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**Kimbolton Medical Centre**

**SUMMER NEWSLETTER**

**Welcome to the Summer 2019 edition of our Newsletter.**

**Advice for adults and children on sunscreen and sun safety in the UK and abroad.**

Sunburn increases your risk of skin cancer. Sunburn does not just happen on holiday. You can burn in the UK, even when it's cloudy.

There's no safe or healthy way to get a tan. A tan does not protect your skin from the sun's harmful effects.

Aim to strike a balance between protecting yourself from the sun and [getting enough vitamin D from sunlight](https://www.nhs.uk/live-well/healthy-body/how-to-get-vitamin-d-from-sunlight/).

**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 30 sunscreen

**What factor sunscreen (SPF) should I use?**

Do not rely on sunscreen alone to protect yourself from the sun. Wear suitable clothing and spend time in the shade when the sun's at its hottest.

When buying sunscreen, the label should have:

* a sun protection factor (SPF) of at least 30 to protect against UVB
* at least 4-star UVA protection

UVA protection can also be indicated by the letters "UVA" in a circle, which indicates that it meets the EU standard.

Make sure the sunscreen is not past its expiry date. Most sunscreens have a shelf life of 2 to 3 years.

Do not spend any longer in the sun than you would without sunscreen.

www.nhs.uk

**Travelling Abroad?**

If you're planning to travel outside the UK this year, you may need to be vaccinated against some of the serious diseases found in other parts of the world.

We advise you prepare for your trip at least 6 weeks before you travel. Some vaccines need to be given well in advance to allow your body to develop immunity and some involve a number of doses spread over several weeks or months.

**Get Yourself Protected & Have A Happy Holiday!**

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Please note: unfortunately we are unable to provide travel vaccinations for temporary residents or returning students.

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**NHS HEALTH CHECKS**

The practice offers free health checks to people between 40-74. The health check involves a blood test and will give you an assessment on heart disease, diabetes and stroke. You will also be offered lifestyle advice. It really is a good way to stop and take stock of your health and fitness.

*To see if you are eligible or to book an appointment, please contact the surgery or go to reception.*

NHS 111 can help if you have an urgent medical problem and your GP surgery is closed.

**Get help online or on the phone**

To get help from NHS 111, you can:

* go to [111.nhs.uk](https://111.nhs.uk/?utm_source=nhsuk&utm_campaign=nhs_services&utm_content=nhs_111) (for people aged 5 and over only)
* call 111

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**Extended Hours**

Patients are now able to book routine appointments with either a GP, Nurse or Healthcare Assistant in the evenings and weekends at selected sites in the local area. Appointments are available locally at the Acorn Surgery in Huntingdon, Buckden Surgery and Alconbury Surgery. Appointments are also available in the St Ives and March area.

**Please speak to Reception and they can organise a suitable appointment for you.**

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Repeat Prescriptions

Please allow ***2 working days*** for a repeat prescription. Your repeat can be requested online,

by fax or by post only.

**You may be eligible to receive a vaccination against shingles.**

*Those currently aged 70 or 78 years of age are eligible for the vaccine.*

The vaccine is also available for those previously eligible but who missed immunisation. For example, anyone in their 70s who was born after 1 September 1942 and has not yet had the vaccine plus anyone aged 79 years who has missed out on the vaccine.

**Please speak to Reception for further clarification if you feel you may be eligible.**

**Registrars**

At the end of the summer we will be very sad to say goodbye to the two fabulous registrars who have been with us for the past year - Dr Obi Muoghalu and Dr Eugene Too. They have both qualified as GPs and will be moving on to pastures new. We wish them all the very best for the future.

We look forward to Dr Hina Abbasi joining us in August.

**PHYSIO ADVICE LINE: 0300 555 0210**

(Between 9am – 5pm)

Dynamic Health Physio Advice Line provides early advice and management for adults (18yrs and over) with muscle or joint problems. The experienced physiotherapists provide personalised advice and exercise plans which enable most patients to recover or improve their condition at home.

We are incredibly lucky to have Senior Physiotherapist Pat Harrison here once a week to see patients, so if following your telephone consult through the advice line it is deemed necessary to have a face to face assessment, then feel free to ask to come here and see Pat.

**Insect bites and stings**

Insect bites and stings will usually cause a red, swollen lump to develop on the skin. This may be painful and in some cases can be very itchy.

The symptoms will normally improve within a few hours or days, although sometimes they can last a little longer.

Some people have a mild [allergic reaction](https://www.nhs.uk/conditions/allergies/symptoms/) and a larger area of skin around the bite or sting becomes swollen, red and painful. This should pass within a week.

Occasionally, a severe allergic reaction can occur, causing symptoms such as breathing difficulties, [dizziness](https://www.nhs.uk/conditions/dizziness/) and a swollen face or mouth. This requires immediate medical treatment.

**What to do if you've been bitten or stung**

To treat an insect bite or sting:

* Remove the sting or tick if it's still in the skin.
* Wash the affected area with soap and water.
* Apply a cold compress (such as a flannel or cloth cooled with cold water) or an ice pack to any swelling for at least 10 minutes.
* Raise or elevate the affected area if possible, as this can help reduce swelling.
* Avoid scratching the area, to reduce the risk of infection.
* Avoid traditional home remedies, such as vinegar and bicarbonate of soda, as they're unlikely to help.

The pain, swelling and itchiness can sometimes last a few days. Ask your pharmacist about over-the-counter treatments that can help, such as painkillers, creams for itching and [antihistamines](https://www.nhs.uk/conditions/antihistamines/).

www.nhs.uk