



Meltham Road Surgery Newsletter



JUNE & JULY

MEDICARE
chemists

MISSED APPOINTMENTS

In April & May

459

**Appointments were
MISSED!**

If you cannot keep your
appointment please call
and cancel it so we can
offer it someone else.

Tel: 432940

Healthy Eating Week

The BNF Healthy Eating Week will run from 11-15 June 2018. Registering is quick and easy and will give you access to some exclusive free resources to help your organization support, encourage and promote:

Healthy eating and drinking, being active, food provenance, cooking. Registration is open to all schools/nurseries, universities/colleges and workplaces and is a great way to show your commitment to supporting the health and wellbeing of your pupils, students and employees.

To register go to www.nutricion.org.uk/healthyliving/hew.html



REGISTER FOR ONLINE SERVICES

**DID YOU KNOW IF YOU REGISTER FOR ONLINE SERVICES YOU CAN :
BOOK YOUR OWN APPOINTMENTS, ORDER REPEAT PRESCRIPTIONS &
VIEW TEST RESULTS.**

ASK AT RECEPTION FOR DETAILS.

FREE MINOR AILMENTS SERVICE

Medicare Pharmacy is now offering a **FREE** minor ailments service. If you need treatment for any of the following conditions, speak to the pharmacist first:

Athlete's Foot, Cold Sores, Constipation, Coughs, Dermatitis, Diarrhoea, Earwax, Hay Fever, Headache, Head Lice, Thrush, Indigestion/Heartburn, Insect Bites/Stings, Mouth Ulcers, Nasal Congestion, Nappy Rash, Oral Thrush, Sore Throat, Sweat Rash, Temperature, Threadworm.

If you do not pay for your prescriptions you will not pay for any medicines supplied under the scheme.

The Surgery is also holding a Minor Ailments Clinic on Tuesday afternoons, to book an appointment you can ask at reception or ring on tel: 432940.

11TH—17TH June —Diabetes Week

Diabetes Week takes place every June. It's a time when supporters come together to help raise awareness for diabetes.

Diabetes is a lifelong condition that causes a person's blood sugar level to become too high.

There are two main types of diabetes:

- **Type 1 diabetes**—where the body's immune system attacks and destroys the cells that produce insulin
- **Type 2 diabetes**—where the body doesn't produce enough insulin, or the body's cells don't react to insulin.

Type 2 diabetes is far more common than type 1. In the UK around 90% of all adults with diabetes have type 2.



When to see a doctor:

Visit your GP as soon as possible if you experience the main symptoms of diabetes, which include:

- Feeling very thirsty
- Urinating more frequently than usual, particularly at night
- Feeling very tired
- Weight loss and loss of muscle bulk
- Itching around the penis of vagina, or frequent episodes of thrush
- Cuts or wounds that heal slowly
- Blurred vision

Type 1 diabetes can develop quickly over weeks or even days. Many people have type 2 diabetes for years without realising because the early symptoms tend to be general.

Causes of diabetes:

The amount of sugar in the blood is controlled by a hormone called insulin, which is produced by the pancreas.

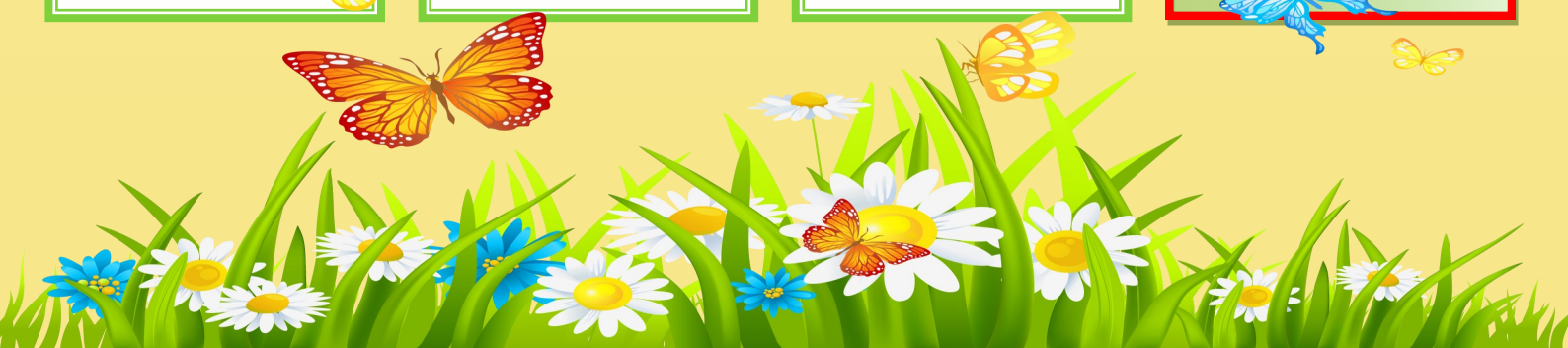
When food is digested and enters your bloodstream, insulin moves glucose out of the blood and into cells, where it's broken down to produce energy. However, if you have diabetes, your body is unable to break down glucose into energy. This is because there's not enough insulin to move the glucose, or the insulin produced doesn't work properly.

Living with diabetes:

If you're diagnosed with diabetes, you'll need to **eat healthy**, take **regular exercise** and carry out regular blood tests to ensure your blood glucose levels stay balanced. You can use a BMI healthy weight calculator to check whether you're a healthy weight.

People diagnosed with type 1 diabetes also require regular insulin injections for the rest of their life.

As type 2 diabetes is a progressive condition, medication may eventually be required usually in the form of tablets.





Sunscreen & Sun Safety



Sun Safety Tips:

Spend time in the shade when the sun is strongest. In the UK, this is between 11am and 3pm from March to October.

Make sure you :

- . Spend time in the shade between 11am and 3pm
- . Make sure you never burn
- . Cover up with suitable clothing and sunglasses
- . Take extra care with children
- . Use at least factor 15 sunscreen.

How To Apply Sunscreen:

Most people don't apply enough sunscreen. As a guide, adults should aim to apply around :

- . Two teaspoons of sunscreen if you're just covering your head, arms and neck
- . Two tablespoons if you're covering your entire body while wearing a swimming costume

If sunscreen is applied too thinly, the amount of protection it gives is reduced. If you're worried you might not be applying enough SPF15, you could use a stronger SPF30 sunscreen.

If you plan to be out in the sun long enough to risk burning, sunscreen needs to be applied twice:

- . 30 minutes before going out
- . Just before going out

Sunscreen should be applied to all exposed skin, including the face, neck and ears and head if you have thinning or no hair.

Sunscreen needs to be reapplied liberally and frequently, and according to the manufacturer's instructions.

This includes applying it straight after you've been in water—even if it's "water resistant" and after towel drying, sweating, or when it may have rubbed off.

Swimming and Sunscreen:

Water washes sunscreen off, and the cooling effect of the water can make you think you're not getting burned. Water also reflects ultraviolet (UV) rays, increasing your exposure. Water-resistant sunscreen is needed if sweating or contact with water is likely.

Sunscreen should be reapplied straight after you have been in water even if it's "water resistant" and after towel drying, sweating, or when it may have rubbed off.

Children & Sun Protection:

Take extra care to protect babies and children. Their skin is much more sensitive than adult skin, and damage caused by repeated exposure to sunlight could lead to skin cancer developing in later life.

From March to October in the UK children should:

- . Cover with suitable clothing
- . Spend time in the shade particularly from 11am to 3pm
- . Wear at least SPF15 sunscreen
- . Wear a wide brimmed sun hat

Apply sunscreen to areas not protected by clothing, such as the face, ears, feet and backs of hands.

To ensure they get enough vitamin D, all children under five are advised to take vitamin D supplements which are available to buy at your local pharmacy.

How To Deal With Sunburn:

Sponge sore skin with cool water, then apply soothing aftersun or calamine lotion.

Painkillers such as paracetamol or ibuprofen will ease the pain by helping to reduce inflammation caused by sunburn.

Seek medical help if you feel unwell or the skin swells badly or blisters. Stay out of the sun until all signs of redness have gone.

Free Wi-Fi
available



WEAR IT.
BEAT IT.



WEAR IT BEAT IT! - 7TH JUNE 2018

Wear red & host an event at your workplace to help beat heart disease register at :

www.bhf.org.uk/getinvolved/fundraising/wear-it-beat-it.

National Carer's Week 11—17th June

When people need help with their day to day living they often turn to their family and friends. Looking after each other is something that we do.

Up and down the UK there are 6.5 million people caring unpaid, for an ill, frail or disabled family member or friend. These people are called carers but they would probably say that they are just being a husband, a wife, a mum, a dad, a son, a daughter, a friend or a good neighbour.

Carer's help with personal things like getting someone dressed, turning them in their sleep, helping them to the loo, helping them move about or administering their medication. Carers also help with things like shopping, laundry, cleaning, cooking, filling in forms or managing money.

The reasons people might need help can vary. Maybe they were born with a disability or had an accident that left them disabled. Or they have an illness or disease. Their problems may be physical or mental. They might need help, and if you look after someone—for whatever reason—caring is part of life.

For many people caring is brief, maybe helping someone who has come out of the hospital to get back on their feet—a few intense months that turn your life upside down and then it's over. For others it may be a regular obligation of a few hours a week helping out. For those with disabled children it can be a lifelong commitment. Some people are caring round the clock, 24 hours a day. How caring affects you depends on how much you are doing, what else is going on in your life and to some extent what kind of person you are.

Caring can be a rich source of satisfaction in people's lives. It can help deepen and strengthen relationships. But without the right support caring can have a devastating impact. When caring is intensive and unsupported you can struggle to hold down a job, get a night's sleep, stay healthy and maintain your relationships with friends and family.

Caring is something that will affect each and every one of us. The statistics show three out of five of us will become carers at some point in our lives.

Carer's Week celebrates and recognises the contribution of all of the UK's 6.5 million unpaid carers.

