



Marsh Medical Practice Summer Newsletter

Staying Safe in the Sun

Sunburn increases the risk of skin cancer, therefore it is very important to protect yourself. Sunlight in the right amount is good for our health too, so it is also important to know how to enjoy the sun safely, so that it will do good and not cause harm. There are two main types of damaging ultraviolet (UV) sunlight: UVA and UVB. UVA rays penetrate deeper into the skin, which causes skin aging and wrinkles. UVB rays cause tanning but also burning. Both UVA and UVB rays increase your risk of developing skin cancer. Anyone can get sun burnt, but people most at risk from excessive sun exposure are those with fair skin, blue eyes, freckles and red hair. Children's skin is much more sensitive to sun damage than

adult's skin and excessive sun can cause them to develop skin cancers later in life. Therefore, extra care must be taken when protecting children from sunlight. Babies should be kept out of the sun completely.

Tips to remember when in the sun:

- Avoid the sun when it is at its strongest
- Use a high factor skin sun cream with at least a 4-star UVA rating
- Do not use sun cream that is out-of-date
- Cover up with appropriate clothing and sunglasses
- See our blue "Summer Sun" leaflet for more information

Armed Forces Recognition

Marsh signed the Armed Forces Covenant in 2015 pledging to endeavour in all business proceedings to uphold the key principles of the covenant and support the Armed Forces community. The covenant acts as a recognition of the sacrifices made by the Armed Forces and in return pledges respect, support, and fair treatment. If you are part of the Armed Forces Community, whether a reservist, veteran, cadet instructor or military spouse/partner, please tell the reception and we can flag this on your records.

Arrythmia - Know your pulse!

Knowing your pulse can save your life. Learn to take your own pulse by watching a video or download further information by visiting: heartrhythmalliance.org/aa/uk/patient-resources



Be Kind Campaign

We are currently running our first kindness campaign and encouraging members of our community to carry out one random act of kindness a day. This could be simply smiling to a stranger, saying thank you or just pausing to reflect before reacting to a stressful situation (see our list of further suggestions in the waiting room).



Did you know...



Kindness can...

"Did you know – acts of kindness can:"

"Decrease stress, boost happiness, lower blood pressure, release feel good chemicals (serotonin & oxytocin) and inspires more kindness"

