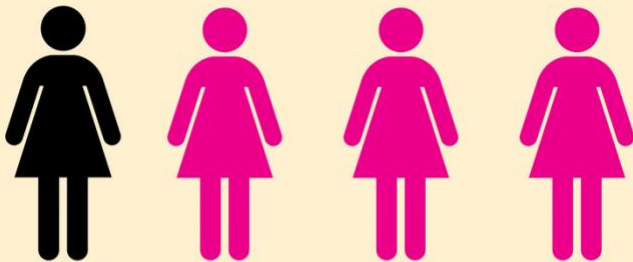


April 2022

The Elms Medical Practice

CERVICAL SCREENING – ARE YOU UP TO DATE WITH YOURS



1 in 4 delay smear tests because of embarrassment

Attend your smear, reduce your risk of cervical cancer [jostrust.org.uk/smearforsmear](https://www.jostrust.org.uk/smearforsmear)



Don't put off cervical screening. It's one of the best ways to protect yourself from cervical cancer.

Call the practice on
01244 351000

For further information on what happens at your appointment click on the link below.

<https://www.nhs.uk/conditions/cervical-screening/what-happens-at-your-appointment/>

All women and people with a cervix between the ages of 25 and 64 should go for regular cervical screening. You'll get a letter in the post inviting you to make an appointment.

Hey Ladies

I know it's undignified, but how do you think I feel, I live in Chester and work as a practice nurse in Chester... I know most Practice nurses in Chester, I may have even worked with the nurse that will do my smear!!! As a practice nurse I really don't care if you haven't shaved, waxed etc... Wearing odd socks, not showered beforehand as you've been in work all day. I am grateful you have turned up for your appointment and all I worry about is making sure I find your cervix and get an adequate sample!

Practice Nurse Julia Lawson @ The Elms



"Ladies, if you are due your smear and have received your letter inviting you to attend, please book an appointment. I know it can feel undignified/embarrassing at the time, but ultimately it is simply us taking a sample, which may save your life. We are so lucky to have cervical sampling in this country so why not take full advantage of it. Myself and my colleagues could not care less how you look "down there" we are just concerned with making the experience as comfortable as possible for you and getting a good sample! 😊"

Practice Nurse Erin Byrne @ The Elms



If you would like to speak to one of our practice nurses prior to making an appointment, please contact the practice on 01244 351000 **please don't put it off.....**

Your health is SO important.

Thousands of lives can be saved every year with better awareness and understanding of the symptoms of cervical cancer.

There is lots of guidance and information out there for you to read, but at the end of the day, the best thing you can do for yourself and loved ones is get your cervical screening done, ring us on 01244 351000

See the leaflet below

[https://cancerscreening.hscni.net/pdf/Updated Cervical take test 2019%20final.pdf](https://cancerscreening.hscni.net/pdf/Updated_Cervical_take_test_2019%20final.pdf)

The Elms Medical Practice

2nd Floor, Fountains Building
Delamere Street
Chester
CH1 4DS
elms.medicalcentre@nhs.net
01244 351000

We are closed for Training on:

28th April 2022
1pm to 5pm

During this time if you need medical advice please use NHS 111



Practice News

We would like to say a fond farewell to Dr Elmasry, who is moving on to Paediatrics, and Liam who is pursuing a career in IT
Good Luck Both. You will be missed. 😊