



**Dr Gilkar & Partners  
392 Little Horton Lane  
Medical Centre  
BD5 0NX**

**Patient Group  
NEWSLETTER: JUNE 2015**

#### **Appointment times**

Please remember that your appointment time is 10 minutes. If you know that you need to see a Doctor for more than one problem then please inform the receptionist of this when booking your appointment– it is becoming more apparent that patients are having to wait a long time to be seen for their appointment because some patients are taking up longer than the allocated 10 minutes!

**Help us to help  
you.....**

Please inform us as soon as possible if you change your address and / or telephone number so that our records can be kept up to date.

#### **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.