

NHS Newsletter

Thorne Moor Medical Practice

Winter 2024-25



Welcome to our Winter Newsletter. We have information regarding Sciatic Pain, Hives and Dry Eyes. Also, we have tips on how to keep warm this winter. Our 'Dear Norman' section keeps you up to date with the 'goings on' within the Practice.

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Keep Warm This Winter

1. Keep your body warm

- Layer up your warmest clothing.
- Eat hot food and drinks. Avoid alcohol, it prevents your blood vessels from constricting, and you'll begin to lose body heat.
- Move around.



2. Keep your feet and hands warm

- Wear thick socks and slippers.
- Wear gloves and use hand warmers.



3. Keep your house warm

- Open your curtains during the day when the sun is shining but close them as soon as it sets.
- Use draught excluders.
- Insulate wood and laminated floors with rugs.

4. Stay warm at night

- Layer your bedding using fleece or flannel bedding.
- Wear fleece pyjamas or layer up with t-shirts and jumpers. Bed socks are a must.



How to Relieve Sciatic Pain

Keep up your usual activities

You may be tempted to put yourself on bed rest or to limit your movements. In fact, moving is probably the best thing you can do to ease your pain. Even if moving hurts, it's not causing further damage, and can actually help you to recover by:

- Boosting blood flow to the injured areas, which supports healing.
- Strengthening your muscles, which supports your spine.
- Increasing your flexibility and range of motion.
- Alleviating pain, by reducing the perception of pain.



This is not to say that you should push on through extreme pain. Rather, avoid sitting or lying down for long periods throughout the day and move as much as possible without causing yourself distress.

It's also okay to rest up the first couple of days, and to gradually build up to your usual activities after this.



Buy the right painkillers

Not all over-the-counter painkillers are effective for sciatica pain. Paracetamol is unlikely to help, whereas ibuprofen and other anti-inflammatory drugs may relieve pain and swelling. Ask your pharmacist for advice, and check if there are certain types you should not take. They can also recommend higher strength pain relief medication without a prescription.

Try exercises for sciatica

It may not sound appealing while you're in pain, but gentle exercise can make you feel better a lot quicker. Specifically, strengthening exercises for your back and core muscles, and stretching exercises to improve the flexibility in your spine, will allow your sciatic nerve to heal.

What are Hives?

Hives are itchy red or white bumps on the skin. This itchy rash is also known as urticaria, or as nettle rash. In some cases, it's triggered by a physical stimulus. If this is the case, the condition is called inducible urticaria or physical urticaria. Examples of physical factors which can trigger hives include pressure, friction, sweating, cold, heat, sunlight and water. Treatments include avoiding the trigger (where possible), and antihistamines. Urticaria can be called acute (short-lived episode) or chronic (persisting).



Dry Eyes

Many people get dry eyes. It's not usually serious and there are things you can do to help.

Check if you have dry eyes

You may have dry eyes if your eyes are:

- itchy
- sore
- gritty
- red
- blurry
- sensitive to light
- more watery than normal



Causes of dry eyes

You can get dry eyes if you do not make enough tears, or your tears dry up quickly.

You may be more likely to get dry eyes if:

- you're over the age of 50
- you wear contact lenses
- you look at computer screens for a long time without a break
- you spend time in air conditioned or heated environments
- it's windy, cold, dry or dusty
- you smoke or drink alcohol
- you take certain medicines (for example, some antidepressants or blood pressure medicines)
- you have a condition, such as [blepharitis](#), [Sjögren's syndrome](#) or [lupus](#)

How to treat dry eyes yourself

Do

- clean your eyelids every day
- take breaks to rest your eyes when using a computer screen
- make sure your computer screen is just below eye level
- use a humidifier to stop the air getting dry
- if you wear contact lenses, take them out and wear glasses to rest your eyes

Don't

- smoke or drink too much alcohol
- spend too long in smoky, dry or dusty places
- spend too long in air conditioned or heated rooms
- stop taking a prescribed medicine without getting medical advice first – even if you think it's causing your symptoms

How to clean your eyelids

1. Soak a flannel in warm (not hot) water and gently press it on the area around your eyes. This makes the oil produced by the glands around your eyes runnier.
2. Gently massage your eyelids with your finger or a cotton bud. This pushes the oils out of the glands.

Ask a pharmacist if they can help

A pharmacist may be able to tell you:

- what you can do to treat it yourself – such as cleaning and protecting your eyes
- if you can buy anything to help – such as eye drops, gels, ointments or allergy medicines
- if you need to see an optician or GP

Find the best service for your illness or injury



Self care

Treat minor ailments such as diarrhoea and vomiting at home:

Keep stocked up: be prepared with essential medicines and supplies.

Useful items:

Aspirin; Paracetamol; Antidiarrhoeal medicine; Cough medicine; Plasters; Thermometer; Antiseptic cream



Pharmacy

Pharmacists can offer advice on a range of illnesses, and they can also give advice about medicines.

Pharmacy First:

Acute ear infection; Impetigo; Infected insect bite; Shingles; Sinusitis; Sore throat; and Uncomplicated Urinary Tract Infections (UTIs)

Find a pharmacy: nhs.uk/nhs-services



NHS 111

Non-emergency help

You can contact 111 if you urgently need medical help or advice, including respiratory conditions but is not a life-threatening situation.

Call 111 or visit www.111.nhs.uk

Service is available 24/7



GP advice

Skilled team of medical professionals

If you are unable to get an urgent appointment with your practice, call the:

Same Day Health Centre
on 0300 123 3103

This service provides treatment or urgent minor illness by appointment only



Urgent care

Urgent treatment

The Minor Injuries Unit at Montagu Hospital can help with less serious injuries such as: Sprains; strains; simple fractures; cuts; grazes; minor burns; bites and stings

Attend the MIU: Montagu Hospital, Adwick Road, Mexborough, S64 0AZ

PLEASE NOTE: Patients with head injuries aged over 65 years cannot be seen at MIU



Mental health

Donny Dot:

Connecting people of Doncaster to mental health and wellbeing information, advice, and support

www.donnydot.co.uk

If you or someone you know is experiencing a mental crisis, please phone the local crisis on 0800 804 8999 or call 111



Self-referral: 0800 112 0070 or call 111

Minor Eye Conditions Service (MECS)

- Red eye or eyelids
- Dry, gritty or uncomfortable eyes
- Eye irritation and inflammation
- A lot of recent discharge from the eye or watery eye
- Recently occurring flashes or floaters
- Painful eye
- Ingrowing lashes
- Recent and sudden loss of vision
- Foreign body in the eye



NHS App

Do more with the NHS App!

- Order repeat prescriptions
- Book appointments
- View your records
- And much more...

nhs.uk/nhs-app



Emergency

Emergency Department or 999 for emergencies only:

Choking, Chest pain, Blacking out, Serious blood loss, Significant injury or trauma

Dear Norman



Weren't we lucky, the cold spell mid-October brought us a spectacular display we have never seen before, the Northern lights danced their way across the skies bringing us a dazzling display of pinks, reds and greens then came the snow and storms in November.

The weather didn't stop our receptionist Tracy enjoying her 40th birthday at the end of November. We hope you enjoyed your celebrations, Tracy.

Claire, our pharmacy technician, has completed a Primary Care Pharmacy Educational Pathway (PCPEP) course, well done Claire from us all.

Bev, also a receptionist here at TMMP, adopted two cats from RSPCA Bawtry. I'm happy to report that both have settled in nicely and are enjoying life with their new mum.

Last of all, Doctors and staff here at TMMP wish our patients a:

MERRY CHRISTMAS AND A HAPPY, HEALTHY NEW YEAR

