

Be Sun Smart!

Skin cancer is very common in the UK and more people get it each year. Most skin cancers are caused by too much sun. They could be prevented by taking care in strong sunshine and avoiding sunburn.

Who is most at risk?

Some people are more likely than others to get skin cancer. These people tend to have one or more of the following...

- Fair skin that tends to burn in strong sun
- Red or fair hair
- Lots of moles or freckles
- A personal or family history of skin cancer
- Had sunburn, especially when young

As a general rule, the fairer your skin, the more careful you should be in the sun.

What is sunburn?

Sunburn does not have to be raw, peeling or blistering. If your skin has gone red in the sun, it is sunburnt.

How to be Sun Smart

- Spend time in the shade between 11 and 3
- Make sure you never burn
- Aim to cover up with a t-shirt, hat and sunglasses
- Remember to take extra care with children
- Then use factor 15+ sunscreen or higher

also

Take extra care with children; avoid sunbeds and report mole changes or unusual skin growths promptly to your doctor.

A change in our own computer system Moving from EMIS LV to EMIS Web

An upgrade of our practice computer system will occur on **Wednesday 6th August.**

The new system will improve our service to patients, taking advantage of advances in medical software advances.

There will inevitably be some disruption during the upgrade, and this will impact on how we deal with your requests for:

**Prescriptions Giving out test results Routine appointments
New patient registrations**

We ask all our patients to request their repeat prescriptions

before Wednesday 30 July or after Wednesday 13 August.

Please avoid calling for routine test results from Wednesday 6 August to Wednesday 13 August. We do apologise for any inconvenience this may cause and thank you for your co-operation and patience during this time.

Your GP cares

The NHS is really struggling at the moment. At East Quay we are facing the same problems that all GP surgeries in England are facing. Over recent years we have seen an unprecedented growth in workload as work is transferred from hospital to us without any funding. Our list size has grown significantly and NHS rules dictate that we are unable to close our list without big penalties. The prevalence of disease and long term conditions is also unprecedented and more and more guidelines dictate additional work for all of these again without additional resource. Expectations of what medicine and the NHS can provide often don't meet the reality today. At East Quay we all work hard to ensure that the service we provide is as high quality and accessible as we can make it but against this background, this is a mammoth challenge.

The British Medical Association (BMA) is leading a campaign to get government and policy-makers to see the difficult reality that you, as patients, and we, as a GP Practice, are facing. Things must change soon as a third of GPs are coming to retirement age and recruiting new doctors in to General Practice is really difficult. This has really serious repercussions for the future of your care in the future.

We are sorry if you had to wait longer than you would like for your appointment but this isn't because we don't care. We really do care about providing good care to all our patients but this is really hard at the moment and is set to get worse. We want this current situation to change now and for the future of your care in general practice.

Please help us by joining the 'Your GP cares' campaign. To find out more and join the campaign visit bma.org.uk/YourGPcares

And if you tweet...tell @TheBMA why you care about your GP practice #YourGPcares

Did you know....

There are mobile apps available on www.patient.co.uk

Weight Tracker
Patient access
Patient Pro
Sleep Diary
Patient .co.uk

Reception: 444666

Prescriptions: 446006

www.eastquaymedicalcentre.com

Onsite Opticians : 440440

Onsite Pharmacy: 423015

Onsite Dentist: 411141

BE CLEAR ON CANCER

A change to a mole isn't the only sign of skin cancer!

Skin cancer is very common in England. Anyone can develop the disease but you are more likely to get it if you have any of the following:

- Lots of moles & freckles
- Fair skin that burns easily
- Red or fair hair
- Light-coloured eyes
- A history of sunburn
- A personal or family history of skin cancer

The most common sign of skin cancer is a change to a mole, freckle or normal patch of skin. There are other signs such as a new growth or sore that doesn't heal a spot, mole or sore that itches or hurts, a mole or growth that bleeds, crusts or scabs.

See your doctor if you notice any unusual or persistent changes to your skin.

Reduce your chances of getting skin cancer:

- Spend time in the shade when the sun is at its strongest, usually between 11am and 3pm
- Cover up-wear clothes that protect you from the sun, including a hat and sunglasses
- Use sunscreen with a sun protection factor (SPF) of at least 15 and a high star rating

Take extra care when on holiday in sunnier climates-you may burn quickly, even when it isn't hot.

Unclear on anything? Visit nhs.uk/skincancer