

TORKARD HILL NEWSLETTER

June 2026
www.torkardhill.co.uk

Blood tests

We are often seeing abnormal blood results simply due to poor hydration. Unless you have a particular medical condition that restricts your fluid intake, we usually advise patients to:

- Drink plenty of water before your blood test
- Avoid caffeine for 24 hours beforehand
- Avoid alcohol for 24 hours beforehand
- Avoid red meat for 24 hours beforehand

Being well prepared helps ensure your results are accurate and reduces the need for unnecessary repeat blood tests. Thank you for helping us get the best possible results first time.

Parking

Please park safely and legally when visiting the practice. Increasingly, unsafe and inconsiderate parking in the surrounding area is creating serious hazards for pedestrians and causing access difficulties for emergency staff and emergency vehicles. We kindly ask all patients and visitors to be mindful of local parking regulations and our neighbours when attending appointments.

How do I request an appointment?

- NHS App
- Our website
www.torkardhill.co.uk
- Call/pop in and speak to a receptionist



Hay fever!

Struggling with sneezing, itchy eyes, or a blocked nose? Here are some over-the-counter options that may help relieve common hay fever symptoms:

1. Sneezing, itchy nose & runny nose
 - Antihistamine tablets such as cetirizine, loratadine, or fexofenadine can help reduce allergy symptoms.
2. Itchy, red or watery eyes
 - Antihistamine eye drops may soothe irritation and reduce redness.
3. Blocked or congested nose
 - Steroid nasal sprays like beclometasone can help reduce inflammation and congestion when used regularly.
 - Saline nasal sprays/rinses can also help clear pollen from the nose.
4. Self-help tips:
 - ✓ Keep windows closed during high pollen days
 - ✓ Shower and change clothes after being outdoors
 - ✓ Wear sunglasses outside to protect your eyes
 - ✓ Apply a small amount of petroleum jelly around the nostrils to help trap pollen
 - ✓ Check daily pollen forecasts before heading out



**Torkard Hill
Medical Centre**
is a
**Top 20 Research
Recruiting Site**
in East Midlands

To keep up to date with Practice news, local NHS updates, and health advice, please visit, like and follow our Facebook page - www.facebook.com/OfficialTorkardHill

Sedation for fear of flying

We do not prescribe sedatives for flying. It is not good clinical practice to prescribe and the reasons for this include:

- 1) Diazepam is a sedative, which means it makes you sleepy and more relaxed. If there is an emergency during the flight it may impair your ability to concentrate, follow instructions and react to the situation. This could have serious safety consequences for you and those around you.
- 2) Sedative drugs can make you fall asleep, however when you do sleep this means you won't move around as much; this can cause you to be at increased risk of developing a blood clot (DVT) in the leg or even the lung. Blood clots are very dangerous and can even prove fatal. This risk is even greater if your flight is greater than four hours.
- 3) Some people develop side effects such as agitation, disinhibition and aggression. This could impact on your safety as well as that of other passengers and could also get you into trouble with the law.
- 4) Diazepam is licensed for short term for a crisis and anxiety, not for flying.
- 5) Diazepam and similar drugs are illegal in a number of countries. They may be confiscated or you may find yourself in trouble with the police.

We appreciate that fear of flying is very real and very frightening. A much better approach is to tackle this properly with a Fear of Flying course run by the airlines.

Building works

We'd like to let our patients know that there are some building works taking place at the Practice and in the staff car park. While we expect disruption to be minimal, there may be some noise and slight inconvenience in the surrounding area during this time. We apologise for any inconvenience caused and appreciate your understanding for this essential work to be carried out. Thank you for your patience.

When we are at capacity

When the practice is at capacity and we have signposted you to another service, this is because our clinical team has assessed your situation and concluded that your issue requires urgent input.

We understand this may not feel as convenient as attending the practice directly, but it is important that you follow the advice given to ensure you receive the appropriate care as quickly and safely as possible. Thank you for your understanding and cooperation.



Asthma inhalers have changed!

For many years, people with asthma were told to use a blue inhaler (salbutamol) whenever they had symptoms. We now know that relying on salbutamol alone can:

- Treat the symptoms temporarily without treating the airway inflammation
- Increase the risk of asthma flare-ups and attacks
- Lead to poorer asthma control when overused

That's why asthma guidelines around the world have changed.

What do we use now?

1. AIR Regime (Anti-Inflammatory Reliever)

Instead of using salbutamol alone, patients use a combination inhaler containing:

a preventer medicine (inhaled corticosteroid), and a reliever medicine (fast-acting bronchodilator)

This means every time symptoms are treated, the underlying inflammation is treated too.

2. MART Regime (Maintenance And Reliever Therapy)

The same combination inhaler is used every day as a preventer, and the same inhaler is also used when symptoms occur. Benefits of MART include:

- ▶ Better asthma control
- ▶ Fewer asthma attacks
- ▶ Less need for oral steroids
- ▶ Simpler treatment plan