

Practice Leaflet Feb 2024

We usually see our patients at the Nuffield Hospital in Cambridge

4 Trumpington Rd, Cambridge CB2 8AF

We now also have new premises at

Buidling G South Cambs Business Park, Babraham Rd, Sawston CB22 3JH

Our Services

An appointment with your own private GP. Medical attention when you want it. No need to wait. A convenient personal GP service, offering an extensive range of General practice services.

- **Consultations**
- **Examination, Investigation & Treatment**
- **Referrals to a specialist as necessary**
- **Immediate booking online or by phone**
- **On-site pharmacy**
- **Extensive range of services, laboratory tests, X-rays, MRI, CT and Ultrasound scanning**
- **Video consultations, phone calls and email advice**

All patients are welcome, whether registered with us or not.

The very best medical support from approachable and understanding doctors in a relaxed and unhurried environment. Experienced general practitioners — offering modern medical care, personalised to you/

- **Medical Consultation (20 minutes)**
- **Extended Consultation (30 minutes)**
- **Comprehensive Consultation (60 minutes)**

Fit to travel, fit to compete in marathons, etc – e.g., one side A4

Forms that do not require additional tests or investigations can be booked directly on-line as a 30-minute appointment.

£164.00

[Find an appointment and register](#)

 01223 967995

 enquiries@cambridgeprivatedoctors.co.uk

Nuffield Health Cambridge Hospital
4 Trumpington Road
Cambridge CB2 8AF

Current Prices

20-minute Consultation – face to face	£126
30-minute Consultation – face to face	£164
45-minute Consultation – face to face	£240
60-minute Consultation – face to face	£305
Telephone or video 20,30 or 45'	£100 / £137 / £173
Specialist 45-minute Menopause*	£290
Home visit (Cambridge area, by appt only)	£400
Referral letter	£37
Nexplanon – fitting and Consultation	£364
Nexplanon – removal	£208
Changing/fitting a copper coil – includes the cost of the coil	£239
Changing/fitting a Mirena coil – includes the cost of the coil	£376
Medicals – varies according to your needs	£140
Cervical Smear**	£220 to £300
See section on smear tests	
*All new patients for a specialist menopause appointment with Dr Shaw require a minimal 45' appt	
For anything else – please ask us for a price/quote	

How to contact us:

The easiest way to book an appointment is online via our website.

<https://www.cambridgeprivatedoctors.co.uk/appointments>

Or email us:

enquiries@cambridgeprivatedoctors.co.uk

Alternatively, phone 01223 967995 and speak to the bookings team (Mon-Fri 9-5)

Wherever possible, our secretaries will answer; if they are busy, you can leave a message on our answerphone

Email is usually better than telephoning – leave a message, and our team can ring you back.

Nuffield Health Hospital,
4 Trumpington Rd,
Cambridge CB2 8AF
T: 01223 967995

We are an independent medical practice working within the organisation of the Nuffield Hospital Cambridge

How to pay

Invoices are sent to you by email, usually within two days of your Consultation. We are mindful no one receives an invoice with unexpected charges. We always discuss the costs of tests and encourage you to ask if unclear.

Payment

Please settle online by Card or BACS.

If you need to settle your invoice by cheque or cash, please let us know.

Third-party payments.

For patients who request their invoice is sent to a third party, such as an insurance company or employer, it is essential you seek a guarantee of payment from them before your Consultation.

If a third-party declines payment, the settlement will be the direct responsibility of the patient.

The hospital will charge you separately for medications.

If you are insured with a UK based company, they will not usually cover the costs of seeing us, or blood tests, but will often cover scans.

Become a subscriber.

- **Priority access** to our GPs & **Unlimited** online communication
- **Prescription service** delivered to home or work.
- **Fast track referrals** to specialists
- No charge for **referral letters**

Some medical services are available to subscribers without needing a face-to-face consultation.

Online consultations - MyWebGP

For subscribers only - direct online access to your private GP.

Confidential & secure access 12 hours per day, seven days per week

Video consultations are also available (extra charge)

[See our website for details](#)

Cervical Smears

A cervical screening or smear test examines the cells at the neck of your womb. This detects any changes within the cells so that appropriate treatment can be given in plenty of time. If left the majority of cell changes, which are provoked by an infection with the human papilloma virus (HPV), will revert to normal on their own. However, a small percentage will progress to develop cervical cancer, over the next 10 years.

Cervical smears look for these changes so that any areas of abnormal cells can be easily treated at an early stage so completely preventing any further progression. The national screening programme invites all women aged 25 to 64 years to be screened every 3 years till 50y then every 5 years.

They check first for the presence of HPV, as if there are no signs of HPV infection it is very unlikely that there will be any abnormal cell changes. If the sample shows HPV, it will then be analysed for abnormal cells.

Evidence shows HPV testing is a more effective way to identify women at risk of cervical cancer than by screening microscopically for abnormal cells from a PAP test.

HR-HPV testing has been used in the UK since 2011 to identify women with low grade cytology abnormalities and as a follow up test of cure in women who have received treatment. In 2017 the UK NHSCSP recommended that **testing for HPV should replace cytology as the first (primary test) in cervical screening.**

[Cambridge Private Doctors offer a comprehensive screening service:](#)

1. Cervical screening by the doctor

The sample will be analysed first for Human papillomavirus.

You will be billed for a 30-minute appointment with the doctor (£164) and £67 extra for the test

The sample will be automatically checked for abnormal cells if you are found to be positive for HPV changes in the cells of the cervix, at no additional cost.

Some women prefer to ask for both tests to be done – even if the HPV is negative. This cost more (£130), again you will also be billed for a 30-minute appointment.

Your doctor can answer any queries you have and confirm with you exactly which tests you would like at the time of the smear.

Occasionally the smears or HPV samples cannot be analysed, or return as inadequate, in which case they need repeating in 3month's time.

This is no-one's fault just a weakness in all cervical screening programmes. Unfortunately, the labs do still charge for these samples meaning that we do need to charge you for the smear and repeat if necessary.

2. Self-Collection HPV Test

This provides women with the option to self-collect a vaginal specimen that is then sent to the laboratory for testing looking for high-risk HPV DNA subtypes.

There is a well-documented high level of correlation between the HPV DNA results from self-collected and clinician-collected specimens.

- A negative result means that these high-risk subtypes HPV were not detected, and the patient is at extremely low risk of developing high-grade cervical disease/CIN2+ before their next routine visit.
- A positive HPV result might indicate an increased risk of developing CIN/cervical cancer, and the report from the laboratory will provide a clear recommendation for follow-up/colposcopy.

Self-collection of specimens for HPV testing is not intended to replace existing screening programmes but allows for:

- Those who wish to test following a change of sexual partner
- Option for identifying individual high risk DNA subtypes
- Personal preference to self-collect vaginal samples
- An acceptable option for women who avoid having regular cervical smears

These can be sent out to you at the cost of £66.

Medicals, Visa Examinations etc

Thank you for contacting us regarding a medical examination.

Medicals are increasingly complex and varied and it would seem the questions are not designed by medical personnel and often are not of great relevance. However, it is of course important that they are completed correctly, and we can help you do that.

Due to the complexity and the variety of these medicals it is time-consuming to give an exact price and this document will help guide you to an approximate cost.

Simple medicals

Fit to travel, fit to compete in marathons, etc – e.g., one side A4

Forms that do not require additional tests or investigations can be booked directly on-line as a 30-minute appointment.

£164.00

[Find an appointment and register](#)

Complex medicals

Detailed forms with blood tests and medical history to complete need a minimum 45-minute appointment.

£240.00

[Find an appointment and upload forms here](#)

Things to note:

If medical history is required as part of the medical, you will be required to contact your NHS / regular GP to obtain this information ahead of the appointment.

If you need a detailed visual or hearing check, please arrange this in advance with a high street provider, such as Specsavers and bring the results of the check with you to the appointment.

Any additional costs will be discussed during the medical.

The forms and paperwork will usually be completed at no additional cost. We will discuss in the medical if you have forms that are more complex and take longer.

You can expect the forms to be completed within 24 hours of all results received.

More complex medicals do incur additional costs and they will be discussed in detail during the medical exam, but to give you an idea we have compiled a list to guide you.



Health Checks

There are many organisations offering Health checks, often at great expense. Whilst these might seem appealing, in fact many of the tests recommended offer little to help in identifying health issues or averting future health problems. Often there are just a series of generic “tick box” screening tests, broadly classified as a health check.

There are hundreds of different screening tests available for those seeking healthcare - However, not all of these are needed, and most of the time many are unnecessary unless patients present with specific health conditions. Therefore, it is important that we select suitable tests based on evidence, thorough history, and assessment, to provide the best indicators of potential health problems.

At Cambridge Private Doctors we believe in personalising health checks to the individuals **actual** needs.

In addition, we treat any problems identified, rather than just refer them on.

Unlike many health checks that result in feedback being given to a patient without further guidance, that they are then responsible for taking to their GP - **if we find a problem, we treat it.** We come up with an agreed management plan with our patients and prescribe and follow up as needed.



We offer the following services – but can tailor more to meet your needs:

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General Health check

You will book for an appointment with one of our doctors for 45 minutes

Prior to your assessment you will be sent a questionnaire to help us by knowing your:

- Previous medical conditions
- Current symptoms
- Any current health concerns
- Family history
- Lifestyle factors
- Previous investigations of tests

<https://questionnaire.heydoc.co.uk/930b226b30c702e90710692bf940ba672c39e26e>

In clinic the doctor will take a further detailed history, perform necessary examinations, and discuss further tests that are relevant to you.

We will provide detailed feedback of all your results and agree a joint management plan to help preserve your health or deal with any abnormalities discovered

What happens during your health check?

Your initial consultation

This will be with one of our doctors who specialises in either male or female health.

We will take time to explore your health concerns and take a full history.

What are your worries?

What are your risk factors for significant diseases and cancers?

What is your risk of cardiovascular disease – strokes and heart attacks, and what can be done to prevent this.

What is your risk of diabetes?

Physical examination

As part of your initial assessment, your doctor will perform a full physical examination, as well as other tests tailored to your individual needs. At this stage, your doctor can also organise specialist additional imaging (such as X-rays or other scans as needed).

Once we have your results, we will forward a full report to you

- They will discuss with you, in plain and simple language, what the results mean and then talk you through their recommendations.
- You start a treatment path (if clinically appropriate)
- If clinically appropriate, your doctor will outline further treatment or investigations that they would recommend.

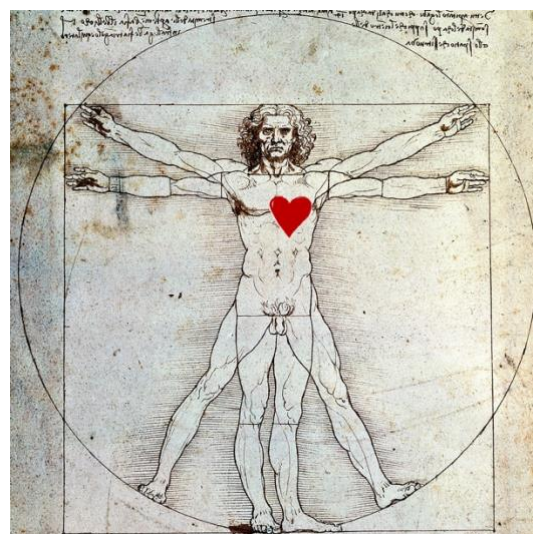
Heart Health

The greatest risk factor is getting older. Any one over 40 should start thinking about how they can minimise their risk of heart disease.

Your GP can offer cholesterol and blood pressure checks, but we can offer you a more detailed assessment

The Following tests are available

- Blood count
- Kidneys
- Liver
- Gout
- Iron stores
- Vitamin D
- Diabetes screen
- Detailed cholesterol breakdown – measuring your good and your bad cholesterol



Electrocardiograms — also called ECGs or EKGs

An electrocardiogram records the electrical signals in your heart. It's a common and painless test used to quickly detect heart problems and monitor your heart's health.

Imaging

Echocardiogram

An echocardiogram uses sound waves to produce images of your heart. This common test allows your doctor to see your heart beating and pumping blood. Your doctor can use the images from an echocardiogram to identify heart disease.

Coronary Calcium Score

A calcium-score screening heart test (coronary calcium scan) uses computerized tomography (CT) to detect calcium deposits in the coronary arteries of your heart. A higher coronary calcium-score suggests you have a higher chance of significant narrowing in the coronary arteries and a higher risk of future heart attack.

You should consider a calcium scan if you are between ages 40-70 and at increased risk for heart disease but do not have symptoms.

Heart rhythm monitoring

Altered heart rhythms, especially atrial fibrillation, become commoner as you get older and often are symptomatic. We offer the BodyGuardian® MINI - the first fully waterproof-submersible arrhythmia monitor.

A highly advanced device that records every single one of your heart beats for up to 14 days.

This can detect Atrial Fibrillation in patients. Detecting this condition can reduce the chance of a stroke by 80%



Every woman has individual needs regarding her health. At CPD we aim to provide preventative health screening to address specific health needs of women and identify any early signs of degenerative illness or potential health risk factors. We also aim to give you the best advice on lifestyle choices, physical and mental health issues, and advice regarding your risk factors.

We can also offer:

- Hormone tests
- Cervical smears
- Mammograms
- DEXA scans for osteoporosis

We are all aware of many companies out there offering comprehensive medicals which consist of a battery of tests, with little tailoring, little monitoring, or follow-up of the implications of these tests.

We are attempting to provide individualised testing tailored to your specific health requirements, and comprehensive follow-up to deal with any conditions revealed by the examination and tests, and provide you with an experienced medical opinion on how to optimise your health

Medical check-ups should become part of your self-care regime you don't need to wait until you are feeling unwell, having a check-up when you're feeling well can give you a better understanding of your health and allowing to take preventative measures when necessary

When looking at cancer screening tests it's important to appreciate that no screening can be 100 percent perfect. All tests have what we call false positives, results that are raised but may turn out not to be serious, and likewise false negatives results that appear normal but do not confirm the absence of a condition.

Contraception

Contraception needs to be considered for all women of reproductive age that are having sex. Though the 40s and into the perimenopause contraception is still required. For women whose last period comes under 50y, we advise contraception for 2y after this period, women with a last period over 50y need contraception for a further year.

For women over the age of 40y there are plenty of options for contraception. They should also be considering ways of preventing sexually transmitted infections if they are embarking on a new relationship. We can guide you through the best contraceptive options for you, and fit coils or implants if required.

Men's Health

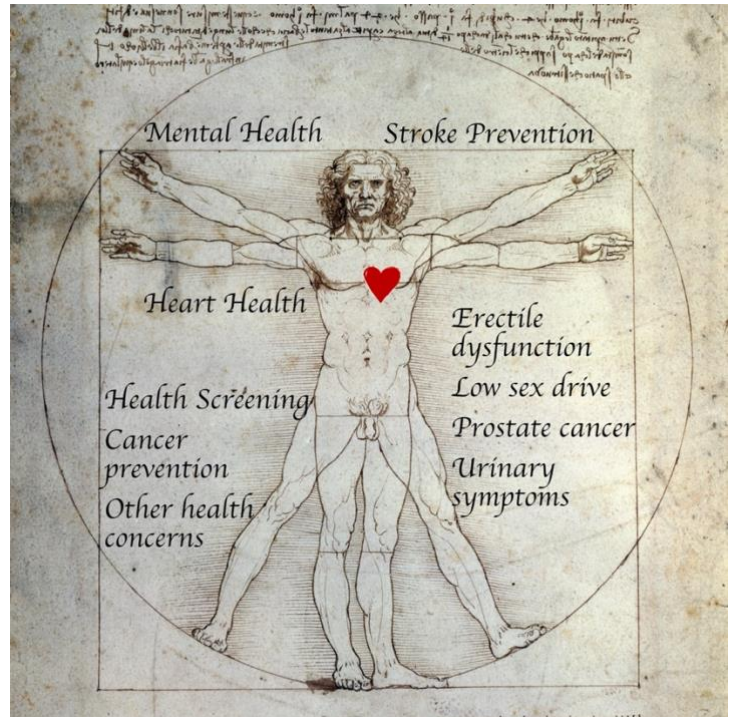
Think about booking in for a male MOT



How are you now & how can you reduce your future risks?

We can review

- Heart risk and Heart health
- Prostate
- Erectile dysfunction
- Testosterone deficiency
- Any current health concerns that you may have
- Diseases that run in your family and your personal risk
- Stroke risk
- Screening for diabetes
- Mental Health screening



Men's Health – health issues for men.

Many men worry about cancer, heart disease and erectile problems – but are embarrassed to ask or think nothing can be done.



Prostate

As men get older the prostate increasingly can become a problem, both for causing problems with passing urine and the risk of cancer



Prostate cancer

Am I at risk of prostate cancer?

In the UK, about 1 in 8 men will be diagnosed with prostate cancer in their lifetime. We don't know exactly what causes prostate cancer but there are some things that may mean you are more likely to get it – these are called risk factors.

There are three main risk factors for getting prostate cancer, which are things you can't change. These are:

- Getting older – it mainly affects men aged 50 or over
- Having a family history of prostate cancer
- Being black.

There are around 130 new cases of prostate cancer every day in the U.K. However, more than 84% of men will survive for 10 or more years under current treatment regimes. The key to beating prostate cancer is catching it early. Symptoms of prostate disease include:

- Poor urinary flow
- Hesitating starting passing urine
- Going more frequently
- Feeling as if you have not emptied completely
- Dribbling afterwards
- Blood in the urine

However, many of these symptoms can also be just a sign of normal prostate enlargement with ageing

What is your risk?

You can use the calculator below

<https://prostatecanceruk.org/risk-checker>



Or better still, you can book a prostate check with us. This includes:

- **H**istory to help determine your risk
- **P**hysical examination of your prostate
- **A**ssessment of your prostate score - to measure the severity of lower urinary tract symptoms.
- **PSA test** - **P**rostate **S**pecific **A**ntigen, is a protein made by the prostate which naturally leaks into the bloodstream. Although the PSA test is often done to detect cancer in men who have problems passing urine it is also used to help in the treatment of men who are known to have prostate cancer, it can also detect early prostate cancer before it causes symptoms or any abnormality of the prostate.

Report after testing to help:

- Give you a risk assessment
- Suggest further follow checks for cancer
- Offer treatment to help with urinary problems

Testosterone Deficiency

Testosterone deficiency is common over the age of 40 and affects up to 12% of men aged 50 and over

Low levels of testosterone, can produce a variety of symptoms in men, including:

- decreased sex drive
- less energy
- weight gain
- feelings of depression
- moodiness
- low self-esteem
- less body hair
- thinner bones

Who gets testosterone deficiency?

Whilst testosterone production naturally tapers off as we get older, other factors can cause hormone levels to drop.

- Diabetes
- Obesity
- High blood pressure
- Heart disease
- Medications (many prescription drugs can also reduce testosterone levels)

How can testosterone deficiency be treated?

Testosterone replacement therapy (TRT) can be suitable for many men – and can help alleviate many of the symptoms described above as well as possibly reducing risk of diabetes and heart disease and helping weight loss

In addition, addressing important lifestyle issues also is vital

Testosterone deficiency can be treated.

If you think that you may have TD book an appointment today (45 minutes)

Wellness

Lifestyle medicine and preventative care are the future of healthcare. The outcomes on our physical and mental wellbeing when we tweak our diet or exercise far outweigh those of a lot of medications. You might like to use your health check to review your lifestyle.

Fill in our lifestyle review questionnaire following our ABC formula and use your appointment to go through how you can make your lifestyle work for you.

<https://questionnaire.heydoc.co.uk/a39c2ddb90ec14c0e619a3d1a7c7a619d241381d>

A-F of wellness

A- Avoidance of substances such as alcohol and cigarettes, you may want help to stop addictive substances.

B- Breathwork and how it can help you physically and mentally.

C- Connection and advice around how being more connected to not just others but to ourselves by using mindfulness and to the world around us by spending more time in nature, can make us healthier.

D- Daily routine of sleep and nutrition advice.

E- Exercise, learn how much and what you can do based on your individual circumstances.

F- Feelings, looking at how we can switch on the positive pathways in our brains by using simple CBT techniques.

You may want to supplement this conversation by having blood tests to review your lipid profile and risk of diabetes.

What are the costs?

We would recommend a minimum of 30 minutes for a simple check (£155), particularly if it is about just a single issue, however most checks should be booked for 45 minutes

We would recommend.

General Health Check – 45 minutes £230

- A general Health check is tailored for you and can include a heart health, women's health, men's health check, Review for testosterone deficiency

Blood tests and other investigations will be priced accordingly, however here are some ideas as to current prices - these sometimes will vary as the labs do alter costs

- Investigations – these are added to the cost of the health check (we never do tests in isolation; they are always part of a check)

Screening blood test <i>Includes Blood count, kidneys, liver, calcium, cholesterol, vitamin d, iron stores, thyroid and gout, cholesterol</i>	£138
Hb1AC (diabetes blood tests)	£21.45
Prostate cancer blood test	£44.28
Testosterone blood tests	£31.83
Women's Hormone profile	£128.69
Cervical Smear – when added to a health check	£60.50
Coronary CT scan – to assess heart disease	£494
14 days Continuous ECG for AF/Stroke risk	£180
Bone density scan (DEXA) for osteoporosis	£135
Mammogram	£186
Chest x-ray	£116.22
Echocardiogram (heart scan)	£316.80
MRI scan depends on area	~£520
ECG	£100

Cervical Smear (only) includes 30-minute appointment (£215.50)

How do I book?

You can book directly online – just choose a 30 minute or 45 Minute appointment.
Or email us if you are unsure.

Complete the General Questionnaire

<https://questionnaire.heydoc.co.uk/930b226b30c702e90710692bf940ba672c39e26e>

Or complete the Wellness Questionnaire

<https://questionnaire.heydoc.co.uk/a39c2ddb90ec14c0e619a3d1a7c7a619d241381d>