



Akerman News Update

FEBRUARY 2019
WELCOME TO AKERMAN MEDICAL

www.AkermanMedicalPractice.com

KEEP US INFORMED

Keep your surgery informed of any changes in your address or phone number by emailing us at AkermanMedicalPractice@nhs.net or by ringing us on 020 3049 6500.

It is important for us to have correct details for the following reasons:

- We can contact you in an emergency
- NHS England can contact you. If we have returned mail due to an incorrect address you may be deregistered.

PATIENT ACCESS

At Akerman medical practice, we are constantly looking at new and innovative ways to work more efficiently.

Please email the practice at LAMCCG.akermanmedicalpractice@nhs.net to request your Patient ID and Access ID, which will allow you to register for patient access by clicking on the link [here](#). Patient Access allow

Book appointments

Order repeat prescriptions

View your medical record

Book face-to-face or remote online appointments with your GP, nurse or clinician at a time that suits you

Request repeat prescriptions online, with delivery of your prescription to your preferred pharmacy

Keep track of your medical records, including easy access to test results and details of your immunisations and allergies

Hay-fever

Hay-fever (Allergic rhinitis) is a very common condition that is caused by the immune system overreacting to allergens like pollen. Common signs and symptoms are runny or stuffy nose, sneezing, red, itchy, watery eyes, and swelling around the eyes. If you suffer from hay fever it is advisable to start using steroid nasal spray before the start of pollen season. A combination of an antihistamine and a steroid nasal spray is recommended. **Treatment is widely available over the counter at pharmacies.** (Loratidine 10mg tablet once daily and Beco-nase nasal spray twice daily)

REGISTERING PATIENTS

We are currently registering patients. Do you have any friends or family that need to register with a GP? Visit our [website](#) and register online.

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

RECIPE CORNER (SPICY SPINACH AND SALMON BURGER)

Winter blues are very common and a lot of us will be feeling low and tired in these darker, colder months. Having low vitamin D can be adding to this feeling.

Boost your vitamin D levels this winter with this easy recipe.

Prep time: 5 minutes

Cook time: 10 minutes

Ingredients

1½ cups of salmon flakes (canned or cooked from fresh)

½ cup almond flour (alternatively oats/plain flour)

¼ cup spinach roughly chopped

1 tsp. cayenne pepper or smoked paprika

1 tsp. ground coriander

2 eggs

¼ tsp. salt

¼ tsp. pepper

1 tbsp. olive oil or rapeseed oil for lightly shallow frying the burgers

Instructions

1. Mix the salmon flakes, almond flour, spinach, cayenne pepper, ground coriander, salt and pepper together in a bowl until well combined

2. Then divide into 6 equal balls and shape into burgers

3. Meanwhile heat the oil in a pan. Add burgers when oil is warm and cook on each side for 4-5 minutes

4. Serve in slider buns, or for a healthier option, with a side salad full of spinach and kale for an extra vitamin D boost

Tip of the month – flour substitute!

Almond flour is gluten-free nut flour; it is a low carbohydrate option reducing

SELF CARE

What is self care?

Self care is about looking after yourself in a healthy way. It can be anything from brushing your teeth, doing some exercise, managing common conditions (also called minor ailments) like headaches, colds and flu or living with a long-term health problem, such as asthma or diabetes.

In [this video](#), GP and self care advocate Dr Gill Jenkins discusses the important role patients play in managing minor ailments and their own health, and how self care can result in a better, healthier, more independent life.

Healthy eating

Maintaining a healthy diet is one of the most important

things you can do to keep healthy and well. Eating healthily is simple. [Click here](#) to read more.

Your Medicines

If you or a family member is taking medication there is help available to make sure you get the best from your medicines.

Taking and managing medication properly can reduce your chances of getting ill. It's also important that when you don't need your medicine anymore you dispose of it in the right way. Making sure you take your medicines correctly also reduces waste.

[Read more](#) for advice and help on taking medicines.

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®, Beecham's®
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	Benzylamine 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®

What to keep in your medicine cabinet

There are few medication and devices that are important to keep in your home

For controlling fever or Pain relief, paracetamol and ibuprofen are highly effective for controlling fever and relieving most minor aches and pains, such as headaches, joint and muscle pains and period pain

Antihistamines, like Piriton, are very effective for controlling allergic reactions, itchy rashes and hay fever symptoms. There are few different kinds drowsy and non-drowsy medication.

For diarrhoeal illnesses

- Oral rehydration salts (Diorlyte)
- Anti-diarrhoea tablets (loperamide)

Other important items to have:

- Indigestion treatment (gaviscon)
- Sunscreen (factor 50 and above)
- Your first aid kit
- Thermometer

[Click here](#) for a list of what you should keep at home.