

# THE QUAY SURGERY

*Monthly Newsletter*



## EAR WAX

Earwax, also known as cerumen, is a natural substance produced by the glands in the ear canal. It helps to protect the ear from infection by trapping dust, dirt, and other foreign particles. However, excessive buildup of earwax can cause discomfort and even affect hearing.

Functions of Earwax Earwax has several important functions, including:

1. Protecting the ear canal from infection by trapping bacteria and other foreign particles.
2. Lubricating the ear canal to prevent dryness and itching.
3. Acting as a natural barrier to prevent water and other substances from entering the inner ear, which can cause infection.

Managing Excessive Earwax Excessive buildup of earwax can cause discomfort, itching, and even affect hearing. Here are some tips for managing excessive earwax:

1. Do not use cotton swabs or other objects to clean your ears. This can push the earwax deeper into the ear canal and cause more buildup.
2. Use earwax softening drops, which are available over-the-counter at pharmacies. Olive oil drops or bicarbonate drops work well in softening ear wax.
3. Seek professional earwax removal from a healthcare provider. They can use specialised tools such as micro-suction to remove wax.

## UPDATE

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**SKIP THE QUEUE AND USE E-CONSULT ON OUR WEBSITE.**

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

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## Social Media use as a patient of The Quay Surgery

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](mailto:Nicola.Parry5@wales.nhs.uk) and [Benjamin.Williams4@wales.nhs.uk](mailto: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.

# HYPERTENSION

Hypertension, also known as high blood pressure, is a common condition that affects millions of people worldwide. It is a chronic medical condition that occurs when the force of blood against the walls of your blood vessels is too high, leading to an increased risk of heart disease and stroke. In this article, we will discuss how to diagnose, treat, and prevent hypertension.

The diagnosis of hypertension is made by measuring blood pressure. Blood pressure is measured in millimetres of mercury (mmHg) and is recorded as two numbers: systolic pressure (the top number) and diastolic pressure (the bottom number). A normal blood pressure reading is less than 120/80 mmHg, whereas a reading of 140/90 mmHg or higher is considered hypertension.

**Treatment** There are several treatment options available for hypertension, and the treatment plan will depend on the severity of the condition. Mild hypertension can often be managed with lifestyle modifications such as exercise, a healthy diet, and weight loss. If lifestyle modifications are not effective, medication may be prescribed to lower blood pressure. The most commonly prescribed medications for hypertension include diuretics, ACE inhibitors, angiotensin receptor blockers, and calcium channel blockers. It is essential to take medication as prescribed and to continue to monitor blood pressure regularly.

Hypertension can be prevented or managed by making lifestyle modifications. Here are some tips to prevent hypertension:

1. Maintain a healthy weight: Obesity is a significant risk factor for hypertension. Therefore, maintaining a healthy weight is essential.
2. Exercise regularly: Regular exercise can help lower blood pressure and improve overall cardiovascular health. Aim for at least 30 minutes of moderate-intensity exercise most days of the week.
3. Eat a healthy diet: A diet rich in fruits, vegetables, whole grains, and lean protein can help lower blood pressure. Limiting salt, alcohol, and saturated and trans fats is also essential.
4. Manage stress: Chronic stress can contribute to high blood pressure. Find healthy ways to manage stress, such as meditation, yoga, or talking with a mental health professional.
5. Quit smoking: Smoking is a significant risk factor for hypertension and heart disease. Quitting smoking can help lower blood pressure and reduce the risk of heart disease.

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