

Swine Flu Pandemic Latest Advice

If you develop Influenza symptoms, please DO NOT come to the surgery.

Instead telephone the practice and speak to a doctor who will give advice on action to take.

01273 552212

You can also get advice from:

**NHS Direct:
0845 46 47 or
Info. Line:
0800 1 513513**

House visits will be arranged if necessary. The purpose of this approach is to minimise the risks of spreading the illness.



This infection is caught from droplets sneezed or coughed from the mouth and nose from someone with the infection – like any other cough, cold or flu virus. Symptoms are fever, sore throat and cough and most infections in the UK have been mild.



Tips for Hayfever Sufferers

Hayfever is the most common allergic disorder and affects around one in every four adults. The symptoms of itchy sore eyes, itchy nose, mouth and throat with sneezing are caused by an allergic reaction to grass and hay pollens. You are more likely to have hayfever if you suffer from other allergic conditions like asthma or eczema or if these conditions run in your family.

Antihistamine tablets are most effective when taken on a regular basis throughout the season and especially when the weather is hot and dry (which makes pollen counts high). Once daily preparations (containing 'loratadine' or 'cetirizine') can be bought from your pharmacy and do not cause sleepiness in most patients. They are more effective taken before exposure to any pollen – try taking at night or first thing on waking rather than later when you have been outside or when your symptoms have already started. If you are likely to have to take through the summer, it may be a good idea to ask your GP to give you a larger amount on a prescription: book a telephone consultation for this with a GP.

If your itchy, runny nose is the main problem, take a steroid based nose spray (such as 'Beconase') on a regular basis twice a day throughout the season - it has no immediate effect though and takes a good few days to become effective. Again, lots of other medicines are available and your pharmacist is a good source of advice.

Remember:

- shut windows at night
- keep car windows shut
- take medicines regularly – they are not effective after the allergic reaction has already been triggered
- talk to your pharmacist or GP

Hearing Aids

Over 50% of people over 60 years have a hearing loss and about 1 in 3 of these would benefit from a hearing aid. If you think you have a hearing problem come and discuss with your GP. S/he will check for any other conditions (such as wax or infection) and then refer you for a hearing test. The NHS waiting list for hearing aids is now just a few months and although it may take a few weeks to get used to an aid, they can make a big difference to your quality of life.

Online Booking

Helping your healthcare routine fit your lifestyle!

Not everyone can access their GP surgery during its normal opening hours, especially when the phone lines are busy. SystemOnline helps by letting you manage your appointments and repeat medication over the internet.

To get started:

Please bring photo ID so staff can register you to this secure service.

Speak to practice staff in person to get your user name and password and ask for an information leaflet. Then you can start using the SystemOnline service!

With this service you may:

- View existing appointments
- Book a new appointment
- Cancel an appointment
- View your medication
- Request repeat medication
- Change your contact details

SystemOnline is available 24 hours a day, 365 days a year.



Medication Reviews

Patients who are taking regular repeat medications will notice that there is 'medication review date' below each medication on the right side of the repeat medicine list. This date is set by your doctor to indicate when your medication needs to be reviewed. The GP will often reset this date after s/he has seen you, following a hospital out-patient appointment or after blood tests have been taken. Do keep a look out for this date when you collect your prescription. You may find a note or message on the repeat medicines slip asking you to make an appointment for a review or blood test. We process hundreds of requests for medicines every week and our aim is to ensure a safe effective prescribing service. If you need more information about your medicines do ask your doctor or your pharmacist – our receptionists will be able to explain how the service works or help you if you have any queries.

Martlets Midnight Walk

Well done to Dr Green who walked 13 miles on 19th June during the night along with over 1000 other women to raise money for the Martlets Hospice. The Martlets Hospice provides a range of services for patients in Brighton and Hove with severe terminal illness including cancer. If you would like to donate to this valuable service or help with volunteering / fundraising please go to the Martlets website <http://www.themartlets.org.uk/index.php> or phone 01273 273400 for more information.

Staff News



Congratulations to ...

- Dr Coxon on his marriage and on becoming a partner at the practice.
- Dr Schaedel on her engagement.
- Dr Perry on completing the London Marathon in 5 hours 20 minutes.
- Ruth Field (Practice Manager) and Rosemary Harper (Secretary) for 15 years service at the practice.

A warm welcome to Helen Palk, our new Practice Nurse.
Goodbye to Jackie Holden (Practice Nurse) and Ann Dyson (Practice Co-ordinator).