

NEWSLETTER



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Hay Fever

Every year millions of people in the UK experience the discomfort of hay fever. Some people only have symptoms during the summer. People with 'seasonal allergic rhinitis' are allergic to pollen and spores. Pollen is the tiny, dust-like particles given off by certain types of trees, grasses, weeds and flowers. Spores are given off by fungi and moulds. Other people have hay fever-like symptoms all year round (called 'perennial allergic rhinitis'). Typical symptoms of hay fever and perennial rhinitis are:

- *Sneezing*
- *Itchy, blocked or runny nose*
- *Red, itchy or watery eyes*
- *Itchy throat, inner ear or mouth*
- *Headaches*
- *Loss of concentration and generally feeling unwell*

Different people will experience different symptoms. Some people might experience all the symptoms. Others might experience only a couple. The common cold can often be confused with hay fever and perennial rhinitis because they all cause similar symptoms. However, a cold normally lasts for around a week. Sneezing, a streaming nose and itchy eyes which persist for a few weeks may well be due to either hay fever or perennial rhinitis. If you are experiencing symptoms, please contact the surgery to make a routine appointment with your doctor or practice nurse.

It is sometimes possible to prevent the symptoms of hay fever by taking some basic precautions, such as:

- *wearing wraparound sunglasses to stop pollen getting in your eyes when you are outdoors,*
- *changing your clothes and take a shower after being outdoors to remove the pollen on your body*
- *trying to stay indoors when the pollen count is high (over 50).*

Allergens can also trigger asthma symptoms: tight chest, shortness of breath, coughing and wheezing. If this happens to you, speak to your doctor or practice nurse as soon as possible. They may be able to give you medicines to help you control these symptoms.

Children & Babies

Child Health Clinics are held on Wednesday afternoons at Bream and Thursday afternoons at Yorkley between 1.30 and 2.30pm. There is no need to make an appointment.



These clinics are run by the Health Visitor and Nursery Nurse to monitor the growth and development of all pre-school children and give you the opportunity to ask for advice or discuss any problems you might be having.

Baby and childhood vaccinations are also done at these times by the Practice Nurse, but you will need to make an appointment for these.

Babies due for their first developmental checks and vaccinations will be sent appointments by post to see the doctor on these afternoons.

If you are diabetic and going on holiday . . .

- Order plenty of medication in case of travel delays and always keep your medication with you in carry-on hand luggage.
- Make sure you still eat healthily while you are away
- Have any necessary travel vaccinations done in good time. Your blood glucose may be disrupted while your body makes antibodies to fight the disease that you've been vaccinated against.
- Carry diabetes ID in case you become unwell, so that people are aware you have diabetes.
- If you will be flying you'll need a letter from the surgery to allow you to take insulin, syringes or injection devices aboard the plane. Please contact reception if you would like one.
- If you will be travelling abroad make sure you have a valid EHIC (European Health Insurance Card for travel in Europe which replaces the older E111 card) in addition to travel insurance. The cards are free, either through the official website www.ehic.org.uk or by phoning 0300 330 1350.

Remap - custom made equipment for people with disabilities

Do you, or does someone you know, have a disability which restricts independence or the ability to take part in leisure activities? If so, the Gloucestershire group of the national charity REMAP may be able to help by providing a practical solution.

REMAP is a network of volunteer engineers who use their ingenuity and skills to design and make tailor-made solutions for your specific problems. The service is provided free (though donations are welcome), however there must be no solution available elsewhere e.g. through Local Authority, Social Services, NHS or commercial means. We are usually able to provide a solution, however occasionally we may not be able to help, due to medical or safety considerations.

If your situation is known to an Occupational or Physiotherapist please ask them to refer you to Gloucestershire REMAP. Otherwise, please visit our web site www.remapglos.org.uk then click on "Referrals", then on "Information" and either make an online self-referral or print a referral form. If you do not have internet access, or require more information, please call John Fox (Chairman) on 01451 861432.

New computer system

We are pleased to announce that at the end of July we will be moving across to a completely new computer system. Our old system has been very good in the past, but has recently been showing signs of age and running slower and slower and so now it's time for change. As you may appreciate, it is a very complex programme and although all of the staff will be having extensive training before the change-over, it is inevitable that it will take a little while for us to get used to the new system. We would appreciate it if you could be patient with us while we get to grips with it.

Summer is here . . .

. . . although looking out of the window while writing this in the middle of June, it doesn't look at all like summer. However I'm always optimistic, so please make note of the following Sun Safety Tips. Sunburn increases the risk of skin cancer . Whether you are at home or abroad, don't let sunburn catch you out.

- Cover up with a hat and clothing between 11am and 3pm when the sun is at its hottest
- Use at least factor 15 sunscreen for adults and factor 50 for babies and children - and apply generously and regularly
- Keep babies and young children covered up or out of direct sunlight
- Remember that sunbeds are not a safe alternative to sunbathing and can also cause skin cancer
- Tell your doctor if you spot any changes to a mole, or the appearance of suspicious skin lesions.



Cancer Research - Relay for Life

The 9th Cancer Research UK Relay For Life takes place at Forest Leisure, Lydney on June 29th & 30th. Beginning at 12 noon with the inspirational Survivors Opening lap, teams then take turns walking around the track for a full 24 hours whilst a carnival atmosphere and party is in full swing. In vibrant fancy dress, they celebrate the months of raising money in many different ways to fund research into all 200+ cancers, and the weekend itself has many focal and poignant moments. One of these is The Candle of Hope ceremony at dusk where candles are dedicated and lit either in memory , in celebration of someone who has survived, or with hope for the future for someone who is currently facing cancer.

The weekend has something for everyone with live bands and displays, fundraising stalls, and 24 hour food, and visitors are most welcome.

Please visit www.forestofdeanrelay.org.uk or call Neil/Lynne 845773 or 07918619222

Flu Clinics

It seems a long way away yet but it's time to make a note on your calendar that we will be running our annual Flu Clinics in October. You will be able to make appointments from September onwards. As soon as the dates are set (which will be when the vaccines are available to us) we will put posters up in the waiting rooms and the information on our website.