

# THE LIMES MEDICAL CENTRE NEWSLETTER

**April 2017**

## **Be Sun Smart this Summer**

### **Summer's coming! Be Sun Smart at home and abroad**

Don't let sunburn catch you or your family out. Sunburn does not have to be raw, peeling or blistering. If your skin has gone red or pink in the sun, it is sunburnt. Sunburn is a clear sign that the DNA in your skin cells has been damaged by too much UV radiation. Over time this damage can build up and lead to skin cancer.

#### **Spend time in the shade**

The summer sun is strongest around the middle of the day (11am-3pm in the UK). Find shade under umbrellas, trees, canopies or indoors.

#### **Cover up with a T-shirt, hat and sunglasses**

A long-sleeved top or T-shirt help protect your skin. Choose a hat with a brim that shades your face and the back of your neck. Wraparound style sunglasses offer better protection.

#### **Use sunscreen with at least SPF15 and 4 stars on the parts you can't cover**

Put lots on and reapply often to help get the level of protection on the label. Sunscreen does not give 100% protection and should be used along with shade and clothing.

Never use sunscreen as an excuse to stay out in the sun for longer, for example to sunbathe.

Visit Cancer Research UK at [www.cruk.org](http://www.cruk.org) for more information

## **Exam season - letters and certificates for schools**

### **Official guidance – they are not required**

There has been an increase in the number of requests for GPs to provide sick notes for school children who are suffering from minor illnesses or ailments.

When a child has been absent from school, the parent, guardian or carer should give the child a note to take into school when he/she returns explaining the reason for absence. If schools do not accept notes from parents, parents should seek early advice from the school nurse.

We appreciate that school governors may try to make the requirement to obtain a doctor's note as a part of their school's internal procedures but there is no obligation for GPs to provide such notes.

With regard to missing exams, or poor performance at exams due to illness, students can apply for special consideration. Examination boards make no requirement for a medical certificate in support of a pupil's application for special consideration.

Boards do require information, however this can be in the form of a statement from the school and especially so where school is aware of the situation and is supportive of the student being absent. Contrary to what parents may be told, examination boards do not insist that medical proof is required.

We remind all patients that any letters, certificates and reports provided outside of our NHS contract are chargeable at our professional rates. These rates are available on request.