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Akerman News Update

APRIL 2018

WELCOME TO AKERMAN MEDICAL
PRACTICE SPRING EDITION

Planning to go on holiday? Visit the [Fit for Travel](#) website to check which vaccinations you may need before you go. A fee of £30 will apply to see the GP or Practice Nurse for advice

ALLERGIC RHINITIS (HAY FEVER)

Allergic rhinitis is inflammation of the inside of the nose caused by an allergen, such as pollen, dust, mould or flakes of skin from certain animals.

It's a very common condition, estimated to affect around one in every five people in the UK.

Allergic rhinitis typically causes cold-like symptoms, such as sneezing, itchiness and a blocked or runny

nose. These symptoms usually start soon after being exposed to an allergen.

You can have an allergy to:

tree pollen, released during spring

grass pollen, released during the end of spring and beginning of summer

weed pollen, released any time from early

spring to late autumn

To read more click on this link [here](#)

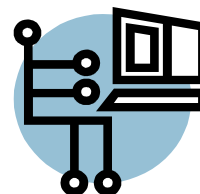
If you suffer from hay fever or have been previously prescribed hay fever medication like nasal sprays or Clarytin tablets, you need to start using them before the start of the pollen season. You may request a repeat prescription for hay fever medication by clicking [here](#).

Below is a list of self care treatments that are available to purchase over the counter without a prescription:

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®, Woodward's®
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®

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. Ovox®
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®

JOIN OUR PPG GROUP WE WOULD LOVE YOU TO HAVE YOUR SAY!
For more information or if you are interested in joining please speak to the reception staff we meet once every 3 months and would like YOUR input!



DNA STATS

GP and Nurse:

Not attending appointments and not cancelling them is unhelpful .

These are 70 appointments that could be used by other patients who would like to see the doctor or nurse .

Local Pharmacy Timings

Pharmacies

Millennium Pharmacy (Lothian branch) 9:00 - 19:30

Day Lewis Pharmacy 9:00 - 18:30

New Park Pharmacy 9:00 - 18:30

Westbury Chemist 9:00 - 12 midnight

You can request emergency contraception at all the pharmacies above



Local Dentist

Dentists

The Dental Practice

167 Camberwell New Rd London SE5 0TJ 0207 582 2562

Kennington Dental Surgery

234 Kennington Park Rd, London SE11 4DA 020 7735 4579

Opticians for Minor Ailments

Oval eyes

8 Clapham Rd, London SW9 0JG 020 7820 0935

REPEAT PRESCRIPTION

If you are on regular medication and you need a repeat prescription of your medication please make sure these are requested 48 hours before. If you run out of your normal medication you can also get emergency supply of your regular medication for up to 7 days from your regular pharmacist.

The Practice Appointment System

- As part of our intentions to respond to patients needs we are constantly looking at ways of improving our services.
- As a result we have 90% of our consultations through telephone consultations this has allowed us to double the amount of appointments we provide to our patients.
- This has helped reduce unnecessary appointments taken for issues which can be dealt with over the phone or without patients

seeing a clinician.

It has helped reduced DNA appointments which prevents patients who need to be seen accessing required appointments.

Another benefit of telephone consultations is the clinician is able to triage the patient and bring you in within 24-36 hours if you need to be seen face to face.

As the telephone consultations have proved so successful we will be moving to 100% telephone consultations with the option of the