

CLAREMONT BANK SURGERY

AUGUST 2017 NEWSLETTER

Reminder:

We are closed between 12pm and 1pm on the first Tuesday of every month for a staff meeting. If you should need any medical assistance within this time you can contact Shropdoc on:

08444 06 8888

-If you have more than one thing to discuss with the doctor, we advise you to book a double appointment.
-Prescriptions ordered before 11am are ready the same day after 2pm. Any prescriptions ordered after 11am will be ready the next working day after 2pm.
-Please remember to order your prescription in time before you run out.



SUN PROTECTION FOR SUMMER 2017



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 UV rays.
- ◇ Stay inside between 11am and 3pm as that is when the sun is the strongest and can do the most damage
- ◇ Wear a hat. A wide brim hat (not a baseball cap) is ideal because it protects the neck, ears, eyes, forehead, nose, and scalp

NEW FY2 (Foundation Year Two) Doctor:

Dr Abubakar-Waziri is our new FY2 Doctor who will be starting with us on the 2nd August. They are a fully qualified Doctor and are doing their GP training within the Practice. Please assist in their learning and agree to an appointment if offered one.



Cervical Smear Testing

Cervical screening isn't a test for cancer; it's a test to check the health of the cells in the cervix. Most women's test results show that everything is normal, but for around 1 in 20 women the test shows some abnormal changes in the cells of the cervix.

All women who are registered with a GP are invited for a cervical screening:

- ♥ **Aged 25 to 49** – Every three Years
- ♥ **Aged 50 to 64** – Every five Years
- ♥ **Over 65** – Only women who haven't been screened since aged 50 or those who have recently had abnormal tests

If there are some abnormal cells, most of them won't lead to cervical cancer and the calls may go back to normal on their own

For more information, go to:

<http://www.nhs.uk/Conditions/Cervical-screening-test/Pages/Introduction.aspx>