
Lyme Bay Medical & Dental Practice



Self – Management

- ~ Acute Sinusitis (adults)
- ~ Middle Ear Infection
- ~ Urine Symptoms In Men
- ~ Lower Back Pain
- ~ The Common Cold
- ~ Eczema
- ~ Fever In Children
- ~ Heartburn And Indigestion

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Get the Right Treatment

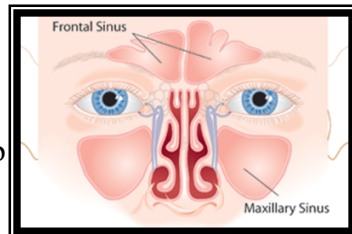
Every year, millions of us visit our GP with minor health problems that can be easily resolved without a doctor's appointment.

It is estimated that every year, 50 million visits to the GP are made for minor ailments such as coughs and colds, mild eczema, and athlete's foot. By visiting your pharmacy instead, you could

Acute Sinusitis (Adults)

Useful Facts

What are sinuses? Sinuses are cavities in our face bones that open up into the nose, helping to control the water content and temperature of the air reaching our lungs.



What is sinusitis? The body's response to irritants or bugs (inflammation) can lead to sinusitis: a swelling and irritation of the lining of the sinuses. Viral infections, such as the common cold, can cause the lining of the nose to swell, blocking the small opening from the sinuses to the nose. Fluid inside the sinuses may build up, which can make you feel bugged up and stuffy.

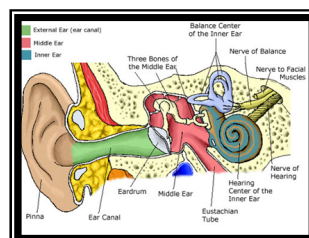
What types are there? Sinusitis can be acute (resolving within 12 weeks) or chronic (lasting longer than 12 weeks).

What are the symptoms? The most common symptoms include a blocked or runny nose, pain and tenderness in the face, and a raised body temperature. Additional symptoms are headache, cough, pressure in your ears, feeling generally unwell, bad breath, tiredness, and reduced taste and smell.

Will I need antibiotics? The symptoms of sinusitis usually get better on their own without treatment. Antibiotics are unlikely to help unless the symptoms are severe.

Middle Ear Infection - (Acute Otitis Media)

Useful Facts



What is middle ear infection? Behind the ear drum is a small space that's usually filled with air: the middle ear. To let air in and out, a small channel called the *Eustachian tube* connects this space to the throat. When germs (such as viruses or bacteria) enter during a cold, an ear infection can develop.

How dangerous is it? In most children, otitis media is a harmless infection that gets better by itself without any complications. **How common is it?** Middle ear infection is very common, mostly affecting small children aged between six and 18 months. More than half of all children suffer at least one middle ear infection by the time they're seven.

What are the symptoms? Older children usually complain of ear ache, while younger children often pull or rub their ears. Other common symptoms include runny nose, a raised body temperature (fever), being irritable, crying, sleep problems, cough and poor feeding.

Who's affected? Middle ear infections are more common in children who breathe in tobacco smoke, attend day care (nursery,) or who drink formula milk rather than breast milk.

Does my child need antibiotics? Most children with a mild middle ear infection will not benefit from antibiotics. Antibiotics can be useful in children younger than 2 years who have infections in both ears, or who have an infection together with a leaking ear.

Urine Symptoms In Men

Useful Facts

How common are they? Many men develop problems with storing or passing urine (urinary symptoms) as they get older. Up to half of adult men have some urinary symptoms up to the age of 40, while almost two-thirds of men between 40 and 60 and over three-quarters of men aged over 60 are affected.

What causes them? Not all urinary symptoms are caused by the prostate gland, although it is often blamed. Many men with urinary symptoms worry about prostate cancer, but an enlarged prostate (called *benign prostatic hyperplasia*) is much more common – and the two are not linked. Diabetes can also cause symptoms.

Will I need treatment? Treatment for most urinary problems is aimed at improving symptoms. So, if you're not too concerned by your symptoms, you can often manage them very simply by making a few changes to your lifestyle.



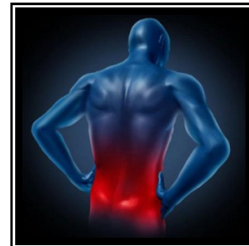
Lower Back Pain

Useful Facts

What is lower back pain? Low back pain describes tension, soreness and/or stiffness in the lower back, in most cases without a specific underlying cause.

How common is back pain? You're not alone – low back pain affects 8 out of 10 people in the UK at some time in their life.

Are my symptoms likely to be serious? No, low back pain is rarely due to a serious underlying cause, even if you're in quite a lot of pain.



Sore Throat

Useful Facts

How common is sore throat? Sore throats are extremely common.

What's causing sore throat? Sore throat is usually caused by a harness viral throat infection that gets better by itself. You

may suffer from *bacterial tonsillitis* if you have pus on your tonsils (the two clumps of tissue on either side of your throat), painful glands in your neck and fever – but no cough.

The *Epstein-Barr virus*, which causes glandular fever, is responsible for about 1 to 10 out of 100 cases.



The Common Cold (Adults)

Useful Facts

What is the common cold? Mild viral infections can cause symptoms of the cold, including a blocked and then runny nose, sneezing, cough, a sore throat, a slightly raised body temperature (fever) up to 39°C and feeling generally unwell.

How dangerous are colds? Colds are harmless infections that in the vast majority of cases get better by themselves without any complications.

How common are they? Colds are very common, and adults get an average of two to four colds a year.

Are there any complications? While the symptoms are unpleasant, the common cold is harmless. Complications, such as chest, ear and other infections, are rare.

Will I need antibiotics? Most colds get better on their own without treatment. Antibiotics are ineffective for treating the common



Eczema

Useful facts

What skin changes does eczema cause? If you suffer from eczema, your skin can appear red (or darker, if you have dark skin), swollen,

crusty and cracking. Itching is common and often caused by skin dryness, infection, allergens or scratching.

How common is eczema? You're not alone. Eczema is an often persistent or recurrent dry skin condition, affecting about 2 out of 10 children and two to 10 out of every 100 adults in the UK.

What's causing it? Eczema tends to start in childhood and is influenced by genetic and environmental factors. People with eczema often suffer other allergic conditions as well, such as asthma or hay fever, or both. Food allergy may sometimes be responsible in children who present with more severe eczema early in life.



Fever in Children

Useful Facts

What is fever? Fever is a raised body temperature above the normal daily variation, which usually suggests an underlying infection.

Fever is often 'normal' Mild feverish illness is a normal part of childhood – a natural, healthy and harmless response to help the body fight infection.

Fever is common Between around 3 to 7 out of 10 pre-school children develop at least one episode of fever every six to 14 months.



Common causes Common causes of fever include the common cold, ear infections, stomach bugs (*gastroenteritis*), throat- and travel-related infections.

Serious causes Severe infections, such as pneumonia or meningitis, are in rare cases the main cause of a fever.

Children under six months Any child under six months of age with a fever should be assessed by a health professional.

Heartburn and Indigestion

Useful facts

Dyspepsia is common You're not alone. Symptoms in the upper

abdomen may affect up to 4 out of 10 people in any one year

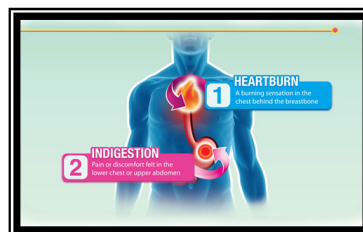
How does it present? Heartburn

and indigestion are symptoms of pain or discomfort in the upper abdomen or chest. They often result from overeating, eating high fat meals or being overweight.

Timing Symptoms typically occur after meals.

Other problems Dyspepsia is commonly accompanied by belching, and feeling bloated or sick.

What causes dyspepsia? Common causes include acid reflux from your stomach, inflammation of the gullet, certain medicines (check the patient information leaflet), infection with a bug called *helicobacter pylori* (or *H. pylori*), or when part of the stomach squeezes through the diaphragm muscle into the chest (known as *hiatus hernia*). Less commonly, a stomach ulcer or cancer of the stomach or gullet may be responsible. Sometimes, no underlying cause can be found (this is known as *functional dyspepsia*).



Constipation

Useful Facts

What is constipation? Constipation is when your stools become hard and you find it more difficult than usual, or even painful, to pass them when going to the toilet. You may also have a feeling of being unable to completely empty your bowel. Opening your bowels may be more difficult because your stools are hard, lumpy and dry, or because they are abnormally small or large.



Other symptoms Constipation may be accompanied by feeling bloated or sick, losing your appetite, and aches or cramps in your abdomen.

How common is it? You're not alone – constipation is very common (particularly in women and older people) and affects an estimated one to two out of 10 people at any one time.

Common causes These include not eating enough fibre (contained in cereals, Vegetables and fruit), changing your eating habits, ignoring the urge to go to the toilet, not drinking enough fluids, not getting enough exercise – and, perhaps surprisingly, also mental health problems such as depression or anxiety. Certain medications, such as *opiates*, *diuretics* and *antidepressants* may also cause you to become constipated.

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