**DR DASARI’S SURGERY NEWSLETTER**

**Dear Patients,**

**Welcome to the Summer edition of *Dr Dasari’s Surgery Newsletter*, where we share the latest updates from our practice and offer seasonal health advice to help you and your family stay well.**

**As the days get longer and warmer, it's the perfect time to focus on your health and wellbeing. Whether you're enjoying the outdoors, managing seasonal conditions, or simply staying proactive about your health, we’re here to support you.**

**👩‍⚕️ Our Clinical Team – Here to Help You**

**In addition to our experienced GPs, we are proud to offer a broad team of clinical professionals dedicated to your care:**

* **Physician Associates
Trained to assess and treat a wide range of minor illnesses.**
* **Clinical Pharmacist
Available for annual medication reviews, prescription queries, and support with using the NHS App to manage your repeat prescriptions efficiently.**
* **Practice Nurses
Providing essential services including wound care, vaccinations, cervical screening, and long-term condition management (e.g., asthma, diabetes, heart disease) across all age groups.**
* **Health Care Assistants (HCAs)
Carrying out blood tests, NHS Health Checks, stitch removal, and more.**

**🌼 Seasonal Health Tips**

**🤧 Hay Fever Relief**

**If you’re experiencing hay fever symptoms, your local pharmacist is your best first point of contact. They can provide effective treatment and advice—often without the need for a GP appointment.**

**☀️ Staying Safe in the Sun**

**Remember to:**

* **Seek shade between 11am and 3pm**
* **Wear protective clothing, a wide-brimmed hat, and sunglasses**
* **Use sunscreen with SPF 30 or higher and reapply regularly**

**💧 Avoiding Dehydration**

**Water plays a vital role in:**

* **Regulating body temperature**
* **Supporting mental clarity and mood**
* **Preventing headaches, fatigue, dry skin, and constipation**

**Tip: Include fruits and vegetables with high water content in your diet.**

 **🔗 Copy and paste link below for a list of these:**

[**15 foods that help you stay hydrated | UCLA Health**](https://www.uclahealth.org/news/article/15-food-that-help-you-stay-hydrated)

**✈️ Medication & Travel**

**Planning a trip abroad?
Managing medication while travelling—especially across time zones—requires some extra planning. You may be wondering:**

* **Can I take my medicine on the plane?**
* **What do I do if I need a prescription refill abroad?**

**Preparation is key.**

**Copy and paste the link below for more information:
🔗** [**https://worldtravelprotection.com/travel-insights/managing-medication-while-travelling**](https://worldtravelprotection.com/travel-insights/managing-medication-while-travelling)

**🗣️ Join Our Patient Participation Group (PPG)**

**We value your voice!
Our PPG, *Patients’ Voice*, offers a forum for patients to share feedback and help shape the services we provide.**

**If you're interested in joining, please contact the surgery and request an application form. Your input makes a difference.**

**Wishing you a safe, happy, and healthy summer.**

 **Warm regards,
Dr Dasari & The Surgery Team**



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