



TILEHURST VILLAGE AND CHANCELLOR HOUSE SURGERY

SPRING 2019 NEWLETTER

Staff

A warm welcome back to Dr Kate Green following her maternity leave.

Sadly we say farewell to Dr Leila Saeed who is taking up a position in a GP training practice.

Health News

Hay fever sufferers

Allergic rhinitis is commonly known as hay fever. It is a group of symptoms affecting the nose. It develops when the body's immune system becomes sensitized and overreacts to something in the environment that typically causes no problems in most people.

Allergic rhinitis takes two different forms:

. **Seasonal:** symptoms of seasonal allergic rhinitis can occur in spring, summer and early fall. They are usually caused by allergic sensitivity to airborne mold spores, or to pollens from grass, trees and weeds.

. **Perennial:** People with perennial allergic rhinitis experience symptoms all year round. It is generally caused by dust mites, pet hair or dander, cockroaches or mold. Underlying or hidden food allergies rarely cause perennial nasal symptoms.

Hay Fever Symptoms can include:

Runny nose

Itchy eyes, mouth or skin

Sneezing

Stuffy nose due to blockage or congestion

Fatigue (often reported due to poor quality sleep as a result of nasal obstruction)

Please chat to your local pharmacist in the first instance if you have any of these symptoms as there are many antihistamines available over the counter that do not require a prescription.

Referrals

Cardiology – Since 11 March, all cardiology referrals, including Rapid Access Chest Pain Clinic are being reviewed and triaged by a consultant. This will enable the department to prioritise referrals and organise diagnostic tests when appropriate, and to respond directly to the questions raised. Please note that you must not attend the hospital for the initial triage appointment.

Dermatology – Please note that we are still unable to refer to Royal Berkshire Hospital, Townlands and West Berkshire Hospital for routine or urgent referrals due to the shortage of dermatology consultants.

Eat4Health is back – They are offering a variety of free nutrition and healthy lifestyle sessions, some with light exercise to help you lose weight, control diabetes and get fitter. If you are 16+ and have a BMI of >25 committed to losing weight then please contact your GP to discuss a referral or visit www.eat-4-health.co.uk

Patient Participation Group (PPG)

Are you interested in finding out more about our practice and getting involved with the development of health services? Tilehurst Village Surgery and Chancellor House Surgery are actively seeking patients to join our PPG. We are looking for people of any gender, age or background to attend a regular meeting (quarterly) at the practice to work with the practice team to help develop and improve patient services. If you are interested in finding out more please email srccg.surgery-manager@nhs.net