

Great Bentley Surgery

Newsletter – July 2019

Hay
fever
swing
some
manage it:

Top 10 tips of managing hay fever

season is in full
and here are
important tips to

- Start treatment early (using treatments up to two weeks before peak pollen times can help)
- Wear a hat and wraparound sunglasses to minimise pollen exposure to the eyes
- Try using a nasal allergen barrier balm that traps aero allergens when applied around the nostrils (not to be used inside the nostrils) – some people find this can help.
- Monitor pollen forecasts daily and stay indoors wherever possible when the count is high (generally on warmer, dry days). Rain washes pollen from the air so counts should be lower on cooler, wet days
- On high pollen days, shower and wash your hair after arriving home and change your clothing
- Avoid drying clothes outside when pollen counts are high
- Keep windows and doors closed to avoid the amount of pollen that enters

There are plenty of over the counter treatment options available for hay fever. A pharmacist can help you choose the right one. e

your home or workplace

Appointments

- We offer on-line appointment booking system. If you would like to use this service, please speak to one of our receptionists and they would be happy to assist you.
- If you have **more than one issue to discuss** and are therefore likely to need a longer appointment (standard appointments are 10mins in length) please contact reception so that they can arrange, where possible, a double appointment for you.
- Please note advance appointment are now only being booked for up to 4 weeks ahead.
- If you are unwell and need to see a Doctor on that day, then the receptionist will take your contact number and a brief description of the problem (this is at

the GPs request, so that the on call GP can prioritise triage calls effectively)
The on-call GP will then call you back and provide appropriate advice over the phone or arrange a time for you to be seen.

During the last 3 months 184 appointments were wasted due to non - attendance.

If you can't keep your appointment, please cancel it so others can utilise this precious time with our Doctors and Nurses

Next PPG meeting is planned for 20th June 2019 @ 18:30 and it will be held at Great Bentley Village Hall.

Commented [AN1]: