

**Issue 9: Summer 2018**

Dr Mixer & Partners Newsletter

***PLEASE REMEMBER THAT WE ARE CLOSED MONDAY 27TH AUG FOR BANK HOLIDAY RE OPEN 28TH***



**SURGERY OPENING TIMES**

MONDAY 8am – 6pm

TUESDAY 8am – 6pm

WEDNESDAY 8am – 6pm

**Please note we close for training on  
WEDNESDAYS between 12.45 – 2pm**

THURSDAY 8am – 6pm

FRIDAY 8am – 6pm

Dehydration

Dehydration occurs when your **body loses more fluid than you take in**. Water makes up over two-thirds of the healthy human body. It lubricates the joints and eyes, aids digestion, flushes out waste and toxins, and keeps the skin healthy. Some of the early signs of dehydration include; *feeling thirsty/lightheaded, a dry mouth*, *tiredness*, having *dark strong-smelling urine*, passing *less urine than usual.*

A baby will not be able to communicate if they are dehydrated. The signs to be aware of are if they have a *sunken soft spot* (*fontanelle*) on their head, have *few or no tears* when they cry, have *fewer wet nappies* and are *drowsy*. If you notice that someone is dehydrated, **get them somewhere cool to rest**, **give them plenty of fluid** (non-fizzy, diluted squash if they are a child) and call 111 if their breathing is affected.

Advanced Nurse Practitioner

The Old Fire Station would like to welcome Advanced Nurse Practitioner Nicky Hageman, who will be working Monday and Tuesdays from mid-June. She able to assess, treat and prescribe for a range of conditions. Nicky will generally be available morning and afternoon appointments.

***Here comes Summer!***

Here at Dr Mixer and Partners, we hope that everyone can enjoy the warmer weather, however the dangers of hot weather should definitely be made aware. Most of us welcome hot weather, but we forget to realise that when it’s too hot there can be health risks, especially involving a vulnerable neighbour, friend or relative!

Heatwaves

An average temperature of 30°c by day and 15°c by night would trigger a health alert. These temperatures can have a significant effect on people’s health if the temperatures remain this way for a length of time, known as a **heatwave**. The main risks posed by a heatwave are **dehydration** (not having enough water); **overheating** (which can escalate current heart and breathing problems); **heat exhaustion** and a **heatstroke**. A heatwave can affect anyone, but the most vulnerable people are the very young, the elderly and the immuno-compromised.

The Met Office has a warning system in place that issues alerts if a heatwave is likely. ***Level 1*** is the minimum alert and is already in place from June 1st – September 15th (when a heatwave is most likely). ***Level 1*** is a general indicator that we are experiencing warmer weather than usual, and is nothing to worry about. The following are how the Met Office scale a heatwave;

**Level 1 – When a heatwave is likely**

**Level 2 – There is a high chance of a heat wave**

**Level 3 – When a heatwave is in place**

**Level 4 – When a heatwave is severe**

We have prepared on the following pages a few tips for coping in hot weather; sunscreen and sun safety, preventing hay fever symptoms and what to do when dehydrated.

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Antihistamines

Hay fever tablets, called ***antihistamines*,** are effective at relieving the symptoms of hay fever. Antihistamines work by blocking the action of ***histamine***, a chemical released by the body after it has been exposed to pollen. In an allergic reaction, certain cells in the body release histamine into the blood and tissue causing inflammation. The medicine you can buy over the counter or prescribed by the GP can help resolve this. You can buy them in liquid, eye drop, nasal spray and tablet form.

***Loratidine, Cetirizine*, *Diphenhydramine, Acravastine, Chlorphenamine*** and ***Fexofenadine***are are six of the common tablet forms of hay fever relief. Always consult your pharmacy if your allergy tablet is not effective, as what works for one does not always work for another! Some antihistamines can have drowsy side effects, such as chlorphenamine (commonly known as Piriton), but medicines can affect us all differently. Always read the label of your antihistamine product, and stop using tools or machinery if you do feel drowsy

Sunscreen - know your factors!

When buying sunscreen, the label should have:

* **The letters “UVA” in a circle logo and at least four-stars. The Star rating measures the amount of UVA (Ultraviolet A radiation)**
* **A Sun Protection Factor (SPF) of at least 15 to protect against UVB.**

Ensure the sunscreen is **not past its expiry date**, most sunscreens have a shelf life of **two to three years**. Most people do not apply enough sunscreen, or apply it too thinly. The amount of sunscreen needed for the body of an average adult is **6-8 teaspoons** of the stuff! If sunscreen is applied too thinly, the **amount of protection given is reduced**. If you are worried you might not be applying enough SPF 15, switch to SPF 30 sunscreen. To further avoid the risk of sunburn, **cover up** with suitable clothing, **wear a wide brimmed hat** and **seek shade** in hours of strong sun.

***Prescription info***

Our prescriptions telephone line is now open between **10.30-12.30** and **14.30-16.30** to order your repeat prescription where you will speak to our prescription receptionist. If these times are inconvenient for you, you can sign up for our **online servic**e, Patient Access. Please ask at reception for details. For ultimate convenience you can order your prescriptions ANYTIME by email on

**prescriptions.ofs@nhs.net**

***Change of Personal Details:***

***Please could we ask that you inform us of any change of address, new home or mobile phone details or next of kin details too.***

***Planning your 2018/19 holiday?***

Let us know **6-8 weeks in advance** if you need any travel vaccinations,to allow our nurses to fit you in conveniently and allow time for the vaccinations to activate. *Better safe than sorry!*

***8 Summer Foot care tips from the College of Podiatry***

***(1)Trim your toenails*** for summer to prevent ingrown nails – **(2) *Go barefoot*** when you can to help stop sweaty feet – **(3) *Use sun cream on your feet and nails*** – don’t stop at your ankles! – **(4)*Change socks daily*** and choose socks that are 70% cotton or wool – **(5)Wear *supportive summer shoes***, wearing flimsy sandals all the time can give you arch and heel pain **– (6)*Take a break from nail polish***, nails need to breathe from time to time, a 3 day break once a month will suffice – **(7)*Keep feet clean***, wash them each morning and each night in warm, soapy water and dust them with talc to tackle sweat –***(8)Banish blisters***, blisters strike more often in hot weather. If you do get a blister, *don’t pop it*! Cover it in a plaster and if it bursts, apply some antiseptic.

***Please visit our website www.oldfirestationsurgery.nhs.uk***

Hayfever Help

Hay fever affects one in four people in the UK. Below are some tips extracted from the Allergy UK website on avoiding and reducing your symptoms. Hay fever can make everyday life miserable and tiring, and symptoms need to be controlled as hay fever can increase your risk of developing asthma.

***Don’t mow your lawn!***

If grass makes you sneeze, ask someone else to mow your lawn when the pollen count is high.

***Create a barrier***

Smear a nasal barrier balm inside your nostrils, or use a drug-free nasal spray or a dab of petroleum jelly to prevent pollen sticking to the lining of your nose. Ask your pharmacist about nasal barrier balms and sprays

***Time it right***

If possible, avoid outside activity when the air is warming up and cooling down, as pollen count is higher at these times (8-10am and 5-7pm)

***Shut windows***

Don’t drive with windows open, as this will allow pollen to circulate. Open bedroom windows at night, but close them when you get up in the morning.

***Damp Dust regularly***

Dusting with a damp cloth collects dust and stops pollen from becoming airborne!

***Wash your hair***

Pollen can stick to hair which is transferred to your pillow at night. Ensure a hair wash and change of clothes before bed.

***Start treatment early***

Most people wait until symptoms start before they begin treatment, but the nasal spray needs to be started at least 2 weeks before symptoms appear so that the medication is already in your system when pollen triggers your hay fever.

Tips for Summer

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**Ethnicity:**