



# Marsh Medical Practice

## Spring Newsletter

### Hay Fever and Allergic Rhinitis

We are now (finally) approaching spring! Nevertheless, this is the time of year when grass pollen is released into the air and some people are more likely to suffer from hay fever and allergic rhinitis.

**Allergy UK** has reported a threefold increase in allergic rhinitis in the last 20 years with 20% of the population now being affected.

Rhinitis is the inflammation of the nose and/or eyes, or sinuses. This inflammation is often accompanied by symptoms such as sneezing, runny or blocked nose and itching. Allergic rhinitis is caused when people's bodies that are sensitive to certain allergens such as pollen, house dust mites, pets or moulds which react by making allergic antibodies.

Grass pollen in spring and summer is the most common allergen, but people can also become allergic to tree, weed and shrub pollens all year round.

#### Some ways to manage rhinitis:

- Try to avoid allergic triggers e.g. pollens, moulds, house dust mites. This may be tricky for allergens such as pollen which travels through the air. However, people do benefit from simple measures such as allergen barrier balm applied around the nostrils to help prevent allergens entering the nose.
- Monitor pollen forecasts to avoid the outdoors when the count is high.

- Choose hypo-allergenic eye makeup, especially mascara.
- Don't let pets get too close to your face and wipe their fur with a damp microfiber cloth to remove pollens when they have been out.
- Wear wraparound sunglasses when outdoors and use goggles when swimming, either in the sea or in a pool.
- Avoid drying washing outside on a clothes line when pollen counts are high.
- Shower and wash your hair after arriving home and change your clothing on high pollen count days.

#### Treatments that suppress symptoms

- Antihistamines.
- Nasal sprays.

*(Information from Allergy UK, 2018)*

### Carers Quality Award

As you may be aware, last year we achieved a Lincolnshire Carers Quality Award from the Lincolnshire based organisation; **Every-One**, and have successfully been re-accredited for the award this month. The award demonstrates our commitment to supporting unpaid carers in our area, whether they are staff or patients. If you or someone you know is a carer and would like information and guidance, please ask at reception for hard copy leaflets or visit our website [marshmedicalpractice.com/carers-support](http://marshmedicalpractice.com/carers-support)