Patient Safety: June:

In America and Canada all children are vaccinated against this childhood disease through their government vaccination program. In the UK the NHS does not offer free vaccination unless the child is 12 years old and has not had Chickenpox. We offer this privately, so that your child can avoid the discomfort and scarring that Chickenpox causes. Two doses of chicken pox vaccination 3 months apart is what’s necessary. Statistics show that chickenpox kills 25 children and adults every year in the UK. Chickenpox vaccination fully prevents infection in 99% of cases. The minority who do not achieve full protection will experience milder symptoms, with far fewer spots and shorter recovery time. There is evidence that vaccination within 5 days of exposure can also prevent or reduce symptoms.

Food allergies and issues are currently on the rise. Intolerance to foods such as wheat, dairy and nut allergies cost up to £360m sales yearly. Consumers are turning their backs on food they believe is making them sick. Sales of foods 'free from' have grown by 50 per cent in just two year period. Tesco is even launching a range of nut free peanut butter due to demand for customers.

Getting badly sunburnt just five times as teenager makes you 80% more likely to develop the most deadly type of skin cancer. Women who get sunburn that blisters at least five times between the ages of 15 and 20 are 80% more likely to develop melanoma in their lifetimes. They are also 68% more likely to develop less aggressive skin cancers. UV radiation exposure in later life does not affect melanoma risk. But it does increase a person's risk of less aggressive skin cancers. Advice is always use sun creams and protectors and keep always cover any prone areas.

Rachel: