

THE QUAY SURGERY

Monthly Newsletter

NOSE BLEEDS

Nosebleeds can be scary, but they are often not serious and can be easily treated at home.

The cause of most nose bleeds are unknown however ageing, dryness in the nose, infections can contribute.

- Sit with head forward over a bowl/sink
- Pinch the fleshy part of the nose (nares) firmly, closing the nostrils
- Hold the nose for 20 minutes without releasing the pressure
- Suck on some ice or place ice packs on the forehead or nape of neck
- Spit out any blood in the mouth: it can cause you to be sick.
- Keep as calm as possible

If the bleeding persists for more than 30 minutes or is accompanied by other symptoms, such as dizziness or difficulty breathing, ring 111. [Further reading.](#)

UPDATE

Book your flu jabs if you haven't had them yet.

Skip the queue and file an e-consult to get an seek medical advice.

Please self -test for covid-19 with a lateral flow kit, if you have symptoms, before contacting our team.

Heart burn and Acid Reflux

Gastroesophageal reflux disease (GORD) is a common condition where stomach acid flows back into the oesophagus, causing symptoms such as heartburn, chest pain, and regurgitation of food or sour liquid into the mouth. GORD occurs when the valve between the stomach and esophagus doesn't close properly or opens too frequently, allowing stomach acid to enter the esophagus.

GORD is often triggered by certain foods, such as spicy or fatty foods, alcohol, and caffeine, as well as smoking, bug called *Helicobacter pylori* and obesity. It can also be worsened by lying down or bending over after eating, and can be more common in pregnancy or in individuals with certain medical conditions such as hiatal hernias.

The diagnosis of GORD is often made based on a patient's symptoms, but may be confirmed with tests such as an endoscopy, a breath test to check for H pylori bug may also be done.

Treatment for GORD may include lifestyle modifications, such as avoiding trigger foods, losing weight, quitting smoking, and elevating the head of the bed. Medications such as antacids, proton pump inhibitors, and antibiotic course for H pylori may also be prescribed to reduce stomach acid production and alleviate symptoms.

[Further reading](#)

SOCIAL MEDIA POLICY



The surgery recognises that many patients use social media in a personal capacity. In that capacity patients must not post anything that damages the reputation of the surgery or make personal comments regarding the staff.

Examples of social media misuse may include (this list is not exhaustive):

- Posting offensive or critical messages about the surgery/ practice staff or Doctors
- Posting content that could breach practice confidentiality
- Posting derogatory or inappropriate pictures or comments about patients/staff/GP or the practice in general
- Reposting or sharing material of an offensive, sexual, political or religious nature and linking such content to the practice.

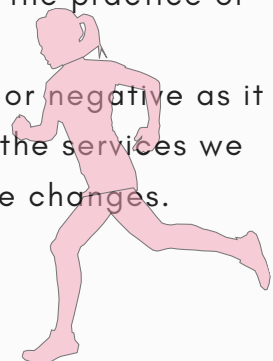
If any offensive social media posts are brought to our attention, we will contact our patient/s involved. The posts may be viewed as defamatory. This could result in the patient/s being removed from our practice list.

We would ask you contact the Practice Manager and Assistant Practice Manager via telephone 01244 814272 ext 320 or email to

Nicola.Parry5@wales.nhs.uk and

Benjamin.Williams4@wales.nhs.uk rather than posting offensive comments about the practice or any of our staff.

We welcome all feedback positive or negative as it gives us the opportunity to review the services we provide, and where necessary make changes.



Dr Fletcher is running London Marathon for Hospice, see this [link](#) to support her.