



Park Grove Surgery Newsletter

Summer
2014

Welcome

Welcome to the Patient Newsletter for Summer 2014. We hope you are all enjoying the sunshine (amongst the heavy downpours!) Time has flown since our last letter and there are a number of things to update you on. Firstly a bit of safety advice..

Sun Safety

What sun protection factor (SPF) should I use?

Use sunscreen with a sun protection factor (SPF) of at least 15. The higher the SPF, the better. Go for broad-spectrum sunscreens, which protect against harmful UVA and UVB rays. [Make sure the product is not past its expiry date.](#) Most sunscreens have a shelf life of two to three years and should be used within 12 months of opening.

How long can I stay in the sun?

Don't spend any longer in the sun than you would without sunscreen. Sunscreen should not be used as an excuse to stay out in the sun. Instead, it offers protection when exposure is unavoidable. The summer sun is most damaging to your skin in the middle of the day. Spend time in the shade between 11am and 3pm, under umbrellas, trees, canopies or indoors

Are children more at risk of sunburn?

Young skin is delicate and very easily damaged by the sun. Use at least a factor 15 sunscreen and choose a broad-spectrum brand that has a four- or five-star rating. Apply it to areas not protected by clothing, such as the face, ears, feet and backs of hands. Choose sunscreens that are formulated for children and babies' skin, as these are less likely to irritate their skin.

What are the symptoms of heat exhaustion

[Heat exhaustion](#) occurs when the body cannot lose heat fast enough. If it's not treated quickly, it can lead to heat stroke, which is a much more dangerous condition. Signs of heat exhaustion include faintness, dizziness, palpitations, nausea, headaches, low blood pressure, tiredness, confusion, loss of appetite and hallucinations.

What should I do if someone has signs of heat exhaustion?

Get them to rest in a cool place, ideally a room with air conditioning. Give them plenty of water. Avoid alcohol or caffeine as this can increase levels of dehydration. Cool their skin with cold water. Monitor their condition closely.

Should I cover up my mole when I'm in the sun?

If you have lots of moles or freckles, you're more likely to develop [skin cancer](#), so you need to take extra care. Avoid getting caught out by sunburn. Use shade, clothing and sunscreen with an SPF of at least 15 to protect yourself. Keep an eye out for changes to your skin and report these to your doctor without delay. [Skin cancer](#) is much easier to treat if it is found early. Use the [mole self-assessment tool](#) to see whether you could have a cancerous mole.

Have we got your up to date details?



Please Turn Over

Park Grove Surgery

Newsletter cont...

Sensory Impairment Service

This is a service for patients with a sensory loss. The team can provide information and advice to patients in their own home to get around safely, communication aids, specialist equipment and Independent living skills. For more information call **01226 775800** Minicom **01226 787856** or email equip.adapt@barnsley.gov.uk

New Advanced Practitioner

We would like to give a warm welcome to Sandra Holmes who has been doing a few sessions for us. Sandra will start a full time post with the surgery at the start of July. Sandra joins Lynne Murgatroyd and Alison Jackson as part of our successful Advanced Practitioner Team.

Farewell Dr Ahmed

We say goodbye to Dr Ahmed this month. He has moved from Barnsley and will be practicing in Sheffield. We would like to wish him and his family well for the future.



Telephone Advice

Did you know.....that you can ring the surgery and just ask for advice over the telephone. The receptionist will pass a message to the Doctor on call for you and ring you back with their advice. Remember we are here to help, so just let us know your query and if possible we will facilitate your request.

NHS Healthcheck – Have you had yours?

If you are aged 40-75yrs and do not currently have a healthcheck at the surgery, you may be entitled to an NHS Healthcheck. It is important to take advantage of this even if you feel well! It can predict how likely you are to develop heart problems or diabetes in the future.

Take care of your health and book one today!



Risk Profiling and Care Management

Privacy notice

Risk profiling is a new NHS service that will help your GP spot whether you might need early treatment or care.

Your health information will be profiled in a local NHS data warehouse and the results will be seen only by your GP and health care professionals involved in your care pathway.

NHS security systems will protect the information from beginning to end. If you have any other concerns about the use of your information, please contact Michelle Wildsmith Practice Manager.

Holiday Vaccinations



It is that time of year when a lot of our Patients jet off to sunny, foreign destinations. Holiday vaccinations are available at the Surgery but it is important that you book in, In time. You should leave 6-8 weeks before Travel if possible. Please be aware that we Do not offer the full range of vaccines and On some occasions we will advise you to Go to a travel clinic for such as Yellow Fever or Rabies vaccinations. These do Come with a charge so make enquiries Before you attend.