

THE QUAY SURGERY

Monthly Newsletter

Season's Greetings!



UPDATE

SORE THROAT FEVER

MYTH BUSTER

- Most sore throats do not need antibiotic treatment as they are caused by viruses.
- Fever is natural response of your child's immunity. Giving ibuprofen or paracetamol is not 'masking' it, but makes child well enough to eat and drink properly.
- White /yellow spots on tonsils or throat does not mean bacterial infection.
- For more information on Scarlet fever , [click this link](#).
- Up to-date vaccination in children can prevent most deadly infections.

BOOK YOUR FLU JABS IF YOU HAVEN'T HAD THEM YET.

FACE MASKS TO BE WORN IN THE SURGERY PREMISES UNLESS EXEMPT, IN VIEW OF SPIKE IN CASE NUMBERS OF RESPIRATORY INFECTIONS THIS WINTER.

PLEASE SELF TEST FOR COVID-19 WITH A LATERAL FLOW KIT, IF YOU HAVE SYMPTOMS, BEFORE CONTACTING OUR TEAM.

DO YOU THINK YOU HAVE ADULT ADHD?

ADHD is a disorder of development of the brain. Symptoms include attention deficit, hyperactivity and impulsivity. However, attention deficit can exist without hyperactive features in adult ADHD. Anxiety and low mood are not symptoms of ADHD or caused by it.

Psychoactive substances such as cannabis, cocaine, heroine etc and excessive consumption of alcohol can cause agitation and reduced concentration, and can mimic ADHD symptoms.

See link below for information and to understand how diagnosis would impact your life.

www.adhd.co.uk



New year resolution: Quit smoking!

Smoking is associated with all kinds of cancers, sexual dysfunction, increased infections and poor mental health.

Pls contact reception if you want to quit smoking this new year, or search [help me quit. wales](#)



Dr Fletcher running to raise funds for local hospice.

Dr Fletcher who is passionate about palliative care, is committed to raise funds for the local hospice by running a ...K marathon this winter.

