

MEMBER NEWSLETTER

AUGUST 22



Welcome to the August edition of our member's newsletter. In this issue, with many of us jetting off on summer holidays, we focus on travel and take a special look at vaccinations, skin sun damage and coping with jet lag.

The UK is now experiencing our second major heat warning of the year, with temperatures expected to peak slightly lower than they did in July but with it remaining hot for a longer period. We have therefore included a few tips on how to stay hydrated which is important not only in the hot weather but especially when travelling.

We hope you enjoy this issue and would welcome any ideas you may have for future editions.

With best wishes, *Dr Shilpa*

HYDRATION IDEAS:

CARB ALTERNATIVES – swap carb heavy pasta for zucchini noodles which contain 95% water

SMOOTHIES – Peaches, strawberries, cucumbers, spinach & blueberries are great ingredients for extra hydration

FRUIT LOLLIES/POPSICLES – Freeze fruit into ice cubes or blend watermelon to make ice lollies

VEG, VEG, VEG – vegetables such as salad greens, celery, tomatoes & peppers will help add more water to your meal

REMINDERS – It's easy to forget to drink enough when we're busy so try setting a reminder on your phone at intervals throughout the day. You can also buy specially designed water bottles to motivate you to drink more.

TRAVEL VACCINATIONS

WHICH
VACCINATIONS
DO I NEED?

With a million and one things to organise before your trip, arranging the necessary vaccinations for you and your family doesn't need to be added to your list of worries.

We can help you with the stress of planning your vaccinations by advising you on exactly what you require and then providing you with a convenient appointment to come in and have them done.

WHEN SHOULD I
GET THEM?

Some travel clinics only vaccinate adults but we are able to help cover the whole family.

SUPPLY ISSUE WARNING: Unfortunately there can sometimes be supply issues in obtaining vaccines. Therefore it is important to contact us well in advance of your travel dates to find out exactly what you need and allow us time to source them from the provider if necessary. At the time of sending this newsletter Typhim Vi, which is a common vaccination required to cover typhoid was not available and neither was hepatitis A for children so it's important not to leave it too late before contacting us.

BEATING JET LAG

Whether travelling for business or pleasure, even short-haul trips can leave you feeling exhausted and if you are travelling quickly, across multiple time zones, a bad case of jet lag might be the least welcome addition to your holiday experience list.

When you travel across time zones your internal body clock remains synced to your original time zone. So, when you land somewhere and find yourself hours ahead or behind your departure time zone your body will struggle to adjust and the more time zones you cross the more likely you are to experience jet lag. While there is no miracle cure there are steps you can take to help re-set your body's internal clock.

TOP TIPS TO REDUCE & IMPROVE JET LAG

- * Before you depart start adjusting your sleeping and eating schedule in small increments to match the time of your destination.
- * In the air try and sleep at the correct time to match your destination time zone and wake up when it would be daytime. Use an eye mask and noise cancelling headphones if necessary.
- * Make sure you're comfortable; wear loose fitting clothing and take a neck pillow. When not resting try and move around the plane to stretch your muscles.
- * Stay hydrated and eat a healthy meal; take prepared food with you to save splurging on unhealthy snacks on the plane. Avoid caffeine and alcohol which will dehydrate you.
- * When you arrive at your destination try and fit into the local times for eating etc even if this means waiting a little longer for your meals.
- * If you need to nap then take no longer than 30 mins so that you don't fall into too deep a sleep or you will wake up feeling more tired. Try having a coffee before napping so that the caffeine can start to work while you sleep. After your nap wash your face and try and get some sunshine so your body knows it is daytime.

SYMPTOMS:

- Tiredness & fatigue
- Difficulty sleeping at bedtime & waking in the morning
- Poor sleep quality
- Difficulty staying awake during the day
- Headaches & dizziness
- Difficulty concentrating
- Loss of appetite
- Bowel disturbances
- Indigestion & nausea

SPOTLIGHT ON SKIN CANCER

There are two main types of skin cancer; melanoma and non-melanoma. Each type can look very different and the symptoms can vary. It is important to be aware that some symptoms can be similar to those of other conditions.

To spot skin cancers early it helps to know how your skin normally looks. That way, you'll notice any changes more easily. Early signs to look out for include a sore area of skin that:

- Doesn't heal within 4 weeks
- Looks unusual or like it has changed in appearance
- Hurts, itches, bleeds, crusts or scabs for more than 4 weeks



NON-MELANOMA SKIN CANCER

This type of skin cancer tends to develop most often on skin which is exposed to the sun.

To check areas that you can't see easily, try using a hand held mirror and reflecting your skin onto another mirror. Or you could ask your partner or a friend to look for you. This is especially important if you're regularly outside in the sun for work or leisure.

If you are concerned something doesn't look quite right take a photo of the area.

It is a good idea if possible to put a ruler or tape measure next to the abnormal area when you take the photo as this will give you a more accurate idea about the size and can help you tell if it's changing. You can then show these pictures to your doctor.

MELANOMA SKIN CANCER

Around 16,700 people are diagnosed with melanoma in the UK each year and this number has increased over the last few decades. Melanoma is the 5th most common cancer in the UK.

CHECKING YOUR MOLES – ABCDE

The ABCDE checklist explains what signs to look for. Make an appointment straight away if you are worried or have any of the following signs:

A	<p>ASYMMETRICAL - This refers to the shape of the mole Melanomas are likely to have an uneven shape. The two halves of the area may be different shapes (asymmetrical). Normal moles usually have a more even shape and the two halves are similar (symmetrical).</p>
B	<p>BORDER - This refers to the edges of the mole Melanomas are more likely to have irregular edges/borders that may be blurred or jagged. Normal moles usually have a smooth, regular border.</p>
C	<p>COLOUR - This refers to the colour of the mole Melanomas are often an uneven colour and contain more than one shade. The melanoma might have different shades of black, brown and pink. Normal moles usually have an even colour.</p>
D	<p>DIAMETER - This refers to how wide the mole is Most melanomas are more than 6mm wide. Normal moles are usually about the size of the end of a pencil or smaller.</p>
E	<p>EVOLVING - Evolving means the mole is changing Melanomas might change in size, shape or colour. Or you might notice other changes such as a mole bleeding, itching or becoming crusty. Normal moles usually stay the same size, shape, and colour.</p>