



**Dr Gilkar & Partners
392 Little Horton Lane
Medical Centre
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**Patient Group
NEWSLETTER: JULY 2015**

Ordering Repeat Prescriptions

Please note that we require a minimum of 48hours (2 working days) to process a repeat prescription request.

We are contacting patients more then ever via their mobile phones so please make sure you let reception have your up to date number. We still need your landline number if you have one as well!

Home Visits

If you need a doctor and are too ill to travel to the practice and feel a home visit is essential, please telephone the surgery BEFORE 10AM and a doctor will ring you back to discuss whether a visit is required.

Hay fever

Fast approaching is the time when a lot of people will start feeling the effects of hay fever. Symptoms include sneezing, a runny nose and itchy eyes. This is caused by an allergic reaction to pollen. The timing of the symptoms may vary as there are different types of pollen released at different times of the year.

Tree pollen is released during spring time, grass pollen the end of spring and the beginning of summer and weed pollen is released from early spring to late autumn. Unfortunately there is no cure for hay fever but symptoms can be relieved with treatment.

The most common form of treatment is antihistamines which can help prevent the allergic reaction and steroids to reduce the levels of inflammation. If you have any concerns regarding hay fever you should consult a health professional or enquire at the pharmacy.