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The Script

SurreyGP 
CONSULTATION BY REPUTATION

Issue 53, May - June 2025



Dr. Louise Bye, Acting Medical Director

After a sun-filled spring, summer is just around the corner—bringing more sunshine, outdoor fun, and the perfect opportunity to prioritize your health! In this issue: quick and easy skin lesion removal, proactive mole checks, allergy relief solutions, and tips to keep your brain sharp. Fast reads, helpful insights, and expert care—just when you need it most.

Plus, don't miss our new Useful Links section at the bottom for quick access to bookings, prescriptions, and contact information.

"Dr Louise Bye who I saw for the first time yesterday really impressed me with her very kind and caring attitude, how thorough she was and the help and advice she gave to me. Dr Bye made me feel totally at ease.
Thank you Dr Bye."

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❑ Fast, Effective Skin Lesion Removal with Cryotherapy at SurreyGP

Say goodbye to stubborn warts, skin tags, and other benign lesions—in just minutes.

Cryotherapy uses liquid nitrogen to **safely freeze and remove** unwanted skin growths with **no scalpels, no stitches, and minimal downtime**. Most treatments are completed on the same day, with only mild discomfort and a quick return to normal activities.

- **Ideal for:** warts, verrucas, skin tags, seborrhoeic keratoses
- **Safe, precise, and low risk of scarring**
- **Fully tailored treatment with aftercare guidance**



Book your consultation today for fast, effective results.



Skin Cancer Awareness: Stay Sun-Safe This Summer

With sunny days ahead, protecting your skin is more important than ever.

Regular **skin and mole checks** help detect early signs of skin cancer—when it's easiest to treat. Remember the **ABCDEs**:

- **A**symmetry
- **B**orders that are irregular
- **C**olour variations
- **D**iameter over 6mm
- **E**volving shape or size

❑ Use SPF 30+ sunscreen, cover up, and avoid peak sun hours. **Reapply every 2 hours**, especially after swimming or sweating.



Early detection saves lives. Book a skin check with one of our doctors.



Breathe Easy This Allergy Season

Hay fever making life miserable? You're not alone.

- Check the pollen forecast
- Keep windows shut
- Shower after being outdoors
- Wear sunglasses to protect your eyes

Over-the-counter remedies can help, but if symptoms persist, we offer **personalised treatment plans** and **allergy testing** to help you breathe easier.



June is Alzheimer's & Brain Awareness Month

Protecting your brain starts with small steps. Here are **10 daily habits** that support long-term brain health:

1. Be physically active
2. Eat a Mediterranean-style diet
3. Sleep 7–9 hours
4. Stay mentally engaged
5. Keep socially connected
6. Manage blood pressure
7. Control blood sugar and cholesterol
8. Limit alcohol, avoid smoking
9. Maintain a healthy weight
10. Get your hearing checked

❑ **Ask us about brain health checks and prevention plans.**



Travel Vaccinations & Preventative Health Checks

Planning a trip? Or simply looking to stay on top of your health? At SurreyGP, we offer a full range of **travel vaccinations** and **preventative health checks and immunisations** to help you stay protected at home and abroad.



Travel Vaccinations

Stay safe while travelling with expert guidance and vaccinations tailored to your destination. We offer protection against:

- Hepatitis A & B
- Typhoid
- Yellow Fever
- Rabies
- Japanese Encephalitis
- Cholera
- Malaria prevention (antimalarials)
- BCG vaccination for tuberculosis (TB)



Book early—some vaccines require multiple doses or take time to become fully effective.



Preventative Health Checks & Immunisations

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- HPV vaccination (including Gardasil-9)
- Hepatitis B screening and immunisation
- BCG vaccination (for those at risk of TB exposure)
- Blood pressure, cholesterol, and diabetes checks
- Health advice and personalised follow-up care



Preventative care is the key to long-term wellbeing—speak to our GPs about staying protected.

TO BOOK - CALL NOW 01483 230481



1,503+ reviews over 7 years

Read our Satisfied Customer Reviews on eKomi

"Very helpful emergency treatment"

"Appointment on time and efficiently managed"

"I am most grateful to Dr. Bye for arranging the tests and for the consultation last Wednesday"

"Easy to arrange an appointment and flu jab. Quick and efficient service and pleasant people to deal with. Good experience from a valuable back-up to my hard-pressed NHS GP practice"

[Read more eKomi reviews here!](#)

Looking Ahead

health by booking vaccinations, screenings, and consultations today. **Together, working towards a healthier future.**

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Useful Links



Repeat Prescription Request

[Request your repeat medication quickly and securely.](#)



Book an Appointment Online

[Choose your preferred time and GP—24/7 online booking](#)



General Enquiries

[Use our contact form and we'll get back to you promptly.](#)

Parallel House

32-34 London Road

Guildford

GU1 2AB

t. 01483230481 / 03454599972

e. enquiries@surreygp.com



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