



Summer Newsletter



Care for yourself and your Skin this Summer? by Dr Angie Gurner



Who is at risk from the sun?

Everyone is potentially at risk from excessive sun exposure. People most at risk are those with fair skin, blue eyes, freckles, and red or ginger hair. People with white (Caucasian) skins have less melanin than those with darker skins, so are at more risk of burning. However, anyone can get sunburnt, even those with dark skins and higher levels of melanin. It is not just people who sunbathe who are at risk. Outdoor workers and people simply being outdoors who do not protect their skin are also at risk.

What are the possible problems from the sun?

Sunburn: Short-term overexposure to sun can cause burning. The skin becomes red, hot and painful. After a few days the burnt skin may peel. A cool shower or bath will help. Soothing creams will help. After-sun lotions cool the skin and contain moisturisers (emollients) to counteract skin dryness and tightness. Paracetamol or ibuprofen will help with pain, if you are able to take them. You should see a doctor if the sunburn is very severe. You should never allow babies or children to develop sunburn. If they do, you should seek medical advice. Sunburn can also result from exposure to other sources of UV light, such as sunbeds or sunlamps. The treatment is the same.

Skin damage: Repeated exposure to too much sun over a number of years can cause damage to skin. The effects of sun damage include premature skin ageing and wrinkling, brown spots, non-cancerous (benign) warty growths on the skin ([actinic keratoses](#)), and skin cancer.

Skin cancer: About 8 to 9 skin cancers in 10 are thought to be caused by excessive exposure to the sun. See the leaflets [Skin Cancer: Non-melanoma](#) and [Skin Cancer: Melanoma](#) for more information.

In particular, episodes of sunburn greatly increase the risk. All people of all ages should [protect their skin](#), but it is even more vital to protect children. Although skin cancer is rare in children, the amount of sun exposure during childhood is thought to increase the risk of developing skin cancer in adult life. Therefore, take extra care with children, and keep babies out of the sun completely.

How can I protect skin from the sun?

In short: avoid the sun when it is strong, cover up, and use high-factor sunscreen.

- Wear wide-brimmed hats with a brim that goes all around the hat to protect the face and neck. These are the areas most commonly affected by sun damage. Men, in particular, seem most likely to develop skin cancers on their necks, shoulders and backs (women tend to get skin cancers more on their legs and arms)
- Wear loose baggy T-shirts (or even better - long-sleeved tops) and baggy shorts. The material should be tightly woven to block out sunlight.
- Wear wrap-around sunglasses (your eyes can get sun damage too). Make sure the sunglasses conform to the European Standard, indicated by the CE mark and are labelled as providing protection against UV light.

Use high-factor sunscreen liberally

You should apply sunscreen of at least sun protection factor (SPF) 30 which also has high UVA protection. SPF gives a guide to how much sun protection is afforded by a particular sunscreen. The higher the SPF, the greater the protection. The SPF label shows the protection against UVB, which leads to sunburn and the damage that can cause skin cancer. It is also important that your high SPF sunscreen has a high level of UVA protection. UVA can cause ageing effects of the skin and also, potentially, the damage that can cause skin cancer. Sunscreens with high UVA protection will have a high number of stars (these range from 0 to 5).

Continued over the page

Use high-factor sunscreen liberally

Be sure to cover areas which are sometimes missed, such as the lips, ears, around the eyes, neck, scalp (particularly if you are bald or have thinning hair), backs of hands and tops of feet. You should not think of sunscreen as an alternative to avoiding the sun or covering up. It is used in addition. Sunscreens should not be used to allow you to remain in the sun for longer - use them only to give yourself greater protection. No sunscreen is 100% effective and so it provides less protection than clothes or shade.



Ideally:

- Apply sunscreen 20-30 minutes before going out into the sun
- Re-apply frequently, at least every two hours, and always after swimming, towelling yourself dry or excessive sweating (even those that are labelled waterproof).
- Apply enough sunscreen to cover the skin that will be exposed. For most people this is the equivalent of two teaspoons of cream for the head, neck and arms. For the whole body while wearing a swimming suit, this would be around two tablespoons.
- Re-apply to children even more often.

Sunblock is different to sunscreen. Sunblock is opaque and stronger than sunscreen. It is able to block most UVA and UVB rays, owing to the ingredients it contains (titanium dioxide or zinc oxide). As with sunscreen, you should not consider sunblock as an alternative to other strategies for protecting the skin against the sun's harmful rays.

Practice Manager's Message Jess Yaxley



Spring is definitely in the air! The Practice is delighted to announce that Dr Sarah Burns and her husband had a bouncing baby boy called Beau (right) during the Easter holidays. Sarah is enjoying her maternity leave and we will be welcoming her back to the Practice at the end of October. Many of you will also remember Sam Ostlund who was with us for a short while as Care Co-ordinator. Sam has also recently given birth to a baby girl called Heidi weighing in at 5lbs and 10oz—Mum and baby are well.



Over the summer you will see some new faces in the Practice, as we have locums working for us whilst we are busy recruiting for a new full-time GP. At the end of May, Dr Pippa Wilson, who has worked with us for over 10 years, will be leaving to join a new Practice down on the south coast. We are very sad to see her go but wish her all the best for her new role. We are also very proud of Dr Kath O'Hara who has secured herself a Partnership in Mid Sussex. Kath will be leaving for this exciting new position at the end of June. I am sure you will all join me in wishing both Pippa and Kath lots of luck for the future and we hope they keep in touch to let us know how they are getting on. We are planning for the new GP to start with us in September and will be able to let you know more about the successful Candidate in the next newsletter.

We have recently recruited a new Care Co-ordinator, Laura Guy who will be starting with us in June. Laura comes from Crawley Hospital and will continue with the positive work that both Emily and Sam have done with the Care Co-ordinator service and we are very much looking forward to having her on board.

We have also successfully recruited a new Health Care Assistant, Lisa Wiltshire, who previously worked at Redhill Hospital and Lisa will all be starting with us in June. Lisa will take over from Biz Rutter, who has left the Practice to pursue an alternative career as an Air Stewardess with British Airways. This is a complete career change for Biz but one which we know she will be marvellous at, and will be able to utilise her fantastic people skills. Also, within our nursing team, we are very sad to be saying goodbye to Chloe. Chloe has been with us almost a year now and is an absolute favourite with our Patients! Chloe is moving back to live near London and we wish her all the very best for the future. Consequently, we will be recruiting for a new Practice Nurse to join the team and again, will update you more in the next newsletter.

Finally, many of you will now have met Jonathan, who is our newest member of the reception team. Jonathan previously worked at BUPA and is learning the ropes in this new role from our very experienced, knowledgeable and friendly admin team.

So, lots of new faces and lots of change! I hope you will all join me in welcoming our new additions to the team and we very much look forward to working with them in the future.