

GREYSTOKE GAZETTE

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As summer seems to have arrived, here are some tips to enjoy it safely.

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.

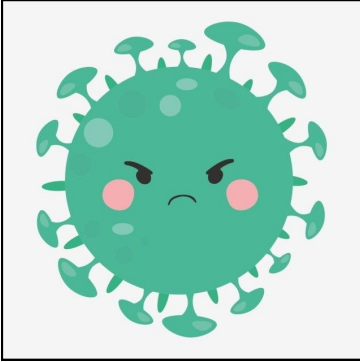
Sunscreens

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 $2\text{mg}/\text{cm}^2$, 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



We are seeing increasing rates across the country as the pandemic continues, but fortunately, we are not seeing significant levels of illness. Many people who acquire Covid are currently complaining of a sore throat, aches and pain, fatigue, cough and flu like symptoms.

At the surgery, there is no current requirement to wear a mask or undertake social distancing, but we do ask patients to remain vigilant and respect others and staff when attending the surgery. There is unfortunately no facility to see Covid patients in a dedicated room, so if you do have Covid we will take appropriate measures to see you securely and this will be discussed during your telephone consultation. If you are in the clinically vulnerable category, please ensure you mention this to your clinician during your consultation as we can take measures to reduce your risk when attending the surgery and this can be discussed at the time of the telephone call.

Details of the Autumn vaccination plan will be due out soon and you will be informed whether you will be eligible for an additional vaccination. We are also finalising the details for the 2022 flu vaccination campaign, the details of which will also be sent to eligible patients.



Mind is a mental health charity that provides and support for those individual affected by mental health issues and for those who are supporting people affected by mental health. Their web-

site details types of mental health problems, types of treatments that can be offered and tips for everyday living. There are also stories on their website of those individuals who have shared their experiences.

For further information, you can call the Mind information helpline on 03001233393 or visit the Mind website at <https://www.mind.org.uk/>