

# THORNTON ROAD SURGERY NEWSLETTER

CHECK OUT OUR WEBSITE  
[www.thorntonroadsurgery.co.uk](http://www.thorntonroadsurgery.co.uk)  
for all practice info and health matters

MAY  
2013  
ISSUE

## HAYFEVER SEASON IS HERE!!

The Hayfever season has fast approached us  
Symptoms can include: a runny, itchy and/or blocked nose, sneezing, itchy, red and watering eyes and an itchy throat

During the hayfever season many weather forecasts will show the pollen count for that day or week ahead. If it is high the following can help you to avoid it: wear wrap around sunglasses to stop the pollen from getting in your eyes when outside, change your clothes and take a shower after being outdoors, try stay in doors when pollen count is high (over 50), Avoid cutting the lawn and being in large grassy areas.

If medication is needed it is **NOT** always necessary to have a doctors appointment. Treatment can be given at the

## DID YOU KNOW?

- **New!**  
**Online Prescriptions**  
you can now request your repeat prescriptions online. Ask reception for more detail
- **Online Appointments**  
you no longer need to phone the surgery to make an appointment. If you have access to the internet you can book your appointments online.
- **Late Surgeries**  
Did you know we have late surgeries on Tuesday, Wednesday and Thursday evenings we also have book on the day emergency appointments on Saturday mornings.
- Appointments can be booked up to 4 weeks in advance
- We offer a discreet **CHLAMYDIA** Service for 16-24 year olds
- If you want help to give up smoking come and see our nurse for smoking cessation clinics today.

### Practice Staff

#### Clinicians

Dr Usman Quraishi (Male)  
Dr Georgia Whyte (Female)  
Dr Majeed Musalam (Male)  
Dr Abi Ponnampalampillai (Female)  
Dr Saeed Chaudhary (Male)  
Dr Julia Hassan (Female)  
Dr Dean Mirza (Male)

#### Nurses

Laura Naughton (Female)  
Wendy Ager (Female)  
Shamim Spaul (Female)  
HCA Tahsin Ahmed (Female)

#### Practice Manager

Kuljeet Sodhi (Female)

#### Admin Team

Tanisha (Female)  
Ida (Female)  
Priya (Female)  
Janani (Female)  
Chalitha (Male)  
Nirosha (Female)  
Dilantha (Male)  
Beatrice (Female)  
Aida (Female)

## LIFESTYLE ADVICE



### Blood Pressure - what is it?

It is the pressure of the blood in your arteries. You need a certain amount of pressure to get the blood pumped round your body. Your blood pressure should be  $\leq 140/90$ .

If it is higher than 140/90 this means you have **high blood pressure** also known as **hypertension**. Having high blood pressure increases your chance of having a heart attack or

Changes can help prevent you from having it in the future.

- Eat Healthy
- Be Active
- Cut down on salt in your diet
- Keep intake of alcohol low

Get your  
**BLOOD PRESSURE**  
checked today!

## MEASLES

In the last few months there has been an outbreak of measles in children. It is very important that your child is protected against measles by receiving both doses of the MMR (measles, mumps and rubella) vaccine which is usually given to your child at 13 months old and 3 years and 4 months old.

### What is Measles:

It is a highly infectious viral illness that can be caught when someone who has the virus sneezes or coughs. Tiny droplets containing the virus spray into the air. These droplets can stay active for up to 2 hours.

The initial symptoms of measles include: cold like symptoms, red eyes and sensitivity to light, fever and greyish white spots in the mouth and throat. After a few days a red-brown spotty rash will appear. It usually starts behind the ears then spreads down the rest of the body.



All of us here at Thornton Road Surgery would like to say a big farewell to Nirosha a member of our admin team. We wish her all the best for her future!

## REMEMBER

KEEP HYDRATED IN THE  
DRY MONTHS AHEAD

