

Belford Medical Practice

Skin safety in the sun.

When your skin goes red it is your bodies' natural reaction to damaged cells caused by **over exposure** to the UV (ultraviolet) rays of the sun. This, in turn, is the cause of over 90% of all skin cancers and can be prevented if protection is used.

Self care

- 1.** Know your skin type. The pigment in our skin forms a protective barrier against the sun. We are not all the same in the sun – fair skinned people have less pigment.
- 2.** Between 11.00am and 3.00pm keep out of direct sunlight
 - Babies must be kept out of sun at all times!
- 3.** Wear sun protection AT ALL TIMES when on holiday
 - 80% of UVA rays get through clouds!
- 4.** Use products with the right balance of UVA and UVB protection
- 5.** Make sure products are in date!
- 6.** Re-apply sun products every 2 hours
- 7.** If you are fair skinned, add a sun hat & T-shirt
- 8.** Protect yourself while swimming
 - You will get sun damage while in the water
- 9.** Drink water to avoid dehydration
- 10.** After sun exposure examine skin
 - Treat any redness with after sun moisturiser

SKIN CANCER IS THE BIGGEST CANCER KILLER IN 15 – 39 YEAR OLD GIRLS

**Think
Prevention!**

“Slip Slap Slop”

Slip – on a shirt

Slap – on a brimmed hat and sunglasses

Slop – on sunscreen with a SPF of at least 15



Dispensary News

We would like to once again remind patients that we can only dispense medication to patients who live more than one mile from the surgery/branch surgery. We can also only dispense to patients within one mile if it is an emergency and the chemist is closed. Likewise Seahouses patients attending the Belford surgery can only receive their medication from us if the Seahouses chemist is closed. Unfortunately this situation is regulated at Government level and beyond our control.

We would also like to remind patients that we require two working days notice in order for us to dispense medication. Could we also ask patients that if they do not require repeat medication for a particular month because they have sufficient or are no longer taking a particular drug please could you let the dispensary know so that we can minimize wastage and thus save the NHS money.

DO YOU REALLY NEED PARACETAMOL ON PRESCRIPTION?

The NHS in Northumberland spent £860,000 last year on a product easily bought in pharmacies, high street shops and supermarkets for very little money.

That sum is the equivalent of:

**29 Community Nurses or
57 Drug Treatment Courses for Breast Cancer or
122 Hip Replacements or
853 Drug Treatment Courses for Alzheimer's or
887 Cataract Operations**

Likewise there are many other medications that can be bought over the counter in chemists or supermarkets for a fraction of the cost that it costs the NHS to supply. For example antihistamines, heartburn and indigestion preparations, cold and flu medications, laxatives etc.

Your community pharmacy can advise on common minor illnesses.

THE NHS BELONGS TO YOU PLEASE USE IT RESPONSIBLY

Delivery Sites and Delivery Days

Bamburgh—Monday and Thursday

Lowick, Chatton, Fenwick, Beal, Holy Island—Wednesday

Beadnell— Tuesday and Friday (from Seahouses Surgery)

SHINGLES VACCINATION

Who's eligible? Aged 70years and anyone older but born after 1st September 1942 and who has missed the vaccine should have it now. Aged 78years and anyone 78 and 79 years who have missed the vaccine should have it before their 80th birthday.

Protect yourself from the pain of shingles, speak to your GP or Nurse Practitioner today about having your vaccination.

ANNUAL CHECKS

Over the last 12 months we have gradually changed chronic disease management recalls (annual check) to coincide with patients birthday month where possible. If you have not had your annual check in the last 18 months please contact the surgery to make an appointment.

We always endeavour to send out appointments in good time. If you cannot make your appointment please contact the surgery to arrange an alternative time and date. Your appointment slot can then be offered to another patient.

CANCELLING APPOINTMENTS

Could we please ask patients to remember to cancel appointments in plenty of time so that the slot can then be offered to somebody else. Last month we had 75 patients who did not attend their appointments or cancel these appointments with enough notice. This equates to a full day of appointments for one GP and one Nurse working full time!

PRACTICE NEWS

From August we will have a new Registrar. Dr Sarah Acey who will be at the practice for six months until February 2018. We hope she enjoys her time with our practice.

NHS ENGLAND GP PATIENT SURVEY

The latest results of this survey have just been published and we are proud and pleased to discover that we have ranked 3rd best surgery in the North East and 20th out of 7,372 surgeries in England. Full results of the survey can be found on the Evening Chronicle website.

