

Akerman Medical Practice

April 2024 Newsletter



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Keep us Informed

It's important that you keep us informed of any changes to your address or phone number. This is so that we can contact you quickly in an emergency and to ensure that NHS England can contact you.

You can **update your details** by either:

- Emailing us at: **selicb.akermanmedicalpractice@nhs.net**
- Calling us on: **0203 582 0000**



Hay Fever

Hay fever is an allergic reaction to pollen, typically when it comes into contact with your mouth, nose, eyes and throat. Pollen is a fine powder from plants. Symptoms can include:

- sneezing and coughing
- a runny or blocked nose
- itchy, red or watery eyes

Speak to your pharmacist if you have hay fever. They can give advice and suggest the best treatments, like antihistamine drops, tablets or nasal sprays.

Registering Patients

We're currently registering patients. Do you have any friends or family that need to register with a GP? Visit our [website and register online](#) by either clicking this link or scanning the QR code to the right with your phone.

Register today, do not wait until an emergency. This could delay you, your friends, or family, in seeing the doctor when they really need to.



The NHS App - Download now!

The NHS App gives you a simple and secure way to access a range of NHS services such as:

- Booking and managing GP and hospital appointments
- Ordering repeat prescriptions
- Viewing your hospital records

Download the NHS App on your phone or tablet via the [Google play](#) or [App store](#) or by scanning the QR code.

Ensure you turn **notifications** from the app on to get the full benefits and experience of the NHS app. Take control of your health in your hands by downloading the NHS app and **turning on notifications**.



Pharmacy First

Pharmacy First will enable community pharmacists to supply prescription-only medicines, where clinically appropriate, to treat common health conditions without the need to visit a GP.

You can get treatment for these conditions by walking into the pharmacy or contacting them virtually. Below is a list of self care treatments that are available to purchase over the counter without a prescription.

| | |
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| Acne treatment | Benzoyl peroxide e.g. Quinoderm® |
| Analgesic/pain relief treatment (short term pain, fever, headache, muscle/joint injury) | Paracetamol and ibuprofen tablets and liquid, pain relieving gels/creams e.g. Panadol®, Calpol®, Nurofen®, ibuleve®, Movelat® |
| Anti-fungal treatment (athlete's foot, oral and vaginal thrush, ring worm) | Clotrimazole cream/pessaries, fluconazole oral capsule, ketoconazole shampoo, terbinafine cream/spray e.g. Canesten®, Diflucan®, Nizoral®, Lamisil® |
| Antiperspirant treatment (excessive sweating) | Aluminium chloride hexahydrate e.g. Anhydrol Forte® |
| Cold sore treatment | Aciclovir cream e.g. Zovirax® |
| Colic treatment | Simeticone, dimeticone, lactase enzyme, gripe water e.g. Colief®, Infacol®, Dentinox®, Woodwards® |
| Constipation treatment | Senna, ispaghula husk, docusate sodium, lactulose e.g. Senokot®, Fybogel®, Dulcolax® |
| Cough, cold and sore throat treatment | Capsule, tablet, syrup, linctus, powder, lozenge and pastille preparations e.g. Lemsip®, Beechams® |
| Diarrhoea treatment | Loperamide, oral rehydration salts e.g. Imodium®, Dioralyte® |
| Ear wax remover | Oils, sodium bicarbonate, urea hydrogen peroxide e.g. Otex®, Cerumol® |
| Eye treatments/lubricating products (Conjunctivitis/dry eyes) | Chloramphenicol eye drops/ointment, artificial tears and ocular lubricants e.g. Liquifilm®, Snotears®, Hylo-tear®, Systane® |
| Haemorrhoid (piles) treatment | Creams, gels, ointments and suppositories e.g. Anusol®, Germoloids® |
| Hayfever treatment | Steroid nasal sprays, antihistamines, sodium cromoglycate eye drops e.g. Beconase®, Flixonase®, Clarityn®, Piriton®, Benadryl®, Opticrom® |

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| Head lice treatment | Dimeticone, malathion and permethrin liquid/lotion/spray/mousse/gel e.g. Hedrin®, Derbac-M®, Lyclear® |
| Herbal and complementary treatments | Homeopathic preparations, bitters and tonics, herbal medicines, health supplements, probiotics (VSL#3®, Symprove®) |
| Indigestion and heartburn (dyspepsia) treatment | Antacid and alginate tablets and mixtures e.g. Mucogel®, Rennie®, Gaviscon® |
| Mouth ulcer treatment | Benzydamine and chlorhexidine mouthwashes/sprays, choline salicylate, hydrocortisone buccal tablets e.g. Bonjela®, Corsodyl®, Difflam® |
| Nappy rash treatment | Metanium®, Bepanthen® |
| Scabies treatment | Permethrin liquid/cream e.g. Lyclear® |
| Threadworm treatment | Mebendazole tablet/suspension e.g. Ovex® |
| Topical steroid treatment (insect bites/stings, contact dermatitis, nappy rash) | Hydrocortisone 1% cream/ointment e.g. HC45® |
| Vitamins and minerals | Vitamin A, B, C, D, E, K, multivitamins, zinc, calcium and magnesium supplements |
| Wart and verruca treatment | Salicylic acid preparations e.g. Bazuka®, Occlusal® |