



# Theale Medical Centre

## August 2024 Newsletter



### Hay fever

To try and prevent hay fever, you can put Vaseline on your nostrils, wear sunglasses, shower and change your clothes when coming in from outside and take antihistamines. If your hay fever is causing serious issues, then have a chat with your pharmacist.

### Dehydration

Signs of dehydration can include dizziness, thirst, dark wee, and dry lips and skin. You should make sure that you're drinking plenty of water, that you cool down and stay in the shade, and consume foods that are also hydrating, such as fruit.

### Heatstroke

To avoid heatstroke, you should stay in the shade, drink plenty of water, try to avoid being outside in the middle of the day and wear light clothing. Heatstroke symptoms can include dizziness, nausea, cramps and a high temperature. If symptoms seem more serious you should call 999.

### Skin cancer

Making sure you're consistently applying suncream, checking UV regularly, wearing long clothes and staying out of direct sunlight all reduce your chances of developing skin cancer. Staying away from artificial UV, such as sunbeds, is also very important.

### Hyperpigmentation / Melasma Awareness

Melasma is a common skin condition in adults that causes patches of skin to become darkened and brown or grey, usually on the face. It's often more prominent in the summer months. It can be caused by hormonal changes such as pregnancy or the contraceptive pill. It can also run in families. If you're concerned about what you think could be melasma, you should seek advice from a GP. If you want to avoid melasma, you should try to avoid direct sunlight, skin lighteners or chemical peels.

### UV Safety

Protecting your skin whilst in the sun is very important to prevent issues like cancer. The most effective ways are by using suncream, staying in the shade and wearing covering clothing. It's important that your sun cream is at least SPF30, and UVA approved with 4 or 5 stars. It's also important to remember that even if it doesn't look sunny outside, the UV may still be high. Children are at greater risk from sunburn, especially when around water. Whenever your child gets out of the pool, you should dry them and reapply sun cream. Even if your sun cream is waterproof, it's better to be completely sure that they're protected. Making sure that they're not in direct sunlight in the middle of the day is vital.

### New patient surgery results:

- 86% find the reception and admin team helpful
- 99% knew what the next step would be within two days of contacting us
- 69% describe their experience of contacting us as good
- 91% felt their needs were met during their last GP appointment
- 78% describe their overall experience of this GP practice as good

**If you would like to leave us a review, you are able to do so through the review section when you type in Theale Medical Centre on google**

## Prediabetes

Prediabetes means that your blood sugars are higher than usual, but not high enough for you to be diagnosed with type 2 diabetes. However, it does mean that you are at high risk of developing type 2 diabetes.

### Diagnosing prediabetes

Many people can reduce their risk of type 2 diabetes and it may be possible to prevent or delay the condition developing. If you're worried about prediabetes, you can call your GP surgery and ask for a blood test. The most common test will be checking your HbA1c levels which is your average blood glucose (sugar) levels for the last two to three months.



A lot of people don't get any symptoms when it comes to prediabetes and type 2 diabetes, or don't notice them. But you may notice:

- going for a wee more often, especially at night
- feeling more tired, because your body can't get enough glucose into your cells for energy
- losing weight without trying
- genital itching or thrush
- cuts and wounds taking longer to heal
- blurred vision
- feeling extremely thirsty

## Standby Volunteer Transport

This is a voluntary organisation that can organise transport for patients with difficulties using public transport. The service is run by volunteers, and they request a voluntary donation towards the cost of their petrol. The phone number below will allow you to leave a message on their answerphone to which a volunteer will call you back.

**Telephone:** 0118 930 6419

## NHS Berkshire Healthcare- NHS Foundation Trust Physiotherapy self-referral- Musculoskeletal outpatients

If you type in the above on Google, it will take you to a page where you can find their physiotherapy service, amongst their list of services. You can then complete the self-referral form, with as much detail as you can. After this, you will get a confirmation email and instructions about your next steps.



Telephone: 0118 930 3081

General Enquiry Email: [bobicb-bw.tmc@nhs.net](mailto:bobicb-bw.tmc@nhs.net)

Dispensary Email: [bobicb-bw.tmcdispensary@nhs.net](mailto:bobicb-bw.tmcdispensary@nhs.net)

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