



SKIN CANCER

May was #SkinCancerAwarenessMonth and as we head in to the warmer months, it is an opportunity to highlight the importance of protecting yourself from the sun and reducing your risk of skin cancer.

There are three main types of skin cancer

- Basal Cell Carcinoma (BCC)
- Squamous Cell Carcinoma (SCC)
- Malignant Melanoma

Most skin cancers are caused by skin damage that happens from exposure to from the sun or sunbeds (UV light). Anyone can get skin cancer, but people with skin that burns easily with fair/freckly skin are more at risk. Non-melanoma skin cancer (BCC/SCC) is more common in older people, but younger people can also get it.

To reduce your risk of skin cancer:

- stay out of the sun during the hottest part of the day (11am to 3pm)
- keep your arms and legs covered, and wear a wide-brimmed hat and sunglasses that provide protection against ultraviolet (UV) rays
- use sunscreen with a sun protection factor (SPF) of at least 30 and at least 4-star UVA protection – make sure you reapply it regularly

Our clinical team see a lot of patients with new moles and changing skin lesions. Most of the time these aren't skin cancers but it is better to get checked out. If you are worried about a new or changing mole, contact the practice to arrange an appointment.

Visit the [Macmillan website](#) to learn more about skin cancer awareness.

Hypertension



Hypertension is the medical term for high blood pressure. Many adults have high blood pressure and do not know about it. It often doesn't cause any symptoms but if left untreated can lead to heart attacks and strokes.

Things that increase your chances of having high blood pressure include:

- Age – you're more likely to get high blood pressure as you get older
- Family history – having close relatives with high blood pressure
- Ethnicity – you're at higher risk if you have a Black African, Black Caribbean or South Asian ethnic background
- Having an unhealthy diet – especially a diet that's high in salt
- Being overweight
- Smoking
- Drinking too much alcohol
- Feeling stressed over a long period

Many pharmacies offer free blood pressure checks for people aged 40 or over. If you have not had a blood pressure check in the last 5 years, some of our reception areas have a blood pressure (BP) machine that you can use. Book a slot on the NHSapp or pop in to any of our surgeries (other than Park View) to check your BP.

People who have a one off high reading are often asked to do a week of BP readings at home. We can lend out a machine or many people now have their own. We will send you a link to your phone to upload your readings and then we can average them out over the week to see if you might have hypertension (some people prefer pen and paper, that is fine too!). We will arrange an appointment to discuss the results if the average readings are high.

Hypertension is treated with a mixture of lifestyles measures (reducing salt in the diet, losing weight, stopping smoking) and tablets.

Useful links:

[NHS website – hypertension](#)

[Blood Pressure UK](#)

Vaccinations

Do you know when adults are eligible for some vaccinations?

We know it can be confusing to understand when you might be invited. Be reassured that we regularly run searches on our system for patients who are eligible for these vaccines. We might invite you by text, phone or letter. Click the linked headings below to see further information on the NHS website about the full eligibility criteria depending on age and date of birth:

- Pneumococcal (pneumonia) - age 65+ and some patients that are higher risk
- RSV (respiratory syncytial virus) - people aged 75-79 years (aged 75 on or after 1 September 2024)
- Shingles - adults turning 65, those aged 70 to 79 and those aged 50+ with a severely weakened immune system

Pregnant women:

During pregnancy, your immune system is weakened to protect the pregnancy. This can mean you're less able to fight off infections which is why you will be offered the flu and COVID-19 vaccine while you are pregnant.

Other vaccines, such as the whooping cough and RSV vaccine, are recommended during pregnancy to ensure your baby is protected as soon as they are born, when they are most vulnerable to becoming seriously unwell.

> For more information about vaccination in pregnancy, see the [NHS website](#)

Travel:

- Some travel vaccines are offered on the NHS for free and some you will need to pay for. The vaccines you need will depend upon where you are travelling and the activities you might be undertaking on your trip.
- There are some really useful websites that explain which vaccines are recommended, you can see more [here](#).
- If you are planning to travel and think you might need some vaccines/boosters, please contact us in good time. You might need to have the jabs a few months before your travels and we will need time to arrange an appointment with the nursing team.

#teamPMG staff spotlight: Dr Joe Bedford– GP registrar in his final year

Hello! My name is Dr Joe Bedford, and I'm currently working at the practice as a GP registrar. A GP registrar is a fully qualified doctor who is training to become a General Practitioner.

Medical school is generally a 5- or 6-year degree, after which we work in hospitals for two years as resident doctors, rotating through a variety of departments such as surgery, medicine, emergency care, and mental health. This foundation helps us build broad clinical experience before we commit to a specialist training programme—like General Practice.

GP training itself lasts three years. During this time, we rotate every six months through hospital departments and different GP practices across the region. Alongside clinical work, we are also required to complete regular assessments, exams, and workplace-based reflections to ensure we're developing the knowledge and skills needed to practise safely and independently as GPs.

At the practice, I see patients just like any other GP—diagnosing, treating, and supporting people with a wide variety of concerns. I also regularly discuss cases with my supervising GP to support learning and ensure safe, high-quality care.

What I really enjoy about being a GP registrar is the opportunity to provide holistic care—looking at the whole person rather than just individual symptoms. It's rewarding to work in a setting where we consider not only physical health, but also mental, emotional, and social wellbeing.

Training Practice

PMG are a proud training practice – this means we teach medical students and help to train qualified doctors to become GPs. We also host student nurses and trainee pharmacists, helping them gain experience of working in General Practice.

Our GPs are currently involved in teaching 2nd, 3rd, and 5th year medical students. You might see our medical students in surgery, but you will always be asked your permission to have a student sat in or asking questions during your consultation.

**Can I get the injections to help me lose weight (GLP-1s)?**

- › We cannot prescribe Ozempic/Mounjaro etc for weight loss/obesity on the NHS. Read more on our [website here](#).

When you are full (no more urgent appointments), why can't you book me an appointment another day?

- › If your symptoms have been graded as urgent, this means we recommend you seek medical advice quickly. We may sign post you to NHS111, community pharmacy, dentist or a physio depending on your symptoms.
- › If we use all the appointments for the following day, the day before, this means we will not have any space for urgent/on the day problems the next day.

How do I arrange a non-urgent asthma review?

- › You can use the prioryCARE form (choose the nurse appointment tile) and let us know some details about when you are available. You can also call our Patient Central team on 01904 404100 to request this.

I have been referred to the hospital for a clinic appointment and haven't heard anything yet, can you chase it up?

- › Once your referral has been processed by the Referral Support Service (can take up to 4 weeks), your referral will be visible on the NHSapp.
- › You can contact The Outpatient Booking Line on 01904 726400 to amend, cancel or chase any referrals. See the [referral page on our website](#) for more information.

How do I let you know I am a carer?

- › You can use the prioryCARE form (choose update your details tile), let one of our receptionists know or call 01904 404100 to let the Patient Central team know.

Why have I been booked an appointment to discuss high cholesterol?

- › Our patients often have their cholesterol checked as part of annual/routine blood tests. Too much cholesterol in your blood can be a risk factor for heart attacks and stroke.
- › Our clinical pharmacy team have extra training and can help our patients lower their cholesterol – discussing lifestyle advice and the role of medication.

For more information visit the [NHS website](#).