

# Cockhedge Medical Centre

## Newsletter June 2019

### Sun Awareness Week

**6 – 12 May**

The British Association of Dermatologists (BAD) currently runs a national campaign around skin cancer called Sun Awareness, which includes national Sun Awareness Week in May. This campaign is overseen by the BAD's Skin Cancer Prevention Committee, comprised of leading medical professionals with expertise in skin cancer, vitamin D and public health messaging.

Sun Awareness is the British Association of Dermatologists' annual campaign to raise awareness of skin cancer. The campaign runs from April to September annually and includes Sun Awareness Week in May. The campaign is two-pronged and combines prevention and detection advice.

The first aim is to encourage people to regularly self-examine for skin cancer.

The second is to teach people about the dangers of sunburn and excessive tanning, and to discourage people from using sunbeds, in light of the associated risks of skin cancer. In addition to public education about the dangers of sunbed use, the BAD has also been involved in campaigning for legislation to regulate the sunbed industry and is continuing to push towards further and improved regulation.

Eight out of ten people are failing to adequately apply sunscreen before going out in the sun, according to a survey carried out by the British Association of Dermatologists. The poll found that 80 per cent of us don't apply sunscreen before going out in the sun and then shortly afterwards. The survey also found that 70 per cent of people fail to reapply sunscreen every two hours. This is the approach recommended for three key reasons of which the public should be aware:

- To make sure that the product is fully absorbed before skin is exposed to sun
- To help reduce the chances of areas of skin being missed
- To ensure a thick enough layer is applied.

### Ordering repeat prescriptions

**WE ARE NOW NO LONGER ACCEPTING PRESCRIPTION REQUESTS FROM PHARMACIES.**

**We ask you to only order medicine when needed. Please check how many days' medicine you have before ordering a new prescription. Please don't order until you have 7-10 days of medicines left. It takes the surgery 48 working hours to process your prescription request.**

Alternatively, you may find the easiest way to order repeat prescriptions is via online ordering. Please speak to reception for more information regarding online access. You can also find how to guides about accessing online GP services by visiting NHS England's website <https://www.nhs.uk/> and search 'GP online services'.

## **National Smile Month**

**13 May – 13 June**

**[www.nationalsmilemonth.org](http://www.nationalsmilemonth.org)**

National Smile Month is the UK's largest and longest-running campaign to promote good oral health. Together, with thousands of individuals and organisations, National Smile Month highlights three key messages, all of which go a long way in helping us develop and maintain a healthy mouth. They are:

- Brush your teeth last thing at night and on at least one other occasion with fluoride toothpaste.
- Cut down on how often you have sugary foods and drinks.
- Visit your dentist regularly, as often as they recommend.

The aim of National Smile Month is to ultimately improve the UK's oral health. Organised by oral health charity, the Oral Health Foundation, the campaign hopes to raise awareness of important health issues, and make a positive difference to the oral health of millions.

In 2019, the campaign will take place between 13 May and 13 June, and will encourage all dental and health professionals, schools, pharmacies, community groups, colleges and workplaces – in fact anyone with an interest in good oral healthcare, to join in and help us educate, motivate and communicate positive oral health messages and improves the quality of smiles all around the UK. But National Smile Month isn't just about education and stressing the importance of a healthy mouth – the key to the success of the campaign is that we have lots fun doing it! By taking part in National Smile Month, you are helping to create a healthier and happier world.

The campaign channels positivity and promotes the true value of a smile, not only for its benefits towards physical health, but mental wellbeing too.

### **Smile and support**

A smile might be a small gesture, yet it can have a remarkable effect on our state of mind, as well as the emotional welfare of others. You can support National Smile Month in so many ways. Hold events or fundraise to raise awareness of oral health, or simply post something of social media. Navigate your way through the National Smile Month section of the [www.nationalsmilemonth.org](http://www.nationalsmilemonth.org) website for some really simple yet effective ideas on how you can take part in this year's campaign. You can also subscribe to their mailing list. This will allow them to share great advice about getting involved in National Smile Month and how you can help make a difference by improving oral health during the campaign.

### **Patients who did not attend (DNA) appointments**

**During May the number of patients who failed to attend was 33**

**Please help us to reduce this number. Missed appointments cost the practice over £30.00 each time as well as preventing other patients who are in need from having an appointment.**

