

# Newsletter

Uraidla Family Practice  
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## November 2020 News

### Skin Health

As we approach the warmer months of the year we inevitably start to expose our skin to more sun. This brings with it the risk of skin damage and an opportunity to remind everyone of how to keep your skin safe.

Sun damage may be in the form of sunburn, premature skin ageing and most seriously, damage to skin cells which can then lead to skin cancer, in fact 95% of skin cancer is caused by over exposure to UV radiation .

As always prevention is better than cure and The Cancer Council recommends the following measures to help keep you and your skin safe:

1. **Slip** on some sun-protective clothing that covers as much skin as possible.
2. **Slop** on broad spectrum, water resistant SPF30 (or higher) sunscreen. Put it on 20 minutes before you go outdoors and every two hours afterwards. Sunscreen should never be used to extend the time you spend in the sun.
3. **Slap on a hat** – broad brim or legionnaire style to protect your face, head, neck and ears.
4. **Seek** shade.
5. **Slide** on some sunglasses – make sure they meet Australian Standards.

*Anyone else got the jingle stuck in their head now?!*

A good idea is to get into the habit of checking your own skin monthly, looking for any new spots, changes in colour or growth of spots you already have.



**Here at Uraidla Family Practice Tim, Collette or Indy can assist you with an annual appointment for a complete skin check.**

**Just speak with reception staff and they can easily book your 30 minute skin check.**

Protect yourself in **five ways** from skin cancer



**SLIP**



**SLOP**



**SLAP**



**SEEK**



**SLIDE**

## Reminders and Recalls

Many of you would have already received a reminder text message on your phone for an upcoming scheduled appointment. From our point of view the system has been working well with less people forgetting appointments and patients cancelling an appointment that is no longer required, enabling other patients to use them.

A text message will now also be sent to you if your Doctor would like to see you to discuss a test result or perhaps a letter from another health provider they have received. These appointments are classified as non-urgent so please do not panic if you receive one, just give us a call to make an appointment!

Where previously you have received a letter from our practice when you are due for an appointment for immunisations, a test or procedure you will now also receive a text message. This message will say that you have a health message and ask that you click on the link that has been sent to you. You will then be asked to verify that we have sent the message to the right person at which point you will be able to read what the reminder is for and give the practice a call to make the appropriate appointment.

As with all new things there may be some teething problems initially as we navigate our way through this new process and we appreciate your patience with this.



We welcome any feedback, good or otherwise, that you may have on this service

***Please ask our reception staff if you have any questions or would prefer to opt out of this service.***

## COVID Update

By now we are all pretty well familiar with what to look out for with regards to COVID-19 and when to get tested. As a reminder, anyone experiencing any of the symptoms listed below even if they are very mild, should get tested for COVID-19:

- ◆ Fever or chills
- ◆ Cough
- ◆ Sore throat
- ◆ Runny nose
- ◆ Shortness of breath
- ◆ Loss of taste or smell
- ◆

**We can all help stop the spread by:** Get tested and self isolate if you have symptoms  
Practice good hygiene—back to basics!  
Keep 1.5 metres distance from others when possible

**Our Practice strongly encourages the use of the COVIDSafe app.**

## Contact Details

If you have had a change of details (phone number, address, next of kin or even a new medicare card) could you please notify our receptionists when you check in?

It is important for us to be able to contact you should the doctor require follow up appointments or to discuss results with you., thank you for your help with this.