



Please "Be kind" to our staff. A simple thank you, or a positive review could make the world of difference. Send any comments and feedback to email: roccg.swallownestcarecoordinators@nhs.net

We will be closed from 12.00pm for training on Thursday 8th May 2025.

UK Health Security Agency



Find out more on the GOV.UK website



Antibiotics and antimicrobial resistance

"Why won't the doctor give me antibiotics?"

The discovery of antibiotics in the 1940s heralded a new age in modern medicine. This was quickly followed by the emergence and spread of drug-resistant bacteria, which we now know to be antimicrobial resistance (AMR).

Antimicrobials, including antibiotics, are used to prevent and treat infections in humans, animals, and plants. However, the more we use these medicines excessively or inappropriately, the more the microorganisms (bugs) they target evolve to survive and the antimicrobials stop working.

Examples of misuse include taking antibiotics for viral infections, such as colds, sore throats, or coughs, which cannot be treated by antibiotics.

Antibiotic resistant bacteria of any kind are less likely to respond to treatment, causing serious complications, including bloodstream infections, sepsis and hospitalisation.

People who get a bacterial infection that is resistant to one or more antibiotics are more likely to die within 30 days, compared to those who have an antibiotic sensitive infection.

Without effective antibiotics, routine medical procedures like your appendix or tonsils being removed, hip replacements, caesarean sections, dental work and chemotherapy could become extremely risky due to the threat of untreatable infections

There were an estimated 7,600 deaths directly from infections resistant to antibiotics in 2019, as well as 35,200 deaths as an indirect result of infections resistant to antibiotics. Additionally, AMR costs the NHS £95 million per year.

What can you do to help?

- Remember Antibiotics are Not for colds and flu.
- Don't save them for later use
- Take as directed (by your GP or pharmacist).

May is Skin Cancer Awareness Month

Whether you are directly affected by skin cancer, or you just want to find out more, we have information that can help.

For skin cancer awareness month we have answered some of the most frequently asked questions about skin cancer see website; <https://www.macmillan.org.uk/cancer-information-and-support/skin-cancer>

Most skin cancers are caused by skin damage that happens from exposure to ultraviolet (UV) light from the sun or sunbeds.

Our top tips for staying safe in the sun:

- Use 5* UVA with at least an SPF 30. Usually, the instructions are to re-apply every 2 hours, or more often if you have been swimming or exercising.
- Drink plenty of water.
- Cover up with a hat and long sleeves. Wear a wide-brimmed hat to protect your face and neck.
- Wear UV blocking sunglasses to protect your eyes.
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In the UK, sun damage to the skin is most likely between 11am and 3pm between March and October. But sunlight can be strong enough to cause sunburn at other times of the day and year, and sometimes even on cloudy days. Do not use a sunbed or sunlamp. If it is important to you to look tanned, use fake tan lotions or sprays.

What are the symptoms of skin cancer?

Different types of skin cancer can vary in how they look. And if you have black or brown skin, some skin symptoms may be less obvious. Some possible symptoms are listed below. But if you have any skin change that is ongoing, unexplained or unusual for you, make an appointment with your GP.

- A new or changing mole
- A new mole or a mole that changes shape, colour or size
- A lump on the skin
- A patch of scaly, crusty or rough skin
- Sores or scabs -Most sores heal very quickly. If you have a sore or ulcer anywhere on your skin that does not heal after 3 weeks, ask your GP to check it.

- Changes under the nails or on the palms or soles. Acral lentiginous melanoma is an uncommon type of Melanoma. But it is more common in Black and Asian people. It usually develops in areas of skin that get little sun exposure, such as:the palms of the hands,soles of the feet,nail areas, for example under fingernails or toenails.



GP appointment?
Can't make it?
Don't need it?

CANCEL IT!

DNA's Breakdown

227 patients did not attend their appointments last month

That's **3%** of appointments.

Here is the Breakdown of some appointments that were missed.

- GP appointments – 70
- Nurse appointments & HCA (blood/BP /other clinics) – 144
- Other - 13

Appointments are valuable, and it's important that if you can't attend to let us know in plenty of time.

Did you know that the average cost of a GP appointment in the UK is £42?

To cancel an appointment please use the following options to allow someone else to use it.

call us on 0114 433 3888 the following options appear: -

Press 1 to cancel your appointment via an auto attendant.

Advisor if you also need to rebook.

You can also cancel by emailing syicb-rotherham.swallownestnoreply@nhs.net

Our NEW website is now live
why not have a look!

www.swallownesthealthcentre.co.uk