

THE QUAY SURGERY

Monthly Newsletter

SWIMMER'S EAR

Swimmer's ear, also known as otitis externa, is an infection that affects the outer ear canal. It is a common condition, especially during the summer months when people are more likely to spend time in the water.

The symptoms of swimmer's ear include ear pain, itchiness, redness, and swelling of the ear canal, as well as a discharge from the ear. In severe cases, it can also cause fever, hearing loss, and swollen lymph nodes.

Swimmer's ear is caused by bacteria or fungi that enter the ear canal when it is exposed to water for long periods. The bacteria or fungi can thrive in warm, moist environments, making swimming pools, hot tubs, and the ocean prime breeding grounds.

To prevent swimmer's ear, it is important to keep your ears dry. You can use earplugs or a swim cap to keep water out of your ears while swimming. After swimming or showering, dry your ears thoroughly with a towel or a hairdryer set on low heat.

If you think you have swimmer's ear, it is important to get help from your GP surgery. Your clinician may prescribe ear drops or antibiotics to treat the infection. It is also important to avoid swimming until the infection has cleared up to prevent further complications.

Click [here](#) for more information

UPDATE

**SKIP THE QUEUE AND USE
E-CONSULT ON OUR
WEBSITE.**

**PLEASE SELF -TEST FOR
COVID-19 WITH A LATERAL
FLOW KIT, IF YOU HAVE
SYMPTOMS, BEFORE
CONTACTING OUR TEAM.**

Dr Fletcher is running London
Marathon for Hospice,
see this [link](#) to support her.



Social Media use as a patient of The Quay Surgery

SKIN AND SUN EXPOSURE

The surgery recognises that many patients use social media in a personal capacity. In that capacity patients must not post anything that damages the reputation of the surgery or make personal comments regarding the staff.

Examples of social media misuse may include (this list is not exhaustive):

- Posting offensive or critical messages about the surgery/ practice staff or Doctors
- Posting content that could breach practice confidentiality
- Posting derogatory or inappropriate pictures or comments about patients/staff/GP or the practice in general
- Reposting or sharing material of an offensive, sexual, political or religious nature and linking such content to the practice.

If any offensive social media posts are brought to our attention, we will contact our patient/s involved. The posts may be viewed as defamatory. This could result in the patient/s being removed from our practice list.

We would ask you contact the Practice Manager and Assistant Practice Manager via telephone 01244 814272 ext 320 or email to Nicola.Parry5@wales.nhs.uk and Benjamin.Williams4@wales.nhs.uk rather than posting offensive comments about the practice or any of our staff.

We welcome all feedback positive or negative as it gives us the opportunity to review the services we provide, and where necessary make changes.

Sun exposure can be a double-edged sword. On the one hand, it provides the body with vitamin D, which is essential for strong bones, a healthy immune system, and a range of other functions. However, overexposure to the sun can damage the skin and increase the risk of skin cancer.

The most common form of sun damage is solar keratosis. This condition occurs when the skin is exposed to the sun's UV rays for extended periods, causing small, scaly patches to develop. While solar keratosis is not cancerous, it can develop into a type of skin cancer called squamous cell carcinoma if left untreated.

The most dangerous form of skin cancer is melanoma, which can be fatal if not caught early. Melanoma often develops from moles or other pigmented areas of the skin that have been exposed to the sun. Individuals with fair skin, red or blonde hair, and blue or green eyes are at higher risk of developing melanoma.

Other forms of skin cancer, such as basal cell carcinoma and squamous cell carcinoma, are also linked to sun exposure. These types of skin cancer typically develop on areas of the body that are frequently exposed to the sun, such as the face, neck, and hands.

Individuals with a history of sunburns or tanning bed use are also at higher risk of developing skin cancer. To protect your skin from sun damage, it is recommended to wear protective clothing and use a broad-spectrum sunscreen with an SPF of at least 30. It is also important to limit time spent in the sun during peak hours and avoid tanning beds altogether.

In conclusion, while sun exposure can have its benefits, it is essential to protect your skin from the damaging effects of the sun. By taking steps to protect your skin, you can reduce your risk of developing skin cancer and other forms of sun damage.