

ST MARTINS GATE SURGERY

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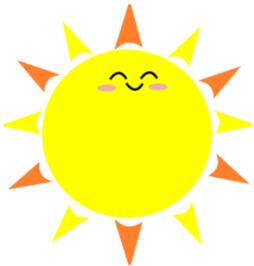


IMPORTANT NOTICE

We will be closed on Wednesday 12th July, from 1pm-3pm for staff training.

If you need urgent medical attention please dial **999** during our time of closure. Please call once the surgery is open again from 3pm for any other queries.

Sorry for any inconvenience this may cause. Thank you for your co-operation.



♪ ♪ ♪ Sunshine, my only sunshine. You make me happy when skies are grey... ♪ ♪ ♪

As we approach the summer months, it is very important to remember to stay safe whilst out enjoying the sunshine. You must remember to use a sunscreen of at least SPF 15, try to use a sunscreen that protects you against harmful UVA and UVB rays. The higher the SPF sunscreen, the better. You should not stay out in the sunshine any longer, it only offers protection where exposure to the sun is unavoidable. The summer sun is more damaging to your skin in the middle of the day. Try to spend the time in the shade between 11am and 3pm under umbrellas, trees, canopies or indoors. Even if the sunscreen says 'waterproof', it is always best to reapply sunscreen after swimming. If you do happen to get sunburnt, painkillers such as paracetamol or ibuprofen will ease the pain by helping to reduce inflammation. Sponge sore skin with cool water, then apply soothing after sun or calamine lotion. If you feel unwell or the skin starts to blister or swell badly, seek medical advice. Remember to stay out of the sun until all signs of redness have gone. Heat exhaustion occurs when the body cannot lose heat fast enough. If it is not treated quickly, it can lead to heat stroke, which is a much more dangerous condition. Signs of heat stroke include, faintness, dizziness, palpitations, nausea, headaches, tiredness etc. If someone has these signs, get them to rest in a cool place and give them plenty of water. Avoid alcohol or caffeine as this can increase levels of dehydration.

Most importantly; remember to stay hydrated this summer by drinking plenty of water and keeping cool!

Going on holiday?

If you need medication for a long-term health condition, such as high blood pressure or diabetes, you may be able to get an extra supply of medication to cover your time away. Your GP will consider the type of medication you are taking and restrictions on specific medicines in the country your visiting. Please arrange to see your GP several weeks before you go away on holiday to discuss this.



For more information, please visit www.nhs.uk and search for "medication on holiday".

Patient Participation Group

Patient Participation Group are still holding their drop in sessions. These are a great way to get your opinion across on how we can improve our services to benefit you, the patient.

Why not pop in, say hello and see if they can help you in anyway. They are available in reception to speak to you on the following dates:

- Wednesday 5th July - *am* @ *St. Peters*
- Thursday 6th July - *am*
- Thursday 20th July - *am*
- Monday 24th July - *am*

**No Need to Knock
Come on In!**

Pharmacy Corner

Waste Medicines

Did you know.....

Unused prescription medicines cost the NHS across the UK over £300 million every year.

£300 million could pay for:

- Over 80,000 MORE hip replacements
- Over 100,00 MORE knee replacements
- 20,000 MORE drug treatment courses for breast cancer
- Nearly 12,000 MORE community nurses
- 300,000 MORE drug treatment courses for Alzheimer's

But it's just not the cost, unused medicines are a safety risk - it's easy to get confused over which medicines you are currently taking and stockpiling medicines can be a risk for children and others who might accidentally take them. If your medicines change - return your old medicines to the pharmacy for safe disposal to avoid mixing them up with your new medicines.

Other ways to help reduce medicine wastage:

- Please let us know if you've stopped taking any of your medicines
- Check what medicines you still have at home before re-ordering.
- If you don't need the medicine please don't order it! If you need the medicine in the future you can still request it
- Think carefully before ticking all the boxes on your repeat prescription forms and only tick those you really need
- Remember that unused medicines cannot be recycled - even if you never open them, once medicines have left the pharmacy, they cannot be recycled or used by anyone else
- Discuss your medication with your GP or Pharmacist on a regular basis.

If you would like a medication review at the surgery, you can make an appointment with Emma Blanden, our Practice Pharmacist.