

Moles - if in doubt, check it out

Check your skin regularly for any changes, especially to moles and freckles. If worried, seek urgent medical advice from your GP.

Your local pharmacist can offer advice

We all know that pharmacists dispense medicines. But they do a lot more than that. Local pharmacies offer a range of health services that you may not be aware of.

For example, pharmacies promote health and wellbeing and can signpost you to 'stop smoking services'. They also offer sexual health and alcohol support services. These services could save you a trip to your GP, or help you to make healthy lifestyle changes.

Be prepared for a heat wave

The very young, elderly and seriously ill are most at risk when it's very hot. An average temperature of 30°C by day and 15°C overnight would trigger a health alert.

In particular, hot weather can make heart and breathing problems worse. A heat wave can also cause dehydration and heatstroke.

Take the same precautions you would to avoid sunburn. In addition, when indoors, shut windows and draw the curtains to keep cool air in and hot air out.

Don't forget to check up on friends, relatives and neighbours who may struggle in a heat wave.

Visit www.nhs.uk for more advice

