



It's Spring!

It might have taken a long time to come, but Spring is finally here. The longer days and warmer weather are welcome, but the allergies - not so much! If you suffer from hayfever or other seasonal illnesses, talk to your doctor or pharmacist about possible remedies that can help. You can also visit healthnavigator.org.nz for tips and advice on keeping well and enjoying the best of spring.

What is hay fever?

- Hay fever is an inflammation of the nose and eyes due to allergies. Often people get hay fever from grass pollen
- It causes a blocked, runny and itchy nose, sneezing and itchy watery eyes
- For some people it can result in worsening asthma that can make it hard to breathe
- Treatment includes antihistamines, corticosteroid and/or decongestant medications that can provide symptom relief.

Bowel screening is here it's easy and it's FREE

Check yourself out with the free bowel screening test.



Regular bowel screening helps find cancer early, when it can often be successfully treated.

Wairarapa District Health Board has started screening. You will be invited to take part if you are:

- aged between 60 and 74
- resident in Wairarapa
- eligible for publicly funded healthcare

To find out more, go to www.bowelscreening.health.nz or talk to your doctor.

Remember! If you have any ongoing symptoms you are concerned about, don't wait for screening - see your doctor NOW

Have you and your child got up to date inhalers?

Have you got enough?

Can you remember how to use them?



For help using your inhalers, see your doctor or pharmacist

Some ways to avoid getting hay fever:

- Try and stay inside when the pollen count forecast is high. Pollens are thick in the air in the early evening, on windy days and after thunderstorms
- Close bedroom windows at night to avoid pollen entering
- Keep active – being active helps build lung capacity and makes you better able to manage asthma and other respiratory illnesses
- Select plants for your garden that are pollinated by birds or insects, rather than plants that release their seeds into the air
- Avoid mowing the lawn, raking leaves or having an open compost heap
- Splash your eyes with cold water or shower after any activities that have exposed you to a lot of pollen
- Rub petroleum jelly (like Vaseline) inside your nose to stop the pollen from coming into contact with the lining of your nose
- If you are allergic to pet hair, keep your pet outdoors and out of bedrooms!

Do you belong to a club, group or organisation and think your members could do with knowing more about the bowel screening programme?..... we can come to you!

Email: communications@wairarapa.dhb.org.nz or phone 06 946 9800

Bowel cancer can develop without warning signs – but if it's found early, it can often be cured. Wairarapa is offering a free bowel screening test for people aged 60 to 74.

If you're between 60 and 74 years old and can receive publicly funded healthcare, you'll be invited to join the testing programme sometime over the next two years.

It's a simple test that you do at home.