

# SUMMER NEWSLETTER

Issue 3

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## NIDDERDALE GROUP PRACTICE



### SAME DAY APPOINTMENTS

If you feel you need to see a healthcare professional urgently, it is helpful if you can give the receptionist a brief description of your symptoms. Your name will then be added to our triage list and a clinician will call you back to offer advice or an appointment.



### HAYFEVER

Hay fever is a common allergic condition that affects up to one in five people at some point in their life

Symptoms of hay fever include:

- Sneezing
- A runny nose
- Itchy eyes



You'll experience hay fever symptoms if you have an allergic reaction to pollen. Pollen is a fine powder released by plants as part of their reproductive cycle. It contains proteins that can cause the nose, eyes, throat and sinuses to become swollen, irritated and inflamed.

You can have an allergy to :

- Tree pollen, released during spring
- Grass pollen, released during the end of spring and beginning of summer
- Weed pollen, released late autumn

There is currently no cure for hay fever, but most people are able to relieve symptoms with treatment. The most effective way to control hay fever would be to avoid exposure to pollen. However, it's very difficult to avoid pollen, particularly during the summer months when you want to spend more time outdoors. Treatment options include antihistamines, which can help to prevent an allergic reaction from occurring and corticosteroids, which help reduce inflammation and swelling.

Hay fever is often controlled using over-the-counter medication from the Pharmacist. However if symptoms are more severe speak to a healthcare professional.



If you work in Harrogate or would like an early blood test appointment you can go to:

**Sainsbury's Supermarket:**

Monday - Friday between 7.30am - 11am

OR

**Harrogate District Hospital:** Monday, Wednesday and Friday between 8.30am - 4.50pm

You will need to take a form with you which you can collect from your surgery.

If you would like further information then please speak to a member of staff.

**Did you know you can order your repeat prescriptions, book a GP appointment online? Please as reception staff for more details.**

## Contact details

Please make sure that we have all your correct contact details. It is especially important that we have your up-to-date telephone number for when the surgery needs to contact you or for when you have requested a telephone call from a doctor.



If you have a change of address or telephone number, please ask reception for a change of personal details form. Not only are these details important for the surgery's use but they are equally important if we refer you on to another service or hospital

## Know the Signs of a Heart Attack

Heart attack symptoms vary from one person to another. The most common signs of a heart attack are:

- chest pain: tightness, heaviness, pain or a burning feeling in your chest
- pain in arms, neck, jaw, back or stomach: for some people, the pain or tightness is severe, while other people just feel uncomfortable
- sweating
- feeling light-headed
- become short of breath
- feeling nauseous or vomiting.

**A heart attack is life-threatening. If you think you or anyone else is having a heart attack, you should phone 999 for an ambulance immediately.**

GP APPOINTMENT?  
CAN'T MAKE IT?  
DON'T NEED IT?

**CANCEL IT!**

If you cannot attend or no longer need your booked appointment PLEASE let us know as soon as possible so that we can offer it to someone else and the appointment is not wasted.