



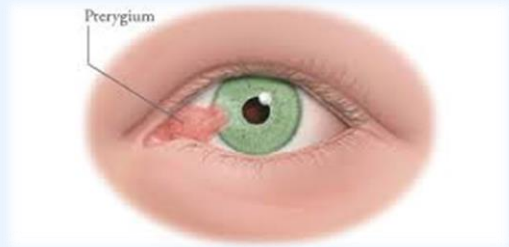
Our Country Practice

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Pterygium

— Unsightly but Safe



People who spend a lot of time in the sun or wind are likely to develop a harmless growth, known as a Pterygium on the surface of their eyes (conjunctiva). Pterygia are thickenings which can be compared to the calluses found on the hands of manual workers or sportsmen who spend a lot of time gripping a bat or golf club. They are common in the northern parts of Australia and among people such as farmers and surfers who spend a lot of time outdoors, but anyone can develop a pterygium.

Pterygia are usually wing shaped and commonly occur on the medial (near the nose) side of the eye. They cause no trouble unless they become inflamed or grow across the centre of the eye, interfering with sight. If this happens a simple operation can remove them.

Can the pterygium grow back?

A pterygium can grow back after it has been removed. A recurrent pterygium often grows more rapidly than the initial pterygium.

A good pair of sunglasses will reduce wear and tear on the eye and may prevent pterygia forming.

I DON'T WANT
YOU TO
SAVE ME.
I WANT YOU TO
STAND BY
MY SIDE
AS I SAVE
MYSELF.



Top Tips to beat Hay Fever !!!



I wait ages for the weather to get better and when it gets to summer, I'm allergic to it.

Beat hay fever and enjoy spring.

If you have hay fever, the start of spring can really get up your nose. But if you normally put up with hay fever until the season changes, or just rely on the medicines you always choose from a pharmacy shelf, you could be missing out on effective treatment. Just like any treatment program, hay fever treatments work best when they're tailored to you. Taking a little time to plan and using the right medicines — while also doing what you can to prevent an attack — will pay off in the long run and give you better symptom control. Here are some tips for beating hay fever so you can enjoy spring.

Minimise exposure to your allergens

One of the first things to do if you have hay fever (known medically as allergic rhinitis) is find out what sets your symptoms off. These triggers are called your 'allergens'.

Allergens that trigger hay fever do literally get up your nose, so preventing exposure will help prevent an attack. This might sound impossible when it comes to pollen and other allergens that float around in the air, but there are ways you can reduce or even stop exposure:

- Check out a [pollen calendar](#): this helps you identify plants that trigger your hay fever and when they're most likely to be flowering. You can find out what they look like too, so you can avoid locations where these plants might be growing.
- Smear petroleum jelly (like Vaseline) inside your nose when you are outdoors: this helps trap pollen and stops it reaching the inner lining of your nose.
- Stay indoors as much as possible: especially after midday in spring when the pollen count forecast is high, and on windy days or after thunderstorms.
- Wear sunglasses and frequently splash your eyes with water: this will help protect your eyes from irritation and flush out any pollen.
- Stay away from parks and gardens while lawns are being mowed: if you can't avoid this, wearing a mask may help, if practical.
- Shower after playing sport and other outdoor activities: to rinse off any pollen you've been exposed to.
- Use re-circulated air in the car: especially when pollen levels are high, or keep the windows closed.





Know your allergens

If you think you may have hay fever, see your doctor so they can help you work out what's causing your symptoms. If your symptoms mainly start in spring or summer, you may have 'seasonal' allergic rhinitis, which is usually triggered by higher pollen counts during these seasons. If you get symptoms all year round, you may be allergic to another allergen that commonly causes 'perennial' allergic rhinitis, such as dust mites, mould or animal hair. Of course, you can be allergic to more than one thing.

Target your symptoms the right way

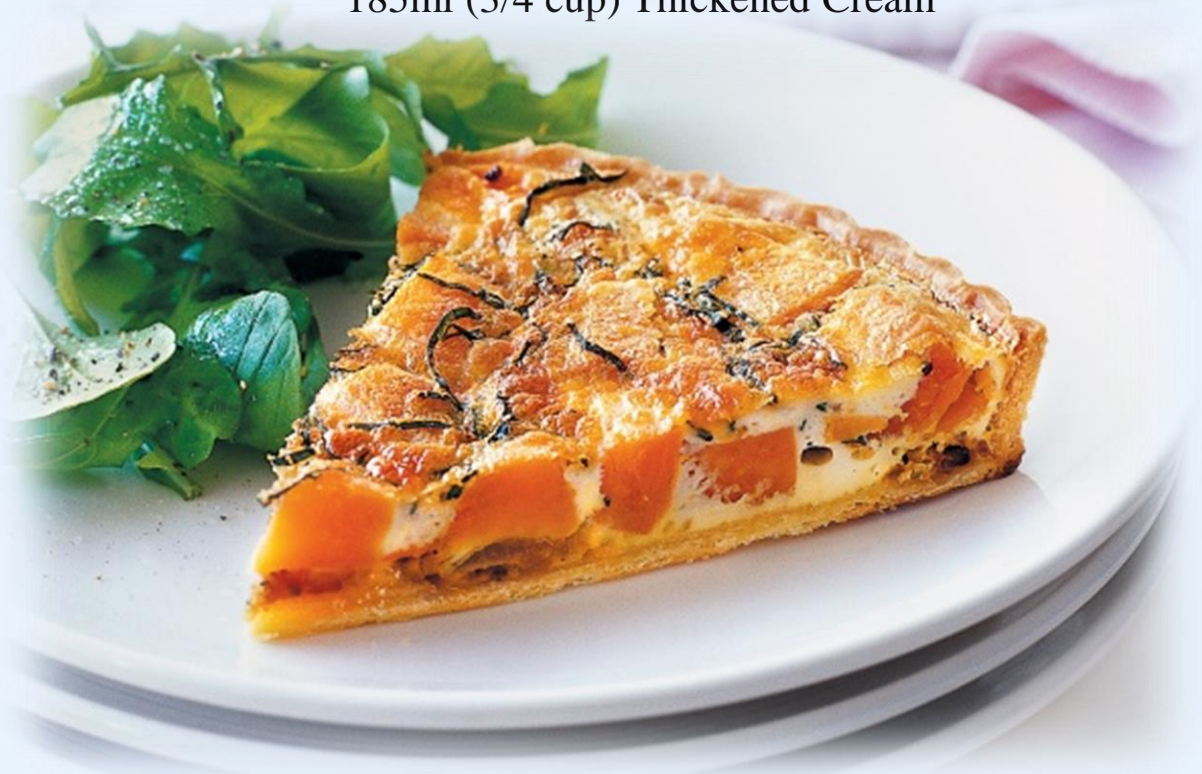
Talk to your doctor or pharmacist about your symptoms to work out the best treatment for you. They may suggest you try different medicines or a combination before you find what works best. It's a good idea to seek advice when choosing a medicine for hay fever because there are many products. Not all medicines for hay fever are of the same type or work the same way. For this reason, some medicines used to relieve hay fever symptoms may not be enough on their own, and may even be unsuitable for you to take. Some that are in the same form (e.g. sprays) actually contain very different [active ingredients](#), while in other cases there may be many brands containing the same active ingredient. For example, decongestant nasal sprays or drops, syrups or tablets may help reduce nasal stuffiness or 'congestion'. But they don't work on other hay fever symptoms, and oral forms often cause side effects like insomnia and irritability, and aren't suitable if you have a heart condition or high blood pressure. Antihistamine tablets, syrups or nasal sprays are also commonly used for hay fever and can help you control sneezing, itching and a runny nose. But they aren't as good at relieving nasal congestion, and some antihistamines can cause drowsiness, which could make it unsafe for you to drive or operate machinery.

Know your symptoms

As well as hallmark symptoms such as uncontrollable sneezing, a runny or stuffy nose, and a maddening itchiness, hay fever can cause headaches, an irritating cough, and may interfere with your sleep, causing fatigue and a general feeling of being unwell. Hay fever can also affect your eyes, making them red, puffy, itchy or watery. You may even lose your taste or smell of food. Bear in mind your symptoms may have nothing to do with hay fever, so it's important to have this investigated by your doctor.

Sweet Potato and Caramelised Onion Quiche

1 tbsp Olive Oil
1 lge Brown Onion, halved and thinly sliced
2 tsp Brown Sugar
2 tsp Wholegrain Mustard
2 (about 600g) Sweet Potato, peeled and cut into 2cm pieces
2 Frozen Puff Pastry Sheets
185ml (3/4 cup) Thickened Cream



Preheat oven to 200°C. Heat the oil in a non-stick frying pan over medium heat. Add the onion and cook, stirring occasionally, for 15 minutes or until soft and golden. Add the sugar and cook, stirring, for 2 minutes or until onion caramelises. Add the mustard and stir to combine. Remove from heat. Meanwhile, cook the sweet potato in a medium saucepan of boiling water for 5 minutes or until tender. Drain well.

Line a round 22cm (base measurement) fluted tart tin, with removable base, (or any pie dish that you prefer) with pastry and trim any excess.

Cover pastry base with caramelised onion and top with sweet potato. Whisk together the cream, egg and basil in a jug. Pour into pastry base. Bake in oven for 40 minutes or until golden and set. Serve with a green salad or coleslaw.