

EMMER GREEN SURGERY PATIENT NEWSLETTER – APRIL EDITION

Friends and Family – Would you the patients recommend us?

For the Month of MARCH: We received 284 responses.

This is what you said about us. Thank you very much!

Options	Total	Percentage
Extremely Likely	244	85.9%
Likely	33	11.6%
Neither	3	1.1%
Unlikely	2	0.7%
Extremely Unlikely	2	0.7%
Don't Know	0	N/A

Here are some of your lovely comment's you left about us this month.

MONTHLY STATISTICS FOR MARCH - VIA EMMER GREEN SURGERY WEBSITE

In the month of MARCH, we had **904** repeat prescription requests.

We also had **33** New patient requests.

We offered **1094** face 2 face appointments and of those patients **52** did not attend.

PLEASE cancel your appointment so we can give this to someone else to attend.

Receptionists are always welcoming and use your name and introduce themselves.

"I was able to get through to the surgery quickly in the afternoon and book the appointments I needed over the phone. I didn't have a long wait before my appointments, and the nurse I saw was very friendly and helpful. I was very happy with my experience."

Good timing, and my GP didn't rush me and was very helpful and explained everything.

"It was my first visit to the surgery, and

I was so impressed. The waiting room was lovely, and the surgery staff were very efficient and helpful. Wish we had moved to you years ago."

I RECEIVED THE APPOINTMENT PROMPTLY. IT WAS PUNCTUAL AND THE NURSE ANSWERED ALL MY QUERIES. ALL MY CONTACTS I HAVE WITH EMMER GREEN SURGERY HAVE ALWAYS BEEN EFFICIENT AND CONSIDERATE.

WOMENS HEALTH CLINIC WITH HAYLEY OUR NURSE PRACTICIONER

We have found that a lot of our female patients have been seeking advice on Menopause and HRT.

Did you know?.....

Our experienced Menopause nurse Hayley offers face to face appointments or telephone slots on a Monday afternoon between 4pm & 8pm to address any issues our patients may have surrounded this condition. Hayley will also be looking to start group consultations. (Watch this space) further details to follow.



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The emotional aspect of menopause shouldn't be overlooked. It's a significant transition, and talking about it helps me process my feelings.



What are the symptoms of Perimenopause & Menopause?

Some women have very few or even no symptoms at all and their periods simply stop happening.

However, for the majority of women it is not so straight forward and around 80% of women experience several symptoms and these symptoms you can get may vary between woman to woman.

These symptoms can often have a negative impact on your life and can really affect your relationships with your partner, family, and work colleagues. Symptoms can include hot flushes, night sweats, sleep disruption, insomnia, exhaustion, mood swings, palpitations, chest pain, breathlessness, depression, anxiety, hair loss or thinning, vaginal dryness, bladder weakness, incontinence, UTIS, lack of libido, change of body shape, dry eyes, dry mouth, memory loss, poor concentration, brain fog, aching joints and muscles, headaches, and migraines.

During the Menopause and Perimenopause

Many women will also experience skin problems as estrogen, is very important for the development of collagen, which is a supporting protein in the skin and provides strength and structure. Your skin can become drier and itchy due to low estrogen levels this means that there is less blood flow and more water loss leaving your skin less hydrated. You may notice that your skin becomes more tired looking and develops more fine lines and wrinkles.

Hay fever (allergic rhinitis) season is upon us!

We're getting into hay fever season again. Hay fever is an allergic reaction where the body's immune system reacts to allergens that are in the air. Contact with an allergen causes the body to respond by releasing a chemical called histamine which is what causes symptoms such as itchy eyes, sneezing, coughing, and runny nose. There are two types of hay fever: Seasonal – Symptoms usually occur between March and September when pollen counts are high from trees, plants, weeds or all three. Perennial – Symptoms all year round, related to household allergens like pets, dust, and mold spores. It is helpful to know which type causes your symptoms as this will help them manage the symptoms better. Effective treatments such as antihistamines, nasal sprays and eye drops are all available without prescriptions from pharmacies. Things you can do to help:

Wear wrap-around sunglasses to prevent pollen from entering the eyes. Put a petroleum jelly (such as Vaseline) around your nostrils to stop pollen from going up the nose. Keep windows and doors shut to keep pollen out.

Shower at the end of every day to remove pollen from hair and body.

Keep indoors when possible. Avoid drying clothes outside as pollen can be blown onto them. Make sure you stay away from cigarette smoke as this can make symptoms worse. Avoid cut grass, especially playing on it and avoid having fresh flowers in the home.

COVID CLINICS

We will be holding our COVID clinic on Saturday 27th April.

You will be invited in due course.

Eligible Cohorts for spring 2024 are:

Adults aged 75 and over.

Residents in care homes for older adults.

Individuals aged 18 and over who are immunosuppressed.

This includes those who turn 75 years old by 30th June 2024.

People who are admitted to an older adult care home or become immunosuppressed by 30th June are also eligible.