

Are You Sun Aware?

- According to the British Association of Dermatologists, there are more than 100,000 new cases of skin cancer are diagnoses every year in the UK.
- The dark pigment that gives your skin its natural colour is called Melanin.
- Wearing sunscreen with sun protection factor (SPF) would prevent UVC light burning your skin.
- SPF30 or higher should be used if you have very fair skin that burns easily in the sun
- Some sun exposure is beneficial as it helps your skin produce vitamin D. Vitamin D is needed for healthy bones. Most of our vitamin D comes from sunlight. Vitamin D may help lower blood pressure.
- Melanoma is considered to be the most serious type of skin cancer as it's more likely to spread than other types. The good news is that protecting your skin from sun damage will reduce your risk of developing melanoma.
- According to the NHS, a SPF of at least 15 is recommended for all skin types, plus you should also make sure the sunscreen you use protects against UVA as well as UVB rays.
- Don't forget to wear a hat and sunglasses when you're in the sun as well as sun cream.
- If you are determined to get a tan, the NHS advises starting with just 30 minutes of sun exposure a day and increasing it gradually by five or ten minutes a day.

Have you been waiting for you appointment for over 30 minutes?

We have had longer waits than usual and this has been due to patients needing more time than their set appointment time.

Our GP appointments are ten minutes each and if we have a number of patients who need longer than this – for example they are suicidal, need to be admitted to hospital or have just been diagnosed with cancer the Doctors will spend more time with these patients.

We have had a lot more patients needing longer recently and we are sorry that this impacts on you if your appointment is after these.

If you are kept waiting it will be for a very good reason and we hope you understand that when you need longer with you GP, you will get this time too.

Exercise is important for health!

A report commissioned by the Academy of Medical Royal Colleges confirms just how important it is to stay active if you want to prevent a range of illnesses.

The report suggests the benefits of doing just 30 minutes of physical activity five times a week are:

- Up to 25% reduction in breast cancer risk.
- Up to 45% reduction in bowel cancer risk
- Up to 30% reduction in dementia risk
- Up to 30% reduction in stroke risk.
- Up to 40% reduction in heart disease risk

Reception: 444666

Prescriptions: 446006

www.eastquaymedicalcentre.com

Onsite Opticians : 440440 Onsite Pharmacy: 423015 Onsite Dentist: 411141

Family Life-Health and wellbeing news for mums, dads and kids.

- Children who spend more than two hours a day in front of a screen have a 30% higher risk of having high blood pressure.
- Children doing less than an hour of physical activity a day increase the risk of high blood pressure by 50%.
- More than a third of children in England are overweight or obese.
- Children exposed to cigarette smoke from one or both parents while they're in the womb may have a higher risk of developing diabetes as adults.
- It has been suggested that smoking while breastfeeding could put children at risk of obesity in later life.
- Babies born prematurely are thought to be more likely to develop asthma early in their lives. However, a study carried out suggests they grow out of it and suffer no more lung conditions as adults than anybody else.

NHS Health Check

NHS Health Checks are now provided by ToHealth Limited in Somerset.
For more information or to book go to:
somersethealthchecks.co.uk or call
01823 261 794

Did you know?

You can now order your repeat prescription on-line.

That means,

- You can order anytime of the day or night.
- No having to try and get through on our prescription phone-line
- No having to visit the practice to make your request.

If you would like a log-in to be able to order your prescription on-line please ask at reception for details

The 'Friends and Family' test

The 'Friends and Family' test was introduced in GP surgeries last year.

We want to provide you with the best possible service and so would like you to think about your recent experiences of our service. There are forms available at the reception desk for you to complete or there is an **i pad** available to submit your answers. This is located at the front of the main waiting room.

Please complete a Friends & Family test whenever you visit the practice.

How does it work?

We will then use the scores to calculate our 'Net promoter' score. This is a standard formula that classes those who tick 'extremely likely' as 'promoters' and those who tick 'likely' as 'passives' and finally, those who tick 'neither likely nor unlikely' or below are classed as 'detractors'. We then take the number of 'promoters' deduct the number of 'detractors' to come up with a 'Net promoter score'.

We will publish the monthly scores in this newsletter.

Are you unhappy?

If you are unhappy with any aspect of our service, please do tell us as we can usually address your concerns to your satisfaction or at least explain why things have happened or are set-up the way they are. Please write to the Practice Manager, Rachel Stark or ask to speak to Marilyn, Sue, Chris or Rachel when you are in the practice.