

Marsh Medical Practice

Summer Newsletter July 2017



Going on holiday?

Whether you're staying in the UK or going abroad, here is a checklist of a few things you may need to get organised before you travel:

Taking medication? Remember to order any repeat prescriptions early if you are going to run out during your time away.

Vaccinations? Do you need any travel vaccinations? If so, make an appointment with one of our nurses in plenty of time before you travel.

Prepare a basic travel health kit. You may want to consider including painkillers, antiseptic, plasters, tweezers, thermometer, antihistamines and insect repellent.

Travel Insurance. It is important to get travel insurance that covers you for your duration of stay. If you're travelling to an EEA country, make sure you have a valid European Health Insurance Card (EHIC). The EHIC entitles you to free or reduced-cost medical care. However, it will not cover you for everything that travel insurance can, such as emergency travel back to the UK.

Staying safe in the sun

Sunburn increases the risk of skin cancer, therefore it is very important to protect yourself. Sunlight in the right amount is good for our health too, so it is also important to know how to enjoy the sun safely, so that it will do good and not cause harm. There are two main types of damaging ultraviolet (UV) sunlight: UVA and UVB.

UVA rays penetrate deeper into the skin, which causes skin aging and wrinkles. UVB rays cause tanning but also burning. Both UVA and UVB rays increase your risk of developing skin cancer. Anyone can get sun burnt, but people most at risk from excessive sun exposure are those with fair skin, blue eyes, freckles and red hair. Children's skin is much more sensitive to sun damage than adult's skin and excessive sun can cause them to develop skin cancers later in life. Therefore, extra care must be taken when protecting children from sunlight. Babies should be kept out of the sun completely.

Tips to remember when in the sun:

- Avoid the sun when it is at its strongest
- Use a high factor skin sun cream with at least a 4 star UVA rating
- Do not use sun cream that is out-of-date
- Cover up with appropriate clothing and sunglasses
- See our blue "Summer Sun" leaflet for more information

Shingles vaccination

There has been some changes to the way the shingles vaccine programme is administered. Before April 2017, the vaccine was offered to individuals aged 70 years, with a phased catch up programme based on age at 1st September that year. However, from 1st April, the vaccine will be offered when a patient turns 70 years and a catch up cohort will be offered on patient's 78th birthday. Patients remain eligible for the shingles vaccine up until their 80th birthday.

Baby immunisation programme

There has been a change to the primary baby vaccination. This change means that as well as providing protection against diphtheria, tetanus, pertussis, polio and Hib, babies will also be given protection against the hepatitis B virus. There will be no changes to the immunisation schedule.

Delays

As much as we endeavour to reduce the likelihood of delays occurring, they are often out of our control. Please be mindful that GP appointments are only 10 minutes long, so they only have time to make a thorough assessment of one problem per appointment. Please remember to sign in so we know you are here and always start with your most important query first. For further consultation tips to help reduce delays occurring, refer to the back of our "One Problem, One Appointment" card.



You said...

"Wifi in the waiting rooms for patients to use."



We did...

We are part of a programme that will update the Wifi system so that patients can access it in the waiting rooms.



Working with you