

Western Elms Newsletter May 2019

HAYFEVER SEASON!

Hayfever season is upon us. Symptoms may vary from being a minor irritant to making life very miserable and uncomfortable. Hay fever is caused by an allergy to pollens or moulds. Grass pollen is the most common cause; less common causes are tree pollens and moulds. Symptoms are due to the immune system 'over reacting' to the pollen or mould.

Common symptoms are - runny and itchy nose, blocked nose, sneezing, itchy and watery red eyes and sore throat. Sometimes only the nose and eyes are affected. Less common symptoms are - loss of smell, facial/sinus pains, sweats and headache. Asthma symptoms such as a cough, wheeze and breathlessness may get worse.

Should you need help with hayfever, your first port of call should be the local pharmacy who can advise on medication available!

TREATING YOUR INFECTION

How long is it likely to last?

Ear Infection - 4 days

Sore Throat - 7 days

Common Cold - 10 days

Sinusitis - 18 days

Cough or Bronchitis - 21 days

Have plenty of rest, drink enough fluids to avoid feeling thirsty, ask your local pharmacist to recommend medicines to help your symptoms or pain and use paracetamol if you or your child are uncomfortable because of a fever. (Fever is a sign that the body is fighting the infection)

COMINGS AND GOINGS

We would like you all to welcome our new Pharmacist Technician Zoe and Secretary Debbie! We hope they enjoy working with us.

Unfortunately we also say goodbye to our Practice Nurses Sarah G & Emma who will not be returning from her maternity leave. We wish you the best of luck for your future!

BUILDING WORK

Update from Dr Akhter -

We have officially got the keys to the extension but there are still some works outstanding. The main job being the installation of our new entrance. The date of this is yet to be confirmed. We are hoping to have the ground floor operational first in the next few weeks. Due to IT issues we will not be able to use the first floor at present.

Our top floor which has our big new common room for staff has been opened. We now have a really lovely space for everyone to meet / have their breaks.

**THE SURGERY WILL BE CLOSED
ON THE FOLLOWING DATES DUE
TO THE BANK HOLIDAY:**

MONDAY 6TH MAY

MONDAY 27TH MAY

**IF YOU SEEK MEDICAL ASSISTANCE
ON THESE DAYS PLEASE
CONTACT NHS 111.**

WHAT IS LATENT TB?

Tuberculosis (TB) is an illness caused by bacteria. When someone with TB in their lungs coughs or sneezes, they send TB bacteria into the air. If you breathe in these bacteria, one of three things will happen:

- >Your body kills off the TB bacteria so they cannot harm you now or in the future
- >The TB bacteria make you ill – this is called '**active TB**'
- >The TB bacteria remain asleep in your body – this is called '**latent TB**'.

Why do you need to be tested for latent TB?

There are some reasons why you may be more likely to have latent TB or have a higher risk of going on to develop active TB if you do already have latent TB:

- If you know someone who has or has had TB
- If you have settled in England in the last five years from a country where TB is more common
- If you work in an occupation that means you are more likely to come into contact with TB
- If you have a health condition or take medication that affects your immune system

What is my risk of developing active TB if I do have latent TB?

Without treatment for latent TB, there is about a 1 in 10 chance that you will develop active TB in your lifetime. You are more likely to develop active TB in the first five years after you breathe in TB bacteria.

Want more information about Latent TB?

Make an appointment with your GP or visit www.thetruthabouttb.org or www.nhs.uk

PRESCRIPTIONS

Please allow 48 hours for your prescription to be processed and ready for collection. Please ensure you are putting your repeat request in time so that your request is not urgent and therefore could face the possibility of not having the prescription processed in time. If you are not already aware - **we do not take repeat prescription requests over the telephone** you will need to get your pharmacy to request your medication, order repeats online (this can be done on our practice website) or fill out a repeat prescription request at the reception desk.

Would you like to receive our newsletters electronically?

Email we.patientgroup@nhs.net to be added to the mailing list!

If your clinician is running late please be patient.

As clinicians we see patients who may need emergency treatment or who may be distressed. Somebody you know may need the same care one day.

DATES FOR THE DIARY:

The surgery will be closed between 12.30 - 4.30pm for staff training on the following dates:

Wednesday 15th May
Wednesday 10th July
Thursday 24th October
Thursday 28th November