes in weight or energy levels. It is also an important time to think more broadly about your long-term health, including heart health, bone health, blood pressure, cholesterol and blood glucose.

At Glasgow Medical Rooms, although we no longer offer a dedicated menopause clinic, we continue to support women with a range of women's health blood tests and health assessment packages designed to provide a broader picture of your health. These can be particularly useful if you have concerns about changes you are experiencing or simply want to take a more proactive approach to your wellbeing.

October Women's Health Offer

Throughout October, when you purchase any blood test or health package, you can add a CA125 blood test for **£100 (normally £115)**. CA125 is a blood marker that can be raised in ovarian cancer, but it can also be elevated for a number of non-cancerous reasons, so it is not a standalone screening test for ovarian cancer. If you have symptoms or concerns, our GPs can discuss these with you and advise whether CA125 or any other investigations would be appropriate.

Your health deserves attention at every stage of life. Take a look at our website to explore our women's health blood tests and health packages, or contact the Glasgow Medical Rooms team to discuss your options and book an appointment.

Don' Let The Unknown Haunt You This Halloween

This Halloween, shine a light on your sexual health with our Early Detection Viral STI Screen. Available for both males and females, this comprehensive blood test can be taken from 10 days after your last exposure and screens for HIV I+II (RNA), Hepatitis B (HBV DNA), Hepatitis C (HCV RNA) and Syphilis (IgG/IgM). At £285, it's a confidential way to gain greater peace of mind and take control of your sexual health. Don't let uncertainty linger in the shadows – early detection starts with testing.



No Tricks, Just
Good Health!



Tired All The Time Medical

Feeling tired from time to time is completely normal, but persistent or unexplained fatigue can sometimes be a sign that something else is going on. Our Tired All the Time Medical is a focused, comprehensive assessment designed to investigate some of the common underlying causes of ongoing fatigue, including thyroid problems, hormonal and nutritional issues, iron deficiency, diabetes and other medical factors.

Your assessment includes a review of your medication and lifestyle history, BMI including height and weight, blood pressure and urinalysis, alongside an extensive programme of blood tests covering full blood count, diabetes health, nutritional health, iron status, kidney health, infection and inflammation, bone health and thyroid health. The blood panel includes markers such as haemoglobin, ferritin, iron, vitamin B12, folic acid, vitamin D, HbA1c and glucose, kidney function, CRP, thyroid hormones and thyroid antibodies, giving a detailed picture of your overall health and helping to identify areas that may warrant further investigation.

Your initial appointment is a 30-minute consultation with an Advanced Nurse Practitioner. Once your results are available, typically within 7 days, you will have a further 30-minute appointment with an experienced GP, who will review your results with you in detail, answer any questions and discuss any appropriate next steps.

October Offer

Our Tired All the Time Medical is **normally £525**, but throughout October we are offering this comprehensive assessment for **£475**. If you've been feeling unusually tired and can't quite put your finger on why, don't simply put it down to being busy. Find out more about your health and speak to our team at Glasgow Medical Rooms to book your assessment.



- Full Blood Count**
- Hemoglobin
 - Hematocrit
 - Mean Cell Hemoglobin
 - Mean Cell Hemoglobin Concentration
 - Red Blood Cell Mean Cell Volume
 - 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
 - Urobilinogen
 - White Blood Cells

- Diabetes Health**
- HbA1c
 - Glucose
 - Insulin
 - C Peptide

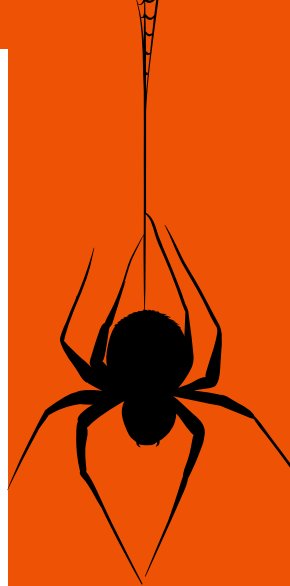
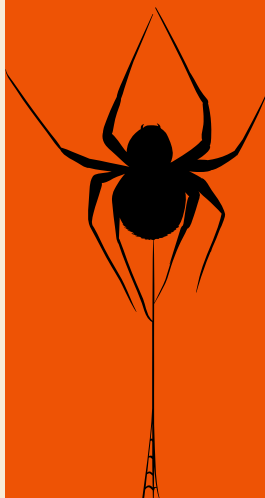
- Nutritional Health**
- Albumin
 - Calcium, Adjusted
 - Iron
 - Folic Acid
 - Vitamin B12
 - Vitamin D

- Iron Status**
- Ferritin
 - Iron
 - Total Iron Binding Capacity
 - Transferrin
 - Transferrin Saturation
- Kidney Health**
- Creatinine
 - EGFR
 - Chloride
 - Potassium
 - Phosphate
 - Sodium
 - Urea
 - Cystatin C
 - Magnesium

- Infection and Inflammation**
- C Reactive Protein

- Bone Health**
- Alkaline Phosphate

- Thyroid Health**
- Thyroid Stimulating Hormone
 - Free Thyroxine
 - Free Tri iodothyronine
 - Anti TG
 - Anti TPO



Find and Fright

HALLOWEEN WORDSEARCH

N Z C H O B T C U K I Y T C E U G S
N R G W M X E O H Y C Y N R G T N C
M O O R B N I K P M U P I V Z O I A
V R Z C M O N S T E R P U G J K V R
A E L M Y P Y Z X K M R S N Z J R E
W W A L N D F P N A C W B X W T A C
O S Y V K T N T V Z L I E Z S C C R
K M D Z P O O A P J O F R K X S B O
T V F J O B O O C O H M E T E O T W
F R K E K Q T P H G T L B M O S A I
G A I L M O O N S L T I U I M H E D
A P N W C D L B T O U T O I E A R E
I L S G L O D E N W S M D N R D T T
B N Z D R A U W W O H N Z D V O N N
A Y K O O P S X C I I M I R X W Z U
T W E R E W O L F G O Y R U Z V W A
X Y Y K L Z V P H O J A V L I Z C H
S G L Z P S G T H H U H V I A X K H

BAT	FANG	BROOM	CANDYCORN	POTION	SCARECROW	SHADOW	SKELTON
BOO	WEB	CAT	COSTUMES	MIDNIGHT	SPOOK	SPOOKY	TREAT
HOOT	MASK	GLOW	HAUNTED	MONSTER	TRICK	VAMPIRE	
OWL	CAT	MOON	CARVING	PUMPKIN	WEREWOLF	ZOMBIE	

➔ Visit site



Enjoy Your Spooky Season

As October comes to a close, we'd like to wish all our patients and their families a happy, safe and spooktacular Halloween! 🎃 We hope you have lots of fun, whether you're dressing up, carving pumpkins or heading out for some trick-or-treating. A huge thank you to everyone who has taken the time to leave us a Google review — your kind words and feedback mean so much to the whole team at Glasgow Medical Rooms and help others discover our practice. If you've recently visited us and have a moment to share your experience, we'd be incredibly grateful if you could leave us a review. ★

For now, stay warm, stay safe and enjoy your tricking and treating! 🎃 🍬 🧛

From everyone at Glasgow Medical Rooms — Happy Halloween!

A Virtual Treat



EXCELLENT
★★★★★
Based on 314 reviews
Google



Get Caught in Our Social Web!

