



# SURGERY NEWS

Summer Edition - 2011

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## SKIN PROTECTION - COVER UP AND BE COOL

It is not cool to be hot and burning. Your skin can be irreparably damaged and leaving the skin unprotected in the sun can cause skin cancer, as well as sunburn.

The problems of climate change are leading to warmer summers and it is extremely important to take precautions against sunburn. Just walking around town in a T-shirt or shorts exposes the skin to the harmful effects of ultra-violet radiation. Children are particu-

larly susceptible.

So be wise. Use a good sun cream with a very high Sun Protection Factor (SPF) and make sure that it is correctly applied so that it gives the protection against the Ultra-violet.

Wear a wide brimmed hat — very important for children, and wear loose fitting clothes which cover the shoulders and arms, particularly at the hottest part of the day around 12

noon.

Sunburn hurts you.

Skin cancer can kill you.



### SURGERY TRAINING DATES

Please be aware the surgery will be closed from 1pm on the following dates for staff training:

Tuesday 13th September 2011

Thursday 10th November 2011

Wednesday 8th February 2012

If a GP is required for a medical emergency during this time please ring the surgery as usual where you will be advised of the Devon Doctors Number.

### PATIENT REFERENCE GROUP

Are you interested in joining a reference group in order for the surgery to obtain constructive feedback and views on how we perform. We are looking for a cross section of representatives which can include age, carers, employed, unemployed to name but a few.

We would meet regularly to discuss any feedback and also to create a survey to gain knowledge of how well or not of the service we offer.

A constructive and realistic action plan can/will be created to help improve any services that maybe indicated.

If you feel this is something you would like to be involved in please notify the Practice Manager.

## BBQ Food Safety

Food poisoning cases double over the summer.

If cooking only on the barbecue, the two main risk factors are:

- undercooked meat
- spreading germs from raw meat onto food that's ready to eat

This is because raw or undercooked meat can contain germs that cause food poisoning, such as salmonella, E.coli and campylobacter. However, these germs can be killed by cooking meat until it is piping hot throughout.

When you're cooking any kind of meat on a barbecue, such as poultry (chicken or turkey), pork, steak, burgers or sausages, make sure:

- The coals are glowing red with a powdery grey surface before you start cooking, as this means that they're hot enough.
- Frozen meat is properly thawed before you cook it.
- You turn the meat regularly and move it around the barbecue to cook it evenly.

Remember that meat is safe to eat only when:

- It is piping hot in the centre.
- There is no pink meat visible and any juices are clear.

It's also important to keep some foods cool to prevent food-poisoning germs multiplying.

Make sure you keep the following foods cool:

- salads
- dips
- milk, cream, yoghurt
- desserts and cream cakes
- sandwiches
- ham and other cooked meats
- cooked rice, including rice salads

Don't leave food out of the fridge for more than a couple of hours, and don't leave food in the sun.

