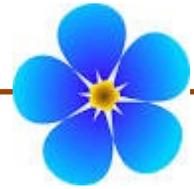


# Triveni PMS

# Newsletter



Hay fever is caused by an allergy to pollen. Common hay fever symptoms are a runny, itchy and/or blocked nose, sneezing and itchy eyes. Common treatments are an antihistamine nasal spray or medicine, and/or a steroid nasal spray. Other treatments are sometimes used if these common treatments do not work so well.

### **What is hay fever?**

Pollen is the name given to the fine powder that is produced by plants, trees or flowers to fertilise other plants, trees or flowers of the same species. Strictly speaking, hay fever is caused by an allergy to grass or hay pollens. Grass pollen is the most common cause and tends to affect people every year in the grass pollen season from about May to July (late spring to early summer). However, the term is often used when allergies are caused by other pollens such as tree pollens. Tree pollens tend to affect people from March to May (early to late spring) each year. Other people may be allergic to weed pollens (including nettles and docks). Weeds tend to pollinate from early spring to early autumn.

Symptoms are due to your immune system reacting to the pollen. Cells on the lining of the nose and eyes release histamine and other chemicals when they come into contact with pollen. This causes inflammation in the nose (rhinitis) and eyes (conjunctivitis). Sometimes the sinuses and throat can also be affected.

Hay fever is also called seasonal allergic rhinitis because symptoms tend to occur at the same time, or in the same season, each year.

### **Who gets hay fever?**

Hay fever is very common. It affects about 2 in 10 people in the UK. It often first develops in school-age children and during the teenage years. Symptoms return for a season each year. But, the condition eventually goes away or improves in many cases (often after having had symptoms each season for several years).

Hay fever tends to run in families. You are also more likely to develop hay fever if you already have asthma or eczema. Equally, if you have hay fever, you are more likely to develop eczema or asthma. The conditions asthma, eczema and hay fever are known together as atopic conditions or atopy. A tendency to atopy can run in families

- **What are the symptoms of hay fever?**
- The symptoms of hay fever can vary from person to person. Some people only have mild symptoms that tend to come and go. Others can be severely affected with symptoms that are present every day during the pollen season:
- **Common symptoms** - these include a runny and itchy nose, a blocked nose, sneezing, itchy and watery red eyes and an itchy throat. In some cases only nasal symptoms occur and in some cases only eye symptoms occur.
- **Less common symptoms** - these include loss of smell, face pain, sweats and headache.
- **Asthma symptoms** - such as wheeze and breathlessness, which may get worse if you already have asthma. Some people have asthma symptoms only during the hay fever season. If you have hay fever, you are more likely to develop asthma.
- The symptoms may be so bad in some people that they can affect sleep, interfere with school and examinations, or interfere with work

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- **USEFUL TIPS**
- **Stay indoors as much as possible and keep windows and doors shut.**
- **Avoid cutting grass, large grassy places, and camping.**
- **Shower and wash your hair after being outdoors, especially after going to the countryside.**
- **Wear wrap-around sunglasses when your are out.**
- **Keep car windows closed and consider buying a pollen filter for the air vents in your car. These should be changed at every service ■**



# **DiABETES UK**

## **CARE. CONNECT. CAMPAIGN.**

Enjoying what you eat is one of life's pleasures. But if you have diabetes, or cook for someone who does, it can be tricky at times.

Enjoy Food offers recipes, advice and expert diabetes nutritional information – from your weekly food shop, to serving up a delicious meal at the table, there's simple, practical advice for all families on any budget. For everyone with diabetes, whether you're newly diagnosed, looking for family-friendly recipes or just in need of healthy mealtime inspiration, you can start enjoying food again

Check out the following link for all the information regarding your Diabetes Diet

<http://www.diabetes.org.uk/Guide-to-diabetes/Enjoy-food/>

# SUMMER



**Summer is here - watch out,**

Summer is well and truly on the way and our thoughts are with sunshine, barbecues and holidays. But spare a thought for your poor defenceless bladder and kidneys, which can become summer casualties without a little attention.

### **Why the summer worry?**

In hot weather you're more likely to sweat - this is one of the body's most effective ways of cooling down. If you don't drink more water to make up for the extra fluid lost, you could get dehydrated. Your body is very efficient at detecting low fluid levels in your system, and reacts by reducing the amount of urine you pass. Dehydration means urine is more concentrated and sits in your bladder for longer. This makes it easier for germs to multiply.

### **To tea or not to tea?**

Water, juice, tea and coffee all count towards your daily fluid intake. Unless you drink too much, there's no truth in the old wives' tale that coffee and tea dehydrate you. Caffeine only has a diuretic effect (making you pass more water) if you have more than 400 mg - that's about four cups of brewed coffee, four mugs of instant coffee or eight cups of tea. However, if you get recurrent bouts of cystitis, it may be worth trying decaffeinated tea or coffee to see if it improves your symptoms. Some women are sensitive to caffeine, which occasionally irritates the bladder lining.



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TriveniPMS



It is with sadness that Triveni PMS has to announce the retirement of Dr Vijay Bajpai in December of this year.

As many of you know Dr Vijay Bajpai has been working as a Partner at Triveni PMS since 1998. He says “This has been a hard decision to make and he will miss all of his patients and staff members and will take with him some fond memories of the last 16 years of working at the practice”.

I am sure you join with us in wishing him well for the future.

