

Practice Newsletter – August 2008

Internet Prescriptions & appointments

Just a reminder, that you are now able to order their repeat prescriptions and make appointments to see a doctor on-line via our website www.fairlands.co.uk If you are interested in this service, please see a member of reception staff to register and you will be issued with a password. The on-line appointments are not for all types of consultation – please see the password letter that you are issued with for the restrictions that apply.



Prescription requests

When submitting written repeat prescription requests, please clearly state whether you wish to collect it from a nominated pharmacy (and clearly state which one) or whether you will collect it from reception. Please note that we are unable to accept telephone requests for repeat prescriptions.

Nurse-led clinics

Just a reminder that our fantastic team of Practice Nurses run a variety of clinics covering:

- Blood Pressure
- Chest
- Asthma
- Weight management
- Smoking cessation
- Childhood immunisations
- Diabetes

Please speak to your Doctor or contact reception to make a booking.

Staff News

Dr Shanaz Begum has joined the Practice to complete her final year of GP training. Also we welcome Dr Sangita Thakur has joined us for a 4 month placement during her doctor training.

It is congratulations to Dr Jo Willott, who was one of our recent GP trainees. She had a baby boy at the end of July and we wish them both well.



Holiday vaccinations

If you are visiting far off places this year, please remember that our nurses offer private holiday vaccinations. For any vaccinations, we request 6 weeks notice if possible. A risk assessment form needs to be completed prior to seeing the nurse. These are available at reception or can be downloaded from our website.

Can't make your appointment? Please call us....

In May alone, 160 people failed to attend for their appointments with a nurse or doctor. These wasted appointments result in reduced availability and frustration for both patients and our receptionists. If you cannot make your appointment, please let us know so that it may be offered to someone else instead.

And finally....

Your views are important to us. If you have any comments or suggestions on how we can improve the service we provide at Fairlands, please contact Sarah Casemore, Practice Manager.

Childhood Immunisations

The Department of Health has recently launched a national campaign calling for people between the ages of 18 months to 18 years, who have not previously received a first dose or full course of MMR injections to be vaccinated against measles. If you or your child have not been vaccinated, please book an appointment at reception to see one of our practice nurses. There has recently been a rise in the number of cases of measles seen locally, and people who catch measles are then at risk of catching pneumonia or even dying.

And when the sun finally does come out....

Sun tan - A tan is a sign that your skin has been damaged and is trying to protect itself. UV radiation stimulates your skin to produce more pigment (colour) giving you a characteristic tan. Your tan will fade over time, but the skin damage remains.

Sunburn - Short-term overexposure to the sun can cause your skin to burn, usually making it red, hot and painful. Burnt skin can be soothed with calamine lotion or aftersun lotions. After a couple of days, the burnt skin may peel. Severe sunburn with blistering may need medical treatment.

Heatstroke - This is when the body becomes overheated from overexposure to the sun. Symptoms include vomiting, headaches and fever. If you think you may have heatstroke, get to a cool place and drink plenty of cool fluids. If your temperature measures higher than 39.5°C on a thermometer, or your skin has become damp and clammy, seek immediate medical treatment.

Moles

Moles are small dark marks on the skin. The majority of moles are harmless, but a small number of them may turn into skin cancers.

Skin cancer

The number of cases of skin cancer is increasing worldwide but it is thought that most could be prevented. Some people are more likely to develop skin cancer than others and should take extra care to protect their skin in the sun. These people usually have:

- a family history of skin cancer
- a lot of moles
- pale skin and/or fair or red hair and/or blue eyes
- freckles
- skin that burns easily
- skin that's been badly sunburnt before

Mole watch

You should check your moles regularly so that you will notice any changes in colour, size or shape. Most changes are harmless, but you should see your GP if you notice:

- a **new** mole that looks unusual
- **growth** of an existing mole
- a mole with a **ragged/uneven** edge
- a mole of **varying shades of colour**
- a mole with an **inflamed or red edge**
- a mole that **bleeds, oozes or crusts**
- a mole that feels **painful or itches**
- one mole that is **bigger** than all your other moles

Preventing sun damage

- Limit the time in the sun and avoid exposure between 11am-3pm
- Watch the UV index on the TV and radio weather forecasts
- Cover up, including a hat & sunglasses
- Wear high factor sunscreen which protects against UVA & UVB rays and reapply it regularly

Children and the sun

Getting sunburnt as a child is known to increase the risk of developing skin cancer as an adult. Young skin is sensitive and very easily damaged by the sun's rays.

Babies should be kept in complete shade. Use water-resistant sunscreen with SPF 15 or higher on all exposed areas of children's skin and apply generously every couple of hours. If you take your child swimming, re-apply the sunscreen after towel drying.