

Tower House Surgery

Patient Newsletter



Welcome

We share a monthly patient newsletter to keep you up to date with what is happening here at Tower House, and to raise awareness of health and wellbeing issues.

Please send any feedback or things you would like to see to:
administration.ths@nhs.net

To stop receiving texts about the newsletter, simply reply 'opt out'. Note that this will prevent all future texts about appointment reminders and vaccination messages too because our system can't separate different message types for opt-out.

Hayfever



**STAY HEALTHY
AND HAPPY
THIS SPRING**

Its Springtime!
A new season is upon us.
Lighter evenings and
 Warmer days are upon us. But for those of us who suffer with hayfever, it can be an awful time. Hayfever is worse from March-September when the pollen count is higher.

Here are some tips to help.

- ✓ put Vaseline around your nostrils to trap pollen.
- ✓ wear wraparound sunglasses to stop pollen getting into your eyes.
- ✓ shower and change your clothes after you have been outside.
to wash
- ✓ stay indoors whenever possible.
- ✓ keep windows and doors shut as much as possible.
- ✓ vacuum regularly and dust with a damp cloth
- ✓ buy a pollen filter for the air vents in your car and a vacuum cleaner with a HEPA filter.
- ✓ try to stay at home and avoid contact with other people if you have a high temperature or you do not feel well enough to do your normal

Your local Pharmacy can help with over-the-counter treatments to ease your symptoms. This can include - Nasal Sprays, Antihistamines & Eye Drops.

Team Spotlight

We would like to Welcome Dr Sonia Birgani to our team.



We look forward to welcoming Dr Birgani to the team.

Unfortunately, our Social prescriber Vienna Best, will be leaving us at the end of March for a new adventure with Oxford Mental Health. She has come a long way from her time on reception, we will miss her as part of the team and wish her all the best for the future.

Ovarian Cancer Awareness Month

March 2024

Currently only 3 in 10 women diagnosed with Ovarian Cancer live beyond 10 years. Its Unacceptable.

With 7500 women receiving Ovarian Cancer diagnosis each year in the UK, its vital we make faster progress to reach a vision of Ovarian Cancer being survivable for all women.

Symptoms of Ovarian Cancer can include –

- Persistent bloating
- Pelvic/abdominal pain
- Difficulty eating or feeling full quickly
- Changes in Urinary habits
- Fatigue
- Unexplained weight loss or gain

How can you get involved –

Sign up for “Walk in her name 2024”

Walk 100km in March in both celebration of women we love, and in memory of the women we have lost.

For more information visit – ovarian.ork.uk



Wishing everyone a Healthy & Happy Ramadan during the holy fasting Month.

The below website has some wonderful

Information relating to looing after your health conditions

While fasting.

www.buckinghamshire.gov.uk/campaign/healthy-ramadan/

In the month of February 2024 we recorded 131 appointments that patients did not attend! This equates to over 3½ days of clinicians time wasted!