



# ESTOVER SURGERY

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## HAYFEVER

Hay fever is caused by an allergy to grass or pollens. Common symptoms are a runny, itchy or blocked nose, sneezing, itchy and watery red eyes and an itchy throat. In some cases only nose symptoms occur and in some cases only the eye symptoms occur. The commonly use treatment options for hay fever are antihistamine tablets. These are available over the counter at chemists and supermarkets. Other treatments are available on prescription for sever cases.

### PROTECTED TIME MEETINGS

Four times a year the practice will close for an afternoon in order to implement staff training. The dates for this are:

Tuesday 14th June 2011

Wednesday 19th October 2011

Tuesday 13th December 2011

Wednesday 8th February 2012

The surgery will be closed from 1pm. During this time Devon Doctors will provide emergency cover if required.



### CARER'S

Are you a carer? Do you care for someone on a daily basis? If the answer is yes please let us know as there is help available if you require it. Referral forms are available for the carer's support group in Plymouth. They are there to support and help you. A carer can be of any age, some children may be carers also, if you know of a child who is a carer encourage them to let us know as there is a support group for young carers also, this is based at The Zone. Plymouth Carers Support Service can be contacted on 01752 201766

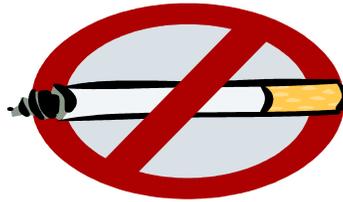
## SMOKING—THE KILLER WEED

Everyone knows about the link between smoking and lung cancer and that their smoking could cause illnesses like heart disease and emphysema and other cancers.

What about the passive smokers? Most adults can avoid passive smoking but children cannot escape it's harmful effects.

Children of smokers are more likely to develop asthma, tonsillitis and ear infections and will miss twice as many school days than children where the parents do not smoke.

We can assist you in giving up smoking, just ask at Reception, but if you can't stop then please don't smoke in the home.



## BANK HOLIDAYS

Due to the amount of Bank Holidays in April, **PLEASE PLEASE PLEASE** remember to order your repeat prescriptions in plenty of time to ensure you have adequate medication for the bank holidays. The surgery will be closed for the following bank holiday period:

Monday 18th April—Thursday 21st April—Open as Usual

Friday 22nd April—**CLOSED**

Monday 25th April—**CLOSED**

Tuesday 26th April—Thursday 28th April—Open as Usual

Friday 29th April —**CLOSED**

Monday 2nd May—**CLOSED**

## NURSE APPOINTMENTS

As you may or may not be aware Sister Sue has been unwell since the end of January 2011. As I am sure you can appreciate it has been a difficult time for us as a surgery, however we have managed to book some locum nurse sessions over the past couple of months and will continue to use locum nurses for the time being. We would like to thank you for your patience with regards to trying to arrange a nurse appointment and we wish Sue a speedy recovery.

## YOUR DETAILS

Have you recently moved or changed your contact number? If so please remember to let us know so we can keep your records up to date.

