

# HIGHBRIDGE HIGHLIGHTS

MAY 2015  
EDITION 1



## Hay Fever Facts

Hay fever also known as seasonal allergic rhinitis affects one in four people in the UK and is mainly caused by grass pollen.

Hay fever /Allergic rhinitis is caused when the body makes allergic antibodies (IgE) to a substance such as pollen, house dust mites, all pets including birds, or moulds (these are known as allergens). In people sensitive to these allergens, exposure causes the release of chemicals from cells in the nasal passages, eyes or airways. This results in inflammation and irritation to the lining of the eyes, nose and throat.



## Antihistamines

It reduce histamine production, the trigger in the initial symptoms of rhinitis. They are available as tablets (liquids are available for children) as well as antihistamine nasal sprays and eye drops. There are a large range of antihistamines; the recommended ones are mostly taken once daily and do not cause drowsiness in the majority of people. This form of treatment can be all that is needed if symptoms are mild. This is most effective for sneezing or an itching and runny nose, a blocked nose, or runny eyes. If the first antihistamine you try is not helping, switch to another.

The pharmacy can give you a wide range of choice and information about antihistamines.

If you suffer from Hay fever annually then you should start taking an antihistamine early before symptoms start to give the best effect.

If you think you have symptoms of hay fever then start taking an antihistamine regularly.

You may need to try several.

Antihistamines are available to purchase in Pharmacies and Supermarkets there is a wide variety of choice and price range.

As a practice we are guided by the Somerset Self-Management NHS England Guidelines, (Leaflets are available in the Reception). The advice is that Antihistamines are more suitable for patients to buy themselves so therefore as a practice we do not prescribe Antihistamines for seasonal allergies.

**SUNBURN** is skin damage caused by ultraviolet (UV) rays. It usually causes the skin to become red, sore, warm, tender and occasionally itchy for about a week. What to do if you're sunburnt



If you or your child has sunburn, you should get out of the sun as soon as possible - head indoors or into a shady area.



You can usually treat mild sunburn at home.

The following advice may help to relieve your symptoms until your skin heals:

- Cool the skin by sponging it with cold water or by having a cold bath or shower - applying a cold compress such as a cold flannel to the affected area may also help.
- Drink plenty of fluids to cool you down and prevent [dehydration](#).
- Apply a water-based emollient or petroleum jelly (such as Vaseline) to keep your skin cool and moist.
- Take painkillers such as [ibuprofen](#) or [paracetamol](#) to relieve any pain - aspirin should not be given to children under 16.
- Try to avoid all sunlight, including through windows, by covering up the affected areas of skin until your skin has fully healed.
- Sun Block Care products /AFTER Sun Creams.



**Skin care products are available from Pharmacies and Supermarkets and are not prescribed by GP practices.**

Welcome to **Dr Alex Gundry** who is replacing Dr Elliott while she is away on sabbatical.

We all hope Dr Gundry will enjoy her time here with us at HMC.

**Patient Participation Group:**

Your PPG will be holding regular drop in sessions here at the surgery for you to chat about the surgery and learn more about what your PPG does.

First Session : Wednesday 17th June at 10am—12pm

Reminder that Protected Time is on Tuesday 19<sup>th</sup> May Surgery will be **closed** from 12.30 for Training. Burnham Medical Centre will provide cover for emergencies on 01278 795445

**Diabetes Study**—Tracey Brownlow, previous nurse specialist at HMC is currently undertaking a study looking at patients newly diagnosed with diabetes or those who may be at risk of developing this condition.

The risk factors are: BMI of 35 or above and Age 30-70 years.

If you fit this criteria, would you be interested in taking part in this study? If so we will pass your details onto Tracey who will call you in the first instance with further details. The study will be conducted at Musgrove Park Hospital. You will be provided with free parking and travel costs will be reimbursed.