

Claremont Bank Surgery June

2017



SUN PROTECTION FOR SUMMER 2017



The medical term for Skin Cancer is '**Melanoma**'. Skin cancer is the most common cancer in the UK, having too much sun light can also affect your eyes. After you have sun burn, the skin starts to peel to remove any dead skin cells; however the damage may already be done.

Below is a list of the best ways to protect yourself from the sun:

- ◇ Apply sunscreen at least 30 minutes before going outside, so your skin has time to absorb it and reapply often.
- ◇ Avoid tanning beds as the ultraviolet light can cause skin cancer and wrinkling.
- ◇ Protect children by applying sunscreen often with an SPF of at least 15, have them play in the shade and wear protective clothing.
- ◇ Babies under the age of 6 months should never be in direct sunlight and should always wear a hat and clothing that's protects them from UV rays.

As holiday season is coming up, we advise you to come in and fill out a travel risk assessment form if you are going abroad. You can either come into surgery or download it from our website.

Once you have filled it out, you will have a 20 minute appointment with the practice nurse where they will discuss what immunisations you need to have.

Please do this in plenty of time before you go.



Health Care Assistant

Georgie is our new HCA starting with us on the 22nd May. This will help us speed up your appointments with the nurse.

Access Service for Adult Mental Health

0300 124 0365

Who should use this number?

- Anybody who is worried about their mental health
- Anybody who care for someone receiving adult mental health services.
- Anybody who is concerned about the mental health of an adult family member or friend
- Professionals needing advice and guidance regarding adult mental health issues

NHS PRESCRIPTION CHARGES

From the 1st April 2017, NHS prescriptions charges have increased by 20p to £8.60 per prescription.



AAA Screening

AAA stands for 'Abdominal aortic aneurysm' which is an aneurism of the main blood vessel from the heart'

- Men aged 65 and over are eligible for AAA screening
- The NHS invites men for AAA screening during the year they turn 65
- Men over 65 who have not been screened previously can arrange a screening appointment by contacting their local programme directly
- Screening involves an ultrasound scan that takes around 10 minutes
- The NHS AAA Screening Programme aims to reduce deaths from ruptured AAA amongst men aged 65 and over by up to 50%

If you are eligible and would like to have the AAA screening then please contact the team on the telephone number below:

01743 261048