

Self Care Newsletter

Spring 2017



Upton Surgery



PERSHORE
MEDICAL
PRACTICE



Abbotswood Medical Centre

Hay Fever advice

It's very difficult to completely avoid pollen. However, reducing your exposure to the substances that trigger your hay fever should ease your symptoms.

Rubbing a small amount of Vaseline (petroleum gel) inside your lower nostrils can help to prevent pollen from entering your nasal passages. If possible, stay indoors when the pollen count is high (over 50). The tips below may help to reduce your exposure to pollen.

- Keep windows and doors shut in your house. If it gets too warm, draw the curtains to keep out the sun and lower the temperature.
- Don't keep fresh flowers in the house.
- Vacuum regularly, ideally using a machine with a high-efficiency particle arresting (HEPA) filter.
- Damp dust regularly. Dusting with a wet cloth, rather than a dry one, will collect the dust and stop any pollen being spread around.
- Keep pets out of the house during the hay fever season. If your pet does come indoors, wash them regularly to remove any pollen from their fur.
- Don't smoke or let other people smoke in your house. Smoking and breathing in other people's smoke will irritate the lining of your nose, eyes, throat and airways, making your symptoms worse.
- If possible, avoid drying clothes outside. This will help to stop pollen being brought into your house.

If you need to go outside or you're travelling, the tips below may help to reduce your exposure to pollen.

Avoid cutting grass, playing or walking in grassy areas and camping – particularly in the early morning, evening and at night, when the [pollen count](#) is at its highest.

- Wear wraparound sunglasses to stop pollen getting in your eyes.
- Take a shower and change your clothes after being outdoors to remove the pollen on your body.
- Keep car windows closed. You can buy a pollen filter for the air vents in your car, which will need to be changed every time the car is serviced.



Speak to an asthma expert nurse on our helpline

[0300 222 5800](tel:03002225800)

Open Monday to Friday 9am to 5pm.

Visit www.asthma.org.uk for more ways of getting in touch

As well as your GP or asthma nurse and your consultant/specialist if you have one, a pharmacist is another health expert you can turn to for advice and support - and the great thing is you don't need an appointment. Pharmacists are highly-trained healthcare professionals who can answer questions about lots of health conditions, including asthma. They're based in independent chemists, supermarket pharmacies, high-street pharmacy chains, GP surgeries and hospital pharmacies.

If you have any questions about your asthma or if you feel your asthma is stopping you from leading the life you'd like, you can walk into any community pharmacy and ask to see the pharmacist. On a practical level, this is useful because:

- You don't need an appointment.
- Some pharmacies are open outside of GP surgery hours.
- Many pharmacies have private consulting rooms

asthma
UK





Eight out of ten people are failing to adequately apply sunscreen before going out in the sun, according to a survey carried out by the British Association of Dermatologists to mark Sun Awareness Week (8th-14th May).

The poll found that 80 per cent of us don't apply sunscreen before going out in the sun and then shortly afterwards. This is the approach recommended for three key reasons of which the public should be aware: to make sure that the product is fully absorbed before skin is exposed to sun, to help reduce the chances of areas of skin being missed, and to ensure a thick enough layer is applied.

The survey also found that 70 per cent of people fail to reapply sunscreen every two hours as recommended.

SUN AWARENESS WEEK 8TH TO 14TH MAY 2017



MAY IS NATIONAL WALKING MONTH

www.livingstreets.org.uk



<https://www.nationaltrust.org.uk/croome/lists/discover-more-with-downloadable-walks>

Locally there are walks available at Croome Park and more information can be found on the numerous walks available on the National Trust link above.

In addition, the Malvern Walking Festival takes place between 27th May and 4th June. More information on events taking place during the festival can be found by visiting www.malverntrail.co.uk and www.malvernwalking.uk

Mental Health Awareness Week 2017 - 8th to 14th May

This Mental Health Awareness Week, we are flipping the focus away from mental ill-health to exploring how we can cultivate good mental health. It is an opportunity to reflect on the strategies and resources we need to both shape a coherent national approach to public mental health and the tools we need our families and our communities to radically re-frame our ability to thrive in life.

During the week of 8-14 May, www.mentalhealth.org.uk will be producing a new report to highlight the numbers of us who feel stuck on 'survive'. They will be providing advice and insight into how we can build good mental health in the context of our work, our digital world, our parenting approach and in our communities.

Human beings are probably the most resilient creatures on the planet. Through countless setbacks, we have learnt how to survive but we are only now starting to understand how to thrive.

Patient Self-Management

Helping you live well

Do you know someone with a long term condition?

Struggling to maintain control?

Want to regain their independence?

And take more responsibility for their health?



Facilitated by an occupational therapist and volunteers with lived experience of long term health conditions, the Patient Self-Management (PSM) course enables participants to explore the impact of their condition(s) and the daily challenges they face as a result. Visit: www.hacw.nhs.uk/psm for more information.

Courses being run at Upton Surgery on
Monday 8th May and Monday 15th May 2017
from 10am –1pm