

Claremont Bank Surgery

June 2018 Newsletter



SUN PROTECTION FOR SUMMER 2018



The medical term for Skin Cancer is '**Melanoma**'. Skin cancer is the most common cancer in the UK, having too much sun light can also affect your eyes.

After you have sun burn, the skin starts to peel to remove any dead skin cells; however the damage may already be done.

Below is a list of the best ways to protect you from the sun:

- ◇ Apply sunscreen at least 30 minutes before going outside, so your skin has time to absorb it and reapply often.
- ◇ Avoid tanning beds as the ultraviolet light can cause skin cancer and wrinkling.
- ◇ Protect children by applying sunscreen often with an SPF of at least 15, have them play in the shade and wear protective clothing.
- ◇ Babies under the age of 6 months should never be in direct sunlight and should always wear a hat and clothing that's protects them from

As holiday season is coming up, we advise you to come in and fill out a travel risk assessment form if you are going abroad. You can either come into surgery or download it from our website.

Once you have filled it out, you will have a 20 minute appointment with the practice nurse where they will discuss what immunisations you need to have.

Please do this in plenty of time before you go.



GENERAL DATA PROTECTION REGULATION

The General Data Protection Regulation (GDPR) is a new law that determines how your personal data is processed and kept safe, and the legal rights that you have in relation to your own data.

The regulation applies from 25 May 2018, and will apply even after the UK leaves the EU.

What GDPR will mean for patients

The GDPR sets out the key principles about processing personal data, for staff or patients;

- ✓ Data must be processed lawfully, fairly and transparently
- ✓ It must be collected for specific, explicit and legitimate purposes
- ✓ It must be limited to what is necessary for the purposes for which it is processed
- ✓ Information must be accurate and kept up to date
- ✓ Data must be held securely
- ✓ It can only be retained for as long as is necessary for the reasons it was collected

There are also stronger rights for patients regarding the information that practices hold about them. These include;

- ✓ Being informed about how their data is used
- ✓ Patients to have access to their own data
- ✓ Patients can ask to have incorrect information changed
- ✓ Restrict how their data is used
- ✓ Move their patient data from one health organisation to another
- ✓ The right to object to their patient information being processed (in certain circumstances)