



# Marsh Medical Practice

## Spring Newsletter

### Hay Fever and Allergic Rhinitis

Allergy UK reports that allergic rhinitis is the most common form of non-infectious rhinitis, affecting between 10% and 30% of all adults and as many as 40% of children.

Rhinitis is the inflammation of the nose and/or eyes and sinuses and is often accompanied by symptoms such as sneezing, runny or blocked nose and itching. Allergic rhinitis occurs when a person is sensitive to specific allergens such as pollen, house dust mites, pets or moulds. Grass pollen is the most common trigger but this condition may also be caused by allergies to other pollens all year round.

Suggestions for managing rhinitis:

- Try to avoid potential triggers. Allergen barrier balms can be useful to help allergens entering the nose
- Monitor the pollen forecasts and plan outdoor activities accordingly where possible
- Don't let pets get too close to your face and wash your hands after handling animals to reduce the risk of transfer of pollen
- Wear wraparound sunglasses when outdoors and goggled when swimming
- Avoid drying clothes outside when the pollen count is high
- Shower and wash your hair as soon as you get home and change your clothing – this can reduce the amount of pollen you introduce to your home

Treatments to relieve some symptoms include:

- Antihistamines
- Nasal sprays

Talk to a pharmacist, your healthcare team or visit [www.allergyuk.org/information-and-advice](http://www.allergyuk.org/information-and-advice) for more information

### Carers

There are many people in our area who are looking after a friend, relative or neighbour. They may not see themselves as a carer and are often worried about seeking help. We respect our carers and offer a range of information to help support them. Speak to our staff for more information or see our website: [www.marshmedicalpractice.com/carers-supportor](http://www.marshmedicalpractice.com/carers-supportor)

### If in doubt, check it out

If you are concerned about your health, then so are we. If there is a medical symptom that worries you – GET IT CHECKED OUT – early diagnosis and treatment is essential and if we can put your mind at rest, then that is even better!

### Our Team

Marsh is an evolving team of healthcare professionals supported by our non-clinical colleagues. We aim to ensure your appointment will be with the most suitable clinician for your needs which may be a doctor, nurse, healthcare assistant, paramedic or pharmacist. Help us to help you by briefly explaining the reason for your appointment so that we can book you with the best person.



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