

GREYSTOKE GAZETTE

ISSUE 99

JULY 2020

Baby news!

We are delighted to announce the birth of Dr Denman's baby! Here's the proud dad to introduce her....

I am delighted to announce the safe arrival of our third (and very definitely final!) child, Aisling Nicola Denman who was born on the 10th of June weighing 8lbs 10oz. We are thrilled to have a girl, and her two big brothers are absolutely besotted with her. She has a lovely, relaxed personality so we have been very lucky, though she still needs a bit of encouragement to sleep for more than 2 hours at time through the night; please excuse the bags under my eyes for the next few weeks/months/years!



CONGRATULATIONS FROM ALL AT GREYSTOKE!

As lockdown eases and we have the greater opportunity to enjoy the intermittent sunshine...

Your eyes and the sun

Many people are aware that ultraviolet (UV) light is harmful to the eye and may lead to cataracts and other eye problems. Light-coloured eyes (blue, grey or green) need more protection. Children's eyes are more vulnerable than those of adults. Wearing a hat with a brim or a peaked cap could shield you from as much as 50 per cent of the sun's UV rays. But wearing a pair of good quality sunglasses can block between 99 and 100 per cent of UV radiation. Sunglasses should carry the CE mark and have a label stating they block 99-100% of both UV-A and UV-B rays. Wraparounds prevent UV light getting in at the sides. Brown and amber lenses are the best as they reduce the amount of blue light getting through. Dark sunglasses are not necessarily better; it is the coating on the surface that makes them safe.



Stay cool this summer

Hot weather can be very dangerous and even kill. In one hot spell in August 2003 in England, deaths in those aged 75 and over rose by 60% with 2000 total extra deaths than would normally be expected. Staying hydrated and out of the sun are the best actions to take. If you need to be outdoors wear a hat and take a drink with you. Some people are particularly vulnerable like: the elderly, babies and young children, those with chronic heart and breathing conditions, physically active people like roofers, builders, gardeners, manual workers, athletes and people on certain medications.

Sunscreens

Recent guidance from NICE suggested sunscreens with an SPF of 15 were adequate for most people in the UK. However, this assumes we apply it as the manufacturers advise at 2mg/cm², which requires 35ml every 2 hours for an adult, and is more than double what is applied in reality. It is, therefore, recommended that most people should use a cream with an SPF of at least 30. SPF relates to protection from UVB only. It is also important to have protection from UVA which is equally implicated in the risk of skin cancer. Sunscreens have a 5 star rating for UVA protection in addition to the SPF number and we recommend star 4 or 5.

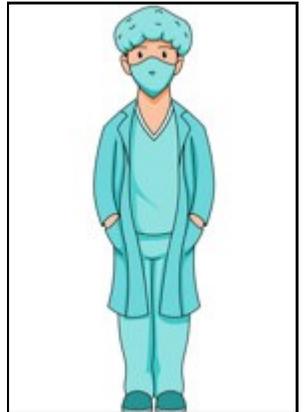


But please do not forget your vitamin D levels, SPF 15 stops 99% of vitamin D production. You do need to have some unprotected sun exposure (without burning) to build up your stores for the winter. We recommend a weekly total of 60 minutes a week broken down into short spells of unprotected sun to your face and arms on fair skin, longer on darker skins.

Covid 19 information

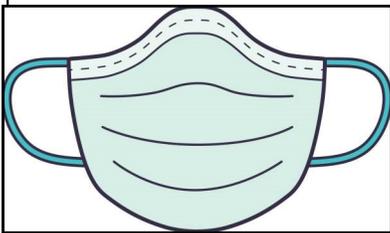
Though the government has announced the easing of lockdown measures, it is still important to follow the rules regarding social distancing and staying safe. Life at the surgery continues to be very different on a day to day basis but we are continuing to try to do our best with regards to running as full a service as we can. As all face to face patient contact needs to be carried out using Personal Protective Equipment, everything takes just that little bit longer.

Please do not attend the surgery unless you have been specifically asked to do so by a member of staff. You will need to wear a face mask when entering the building. Please use the hand sanitisers around the building. The surgery is now operating a one way flow system, so please read the signs on the walls and floor.



You may notice that whilst some services have restarted such as contraception fittings, others such as minor surgery and cryotherapy have not done so. Please be reassured that we are working as hard as possible to get these services up and running as soon as possible.

The school holidays are upcoming, so there will be more members of staff off than usual, so we are pleased to say that adequate cover has been put in place, but the surgery may be busier at times, so please bear with us if this happens.



We have received a number of queries with regards to face masks recently and we are aware that some patients might be understandably anxious about the Government's recent announcements around the use of face masks/coverings in various public settings.

GPs are unfortunately not in a position to provide individual risk assessments or letters for patients who feel that they should be exempt from wearing a face mask/covering.

The government guidance on exemptions suggests there is no requirement for evidence for exemption therefore it is sufficient for an individual to self-declare this.

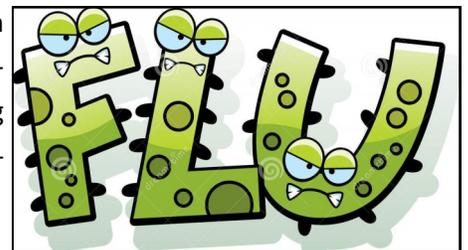
In respect of public transport, the responsibility for issuing exemptions lies with the transport provider not your GP. Similarly, practices are under no obligation to provide letters of support for anyone who does not fall under the list of exemptions but who considers themselves to have another reason to be exempted.

Government advice on the use of face coverings can be found here:

<https://www.gov.uk/government/publications/face-coverings-when-to-wear-one-and-how-to-make-your-own>

<https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers#face-coverings>

Finally a brief word on our annual flu clinic. We are already well underway with regards to planning for this. As you are no doubt aware, this year it is highly likely that things will need to be done a little differently and we will be receiving guidance on how clinics needs to run safely. If you are eligible for a flu vaccination we will be contacting you regarding this in due course.



Look after yourselves and stay safe!