

# Akerman Medical Practice

May 2025 Newsletter



Good

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## Managing Hay Fever

As the seasons change, many people start to experience the familiar signs of hay fever—an allergic reaction to pollen.

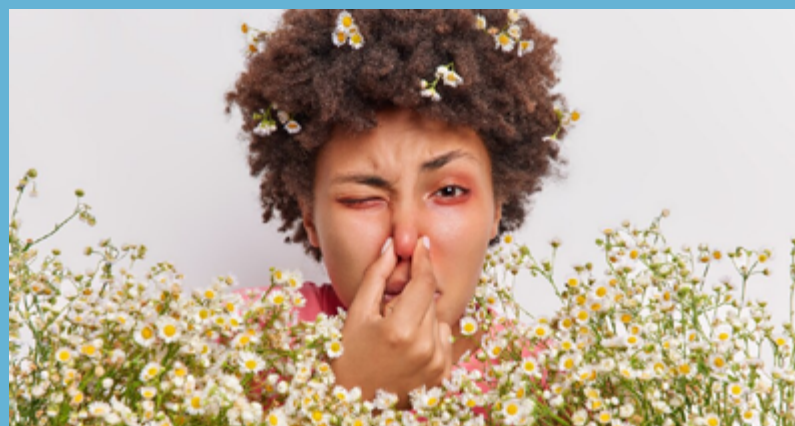
Common signs of hay fever include:

- Frequent sneezing and coughing
- A runny or blocked nose
- Itchy, red, or watery eyes

If you find yourself struggling with hay fever, your local pharmacist can help. They can offer expert advice and recommend effective treatments such as antihistamine tablets, eye drops, or nasal sprays to manage your symptoms and keep you feeling comfortable.

Taking simple steps like keeping windows closed during high pollen counts, wearing sunglasses to protect your eyes, and showering after spending time outdoors can also help reduce exposure to pollen.

Read more about signs, symptoms, and managing your hay fever by [clicking here](#).



## Opening hours

Mon to Fri - 8am to 6:30pm

Sat - 9:30am to 4:30pm

For help on a weekend  
or bank holiday  
call NHS 111

## Pharmacy First

Pharmacy First is an NHS service offering quick and expert advice for common health conditions without needing a GP appointment. Your local pharmacist can provide consultations, recommend treatments, and, in some cases, offer prescription medicines for conditions like sore throats, ear infections, and urinary tract infections.

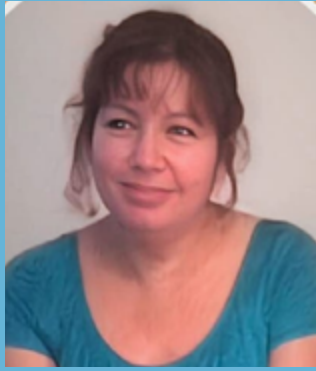
Pharmacists are highly trained healthcare professionals who can assess symptoms and guide you on the best course of action. If necessary, they will refer you to a GP or another service..

Find out more about Pharmacy First by [clicking here](#).



## In Loving Memory of Luz Patino

We are saddened by the passing of Luz Patino, our dedicated medical receptionist. She worked tirelessly through the pandemic and supported many of our Spanish-speaking patients. Luz will be greatly missed.



## Your Feedback Matters!

Share feedback on our website by [clicking here](#), or scanning the QR code.



## Akerman Medical Practice - Meet the Team



Dr Abdul Mukadam  
Medical Director  
Practice Lead



Lade Ajoye  
Practice Lead/  
Prescribing Pharmacist



Olawale Olakojo  
Practice Manager



Jolanta Urbanek  
Finance Manager/  
Immunisation  
Coordinator



Syeda Farooq  
GP Assistant



Dr Ammara Javed  
GP



Dr Anas Ahmed  
GP



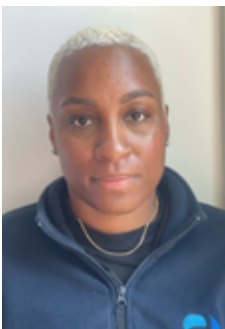
Dr Kajal Patel  
GP



Janice Johnson  
Practice Nurse



Kiana  
Keeshbafan  
Pharmacist



Anwar Marshall  
Senior Admin



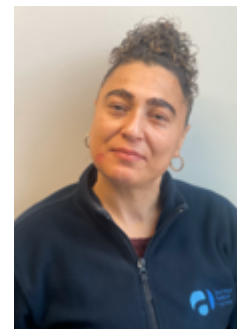
Vanessa Orozco  
Admin



Roksana Sianosz  
Admin



Fatima Osman  
Admin



Raffaella Trasi  
Admin