

# FMC NEWS - Summer 2012

We are closed for TARGET from 12 noon on the following dates:

Thursday 21<sup>st</sup> June, Thursday 19<sup>th</sup> July, no closure in August.

Please remember that we are closed every Wednesday between 12.30pm & 1.30pm.

## Bank Holiday Closures

Monday 4<sup>th</sup> June, Tuesday 5<sup>th</sup> June and Monday 27<sup>th</sup> August

## Patient Reference Group

**Patients, Carers and Staff working together to develop  
and improve the practice**

Our last email contact was made with **Virtual Panel** members on the 18<sup>th</sup> May. Our next **Group Meeting** will be held on 18<sup>th</sup> June.

Since our last newsletter practice staff have worked with PRG members to produce a **Patient Involvement Action Plan**. This, together with the PRG annual report and updates regarding the groups activities are available for all patients to view on our website (in the Patient Information / Patient Ref Group section) and on a display board in our waiting area. We will also continue to keep you updated in future editions of FMC News.

An updated copy of our **Patient Information Sheet** is now on display in the waiting areas and in the 'Patient Information / Useful Information' section of our website. The sheet includes information relating to: our Patient Charter, Patient Communication, the Leeds West Commissioning Group, Patient Reference Group, Young People, A&E, Minor Illness and our replies to a selection of patient comments which you may find of interest.

## When stroke strikes, act F.A.S.T.

A stroke is a medical emergency that requires immediate medical attention so recognising the signs and calling 999 for an ambulance is crucial. The sooner somebody who is having a stroke gets urgent medical attention, the better their chances are of a good recovery.

**FACE:** Has their face fallen on one side? Can they smile?

**ARMS:** Can they raise both arms and keep them there?

**SPEECH:** Is their speech slurred?

**TIME:** Time to call **999** if you see any single one of these signs.

For further information on stroke and F.A.S.T. go to: [www.nhs.uk/actfast](http://www.nhs.uk/actfast)

# Be SunSmart - enjoy the sun safely!

**Sunburn can double the risk of skin cancer. Those most at risk are people with fair skin, lots of moles or freckles or a family history of skin cancer.**

**Relax in the shade between 11 and 3.** The summer sun is most damaging to your skin in the middle of the day.

**Protect yourself from sunburn.** Sunburn can double your risk of skin cancer.

**Cover up with a t-shirt, hat and sunglasses.** When the sun is at its peak sunscreen is not enough.

**Protect children in the sun.** Young skin is delicate. Keep babies out of the sun especially around midday.

**Use at least SPF15 sunscreen.** Apply sunscreen generously and reapply often.

**Remember to report mole changes or unusual skin growths promptly to your doctor.**

**For further information visit: [www.sunsmart.org.uk](http://www.sunsmart.org.uk)**

**Please remember:**

- SUNBEDS are **not** a safe alternative to sunbathing.
- A sunbed tan will **not** keep you safe in the sun.
- Even if you don't burn sunbeds are **not** safe.
- It is against the law to allow people under the age of 18 to use sunbeds.

# FREE NHS Health Check

**Helping you prevent heart disease, stroke, diabetes and kidney disease.**

If you are aged 40 or over, you will **receive an invitation** to have an NHS Health Check. It's FREE and simple and could save your life!

**Why do I need an NHS Health Check? I feel fine?**

Everyone is at risk of developing heart disease, stroke, diabetes and kidney disease. The good news is that these conditions can often be prevented – even if you have a history of them in your family.

Have your FREE NHS Health Check and you will be better prepared for the future and be able to take steps to maintain or improve your health.

**What happens at a Health Check?**

The check takes up to 30 minutes.

You will be asked some simple questions about your family history and any medication you are taking.

Your height, weight, age, sex and ethnicity will be recorded.

Your blood pressure will be taken.

A simple blood test will be done to check your cholesterol, liver function and sometimes blood sugar levels.

You will be given personalised advice on how to lower your risk and maintain a healthy lifestyle.

**Make sure you are in good running order. If you are invited for an NHS Health Check be sure to make an appointment – it will help you prepare for the future.**

**Watch out for our Autumn edition in September 2012!**