



The South Lawn Medical Practice

News June 2017

Missed Appointments

It is always appreciated if you can let us know if you are not able to keep your appointment, so that we can offer it to another patient who may need it.



Why not sign up to book and cancel your appointments online? Any of the reception team will be happy to help you or provide you with more information.

Hay Fever

Hay Fever is caused by pollen or spores, and can cause a range of symptoms including sneezing, runny nose and itchy eyes. It is a common condition which affects 20% of people in the UK.



Hay Fever cannot be cured completely, but there are a number of treatments available to relieve the symptoms. These include antihistamine tablets, nasal (nose) sprays and eye drops.

Some can only be prescribed by a GP, but many are available over-the-counter in pharmacies.

Regular sufferers of Hay Fever may not need to see a GP before being given a prescription for their medication. If you have had medication for Hay Fever from your GP before, please request this from the receptionist rather than requesting an appointment. We will contact you if the GP needs further information about your request.

Of course do speak to your GP if you need further advice.

Prepare your skin for Summer

People with fair skin that burns easily, lots of freckles, moles, a history of sunburn or a family/personal history of skin cancer are more at risk of skin cancer & need to take extra care in the sun. Below are some tips to help you stay safe and enjoy the sun:

- ◆ Avoid burning. Getting a painful sunburn just once every two years can triple the risk of melanoma, the most serious type of skin cancer.
- ◆ Seek shade. Cover up with clothing, e.g. sunglasses, hat and t-shirt. Use at least SPF 15 sunscreen, reapply regularly & generously.
- ◆ Protect children and young people. Keep babies under six months out of direct sunlight.

When it comes to sun exposure, little and often is best. You would never need to burn to get enough Vitamin D.

Get to know your skin and check it skin regularly. Any change in a mole, freckle or normal patch of skin that occurs quickly, over weeks or months, should be taken seriously – show it to your GP without delay.



Repeat Dispensing

If you use the same medicines regularly, and attend the same pharmacy to collect these – then repeat dispensing could cut down on the number of times you need to get a repeat prescription from your doctor.

If you would like to know more, please ask one of the receptionists who will be able to give you more information.



Please speak to a receptionist to sign up for SMS reminders!