

# THURSBY SURGERY NEWSLETTER SUMMER 2010

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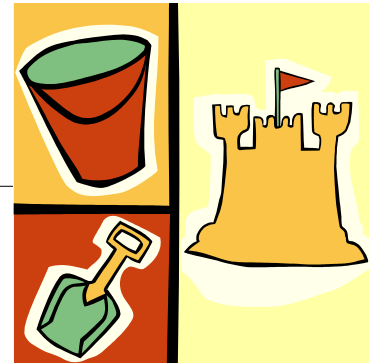
## HAY FEVER

Hay fever is caused by an allergy to pollen. Common symptoms are a runny, itchy and/or blocked nose, sneezing and itchy eyes. Common treatments are antihistamine nose spray or medicine and/or a steroid nose spray. Other treatments are sometimes used if these common treatments do not work so well.

It is impossible to totally avoid pollen but you can help avoid it by:

- 1 Staying indoors as much as possible and keeping doors and windows shut
- 2 Avoid cutting grass, large grassy places and camping
- 3 Shower and wash your hair after being outdoors especially if you have been in the countryside
- 4 Wear wrap-around sunglasses when you are out
- 5 Keep car windows closed and consider buying a pollen filter for the air vents in your car. These should be changed at every service.

If your hay fever symptoms are not controlled after taking your medications for **2-4** weeks, then you should discuss it with your Doctor.



Be aware of the sun. Always wear a high factor sun-screen during the summer months to avoid sun burn.

Make sure children also wear a hat to protect them during the summer



### ***Surgery Opening Hours***

Monday	7am –6.30pm
Tuesday	8 am-7.30 pm
Wednesday	8 am-6.30 pm
Thursday	8 am-6.30 pm
Friday	8 am-6.30 pm
Saturday	Closed
Sunday	Closed

### **Holiday Vaccinations**

If you are going on holiday to a country where you require holiday vaccinations please make sure you book your appointment with the nurse in plenty of time. Ideally they should be done a month before your holiday.

If you require Malaria tablets please discuss this with a nurse as some can be purchased over the counter and others have to be prescribed on a Private Prescription.



### **DNA'S**

Between March and May 2010 **481** people Did Not Attend their booked appointments.

***It is vitally important that you cancel any appointment you are unable to attend as someone else may need the appointment.***

Appointments may be cancelled by speaking to a receptionist. Alternatively you can cancel your appointment via our automated telephone service or by using the internet service (please ask for details at reception) both of which are available 24 hours a day, 7 days a week

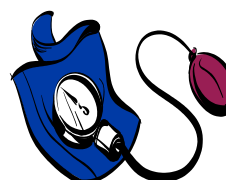
We have a strict policy regarding non-attendance of appointments. If you repeatedly miss your appointments you may be removed from our practice list.

### **CVD-Cardio Vascular Disease Health-check**

If you are aged 40-74 you are entitled to attend for a free CVD Health check.

If you wish to have a health check please book an appointment to see one of the Practice Nurses.

Please bring a urine sample with you to your appointment.





## SELF MANAGEMENT OF COUGHS, COLDS AND FLU

Do not expect the Doctor to prescribe antibiotics if you are suffering from a cough, cold or flu. Antibiotics only work against bacteria. Coughs, colds and flu are caused by viruses and taking antibiotics may actually make you feel worse as a result of side effects.

Your body's own defences will fight against cough, cold and flu viruses and you can help your symptoms by:

- 1 Resting if you can
- 2 Drinking plenty of non-alcoholic fluids
- 3 Stop smoking
- 4 Keep your room well ventilated
- 5 Take Paracetamol for fever-follow the dosage instructions or ask your pharmacist for advice
- 6 If you have a runny nose, tickly throat, dry cough or aches and pains ask the pharmacist for something to help



## COMMUNITIES AGAINST CANCER – DON'T IGNORE THE SIGNS

Know what is normal for you, be aware of your own body, if in any doubt see your Doctor without delay

**Breast Cancer Awareness**—Symptoms may include:

- Lumps of any size or thickening in the breast or armpit area
- Changes in size, shape, position or feel of your breast or nipple
- Redness, thickening of the skin, the skin being pulled in or any rashes
- Watery substance coming from the nipple-especially if blood stained
- Longstanding pain in the breast or armpit area

**Men can get breast cancer too—approximately 300 men a year are diagnosed. A national breast screening programme is available for women aged 50-70 years old. This programme saves approximately 1,400 lives a year.**

**Bowel Cancer Awareness**—Symptoms may include:

- Bleeding from the bottom without reason
- A change in your normal bowel habits such as diarrhoea or constipation
- Severe abdominal or tummy pain
- Feeling more tired than usual
- Unexplained weight loss

**90% of bowel cancers are treated successfully when identified early. A national bowel cancer screening programme (where a stool sampling kit is sent to your home) is available for men and women aged 60-69 years of age.**

**Lung Cancer Awareness**—Symptoms may include:

- Aggravating cough—long standing (with or without blood) - a new cough or one that won't clear up
- Shortness of breath or more out of breath than is usual for you
- Chest infections that do not get better

### ORDERING PRESCRIPTIONS

If you are requesting medication early due to going on holiday please let us know by writing this information on your prescription request.

Just a reminder. We **DO NOT** take prescription requests over the telephone. You can order your medication in numerous ways:

- \* Registering to use our Internet Service (speak to a receptionist about this)
  - \* Handing the right side of your prescription in over the counter with the required items ticked
  - \* Completing a medication request form available on the reception desk
  - \* Contacting your usual Chemist as most offer an ordering and collection service.
- Prescriptions take **2 WORKING DAYS** so please allow for weekends. On line requests ordered outside of working hours will be processed the next working day.

