

NEWSLETTER

PRODUCED BY THE PATIENT PARTICIPATION GROUP FOR SALTSCAR SURGERY



Organ Donation Week

Monday 21st to
Sunday 27th
September 2026

What is Organ Donation Week?

This week is used to raise awareness about the importance of organ donation, the need for more donors to help those waiting for a transplant and increase the number of people on the NHS Organ Donor Register.

The waiting list has never been higher and they need your support more than ever. Over 8000 people are currently in need of a transplant to save or improve their lives

What is the NHS Organ Donor Register?

The NHS Organ Donor Register is a confidential record of people's organ donation decisions.

It records your choice whether to become an organ donor or not when you die.

Why register an organ donation decision?

In England, the organ donation law changed on May 20, 2020, introducing an "opt-out" system for organ donation. This means that adults in England are considered potential organ donors after their death unless they have registered to opt out or are excluded from the new system.

When you register your organ donation decision, you are helping your loved ones to know what you want.

Clinicians will never proceed with organ donation if your family or loved ones object. To find out more, visit the website <https://www.organdonation.nhs.uk/register-your-decision/> call 0300 123 23 23 or use the NHS app.

100,000 lives have been saved in the UK by organ donation in the last 30 years

Text Message Reminder System is Changing

The costs of SMS text message reminders sent out to patients are now having to be paid directly by the surgery.

This means the practice would have an additional phone bill of over £10K a year.

For this reason the practice will change how they send reminders for appointments.

With immediate affect

Patients will only receive a text message reminder 1 Day before their appointment

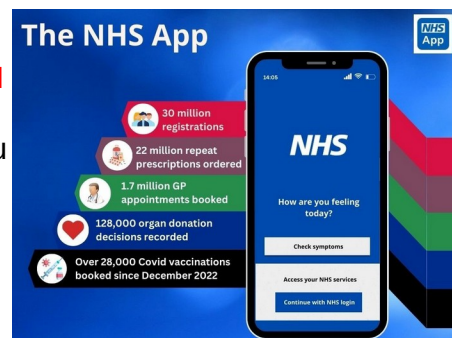
Previously it was 1 week before, 3 days before and 1 day before your appointment.

In addition

If patients are signed up to email, the surgery may choose to email patients instead, as this doesn't create a cost to the practice.

Finally

If you download and use the **NHS app** and **turn ON** your **NHS App notifications**, you will get reminders directly to your phone, which does not cost anything either to you or to the practice.



NHS Health Check



What is an NHS Health Check?

The NHS Health Check is a free check-up of the health of your heart and blood vessels. It can tell you whether you're at higher risk of getting certain health problems, such as: heart disease, diabetes, kidney disease or stroke

During the check-up you'll discuss how to reduce your risk of these conditions.

Who is the NHS Health Check for?

The check is for people who are aged 40 to 74 who do not have any pre-existing conditions for which they are already receiving regular check-ups.

Ask the surgery for details if you think you may be eligible

What happens at an NHS Health Check

The check takes about 20 to 30 minutes and usually includes:

- measuring your height and weight
- measuring your waist
- a blood pressure test
- a cholesterol test, and possibly a blood sugar level test

You may be asked to have a blood test at or before the NHS Health Check. You'll also be asked some questions about your health. Your age, sex and ethnicity will also be recorded

Your NHS Health Check results

You'll usually be told your NHS Health Check results during the appointment or soon afterwards.

For more details visit

<https://www.nhs.uk/tests-and-treatments/nhs-health-check>



For appointments and repeat prescriptions, visit: www.saltscarsurgery.nhs.uk

Cervical Screening (Smear Tests)

The cervical screening intervals have changed

The Human Papillomavirus (HPV) causes nearly all cervical cancers. We now use a test which is more sensitive and accurate than the previous method (smear test) to look for HPV in your sample.

If you test negative for HPV you are extremely unlikely to go on to develop cervical cancer within the next 10 years and the screening test has changed from **3 to 5** years.



Image from Freepik

So will everyone aged 25-49 move to a 5 year screening

No, not everyone. If your test result is negative but your last test (taken within the last 5 years) showed an HPV positive result, you will still be invited for screening in 3 years time so that your HPV status can continue to be monitored. If you test negative for HPV at that next test, then you'll move to 5 year screening.

What happens if I test positive for HPV?

It's important to remember that having HPV does not mean that you have or will develop cervical cancer. It is a common virus that most people will have at some point in their life without knowing, and which usually goes away on its own.

If HPV is found in your sample and there are no cell changes, you are invited for screening again in 1 year. If cell changes are found alongside HPV, you are referred directly to a hospital clinic for a colposcopy to check the cervix more closely.

Further follow up and treatment will depend on the colposcopy findings.

What happens if I test negative for HPV?

For most people, their screening result is normal, with no HPV detected, and you will be due another test in **5 years time**.