

St Margaret's NEWS

June 2017



Sunburn increases your risk of skin cancer. Sunburn doesn't just happen on holiday – you can burn in the UK, even when it's cloudy.

There's no safe or healthy way to get a tan. A tan doesn't protect your skin from the sun's harmful effects.

Aim to strike a balance between protecting yourself from the sun and getting enough vitamin D from sunlight.



PROTECT YOURSELF IN FIVE WAYS FROM SKIN CANCER

Sun safety tips

Spend time in the shade when the sun is strongest. In the UK, this is between 11am and 3pm from March to October.

Make sure you:

- spend time in the shade between 11am and 3pm
- make sure you never burn
- cover up with suitable clothing and sunglasses
- take extra care with children
- use at least factor 15 sunscreen

What factor sunscreen (SPF) should I use?

Don't rely on sunscreen alone to protect yourself from the sun. Wear suitable clothing and spend time in the shade when the sun's at its hottest.

When buying sunscreen, the label should have:

- a sun protection factor (SPF) of at least 15 to protect against UVB .
- At least four-star UVA protection

UVA protection can also be indicated by the letters "UVA" in a circle, which indicates that it meets the EU standard.

Make sure the sunscreen is not past its expiry date. Most sunscreens have a shelf life of two to three years.

**STAY SUN
SAFE**

Children and sun protection

Take extra care to protect babies and children. Their skin is much more sensitive than adult skin, and damage caused by repeated exposure to sunlight could lead to skin cancer developing in later life. Children aged under six months should be kept out of direct strong sunlight. From March to October in the UK, children should: cover up with suitable clothing, spend time in the shade – particularly from 11am to 3pm wear at least SPF15 sunscreen Apply sunscreen to areas not protected by clothing, such as the face, ears, feet, and backs of hands.



If you have lots of moles or freckles, your risk of getting skin cancer is higher than average, so take extra care. Avoid getting caught out by sunburn. Use shade, clothing and a sunscreen with an SPF of at least 15 to protect yourself. Keep an eye out for changes to your skin. Changes to check for include: a new mole, growth or lump to any mole, freckles or patches of skin that change in size, shape or colour Report these to your doctor as soon as possible. Skin cancer is much easier to treat if it's found early.



Book your appointment

Teenagers of 2017 school leaving age now eligible for MenACWY vaccination
All those aged 17 and 18 (born between 1/09/1998-31/08/1999), most of whom will be leaving school in summer 2017, are eligible for MenACWY vaccination

It is important that all of this cohort, not only school leavers and those going on to higher education, have the opportunity to be vaccinated.
Please book an appointment with our Practice Nurse as soon as possible.

MenW cases have continued to increase overall in the current 2016/17 epidemiological year in all age groups, other than infants and 15-19 year old teenagers. Around a third of cases in 15-19 year olds have been fatal whilst there have been no deaths in infants.



May DNA's
30 Doctors' Appointments
17 Nurses' Appointments
missed



In March we prescribed 10,755 items at our surgery at a cost of £98,917.66

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Dates for your diary.....

We have the following protected learning day at the practice which is part of the Solihull NHS planned calendar of training events. We will therefore be CLOSED from 1pm on Wednesday 21st June and re-open Thursday 22nd June at 8.30am.

And finally...

NON- NHS WORK

Request for form completion, such as holiday cancellation forms, private insurance declarations, life cover including mortgage protection and private letters. The doctors will first and foremost will always complete and respond to NHS work first, patient care and responding to medical needs will always take preference. Therefore any requests **for NON-NHS WORK** can take a while longer to complete, please be prepared to have to wait for this to be done.