

## Your medical record

In Somerset NHS providers, such as Musgrove Park Hospital and the Out of Hours Service will shortly have 'view only' access to GP surgery records.

This is only used for direct patient care – either with the patients consent, or in their best interest if they are not able to give consent. This enables the Doctors to be able to provide you with the best care possible as they can see your medical history and current treatment and plans. The system is tightly controlled, has a full audit-trail and does not permit any downloads.

If you do NOT want us to allow this, we can enter a READcode (93C1) that prevents access to your information. If you would like us to block access to your record for this purpose, write to us and we will enter the code onto your record.

## Do you know about 'Breathe Easy'

Your local support group for anyone suffering from a **lung condition**

Come along and meet with others who understand what you are going through

Hear from professional health experts on how to manage your condition

The Group meet every 2<sup>nd</sup> Wednesday of the month

Holy Trinity Church Hall  
Hamp Street (off Rhode Lane)  
Bridgwater  
1.30pm to 3.30pm

Come along to the next meeting on **Wednesday 11<sup>th</sup> May** and see what you think

**Reception: 444666**

**Prescriptions: 446006**

[www.eastquaymedicalcentre.com](http://www.eastquaymedicalcentre.com)

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

# Planning ahead

Many people find it comforting to know that their family know their wishes for the end of their life and that their loved ones can sort-out their affairs when the end comes.

There is a document, called 'Planning Ahead' which many people have found useful as a simple, easy to understand way to consider and then document important matters. From things like 'living wills', to details on your financial affairs, where you will be kept and how you would like your funeral.

You can pick one of these up at the surgery, but we have also included a link to it here:

<http://www.somersetccg.nhs.uk/EasySiteWeb/GatewayLink.aspx?alld=4203>

## East Quay Medical Centre has the Electronic Prescription Service (EPS)

This means that for all repeat prescriptions you no longer have a green prescription, instead it is sent electronically to your chosen pharmacy. Therefore it should be quicker and will cut out the risks of your prescription going missing.

To use the service you MUST nominate your chosen pharmacy. This means going to the pharmacy you want to use or nominating with the surgery

So, if you are on repeat medication, please think about nominating your pharmacy now

## Are You Sun Aware?

- According to the British Association of Dermatologists, there are more than 100,000 new cases of skin cancer are diagnosed 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 UV 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.

## Don't believe everything you read in the paper

Instead, this is a good website that gives the truth behind the headlines.

It is produced by the NHS to give a quick and balanced view on the latest health headlines.

<http://www.nhs.uk/News/Pages/NewsIndex.aspx?TopicId&Page=1>

## 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 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