

# AIT Medihelp

"medicines training you can trust"

## December 2022

Its DECEMBER!



Well that's it! 2022 is almost finished and we are just delighted to have had our busiest year EVER. We can't thank you all enough for keeping us so busy and placing your trust in us.

We can't wait to see what 2023 brings and we wish you all a safe, happy & healthy Christmas.



@aitmedihelp  
hello@aitmedihelp.co.uk

As ever, we are always one email, phone call or message away.

Please get in contact today to see **how, when and where we can help you!**

## 'Tis the Season... for flu!



**Influenza (flu)** is a very infectious viral illness spread by **coughs & sneezes**, especially common in winter. It can particularly affect the frail/elderly/pregnant and worsen conditions like diabetes/lung disease.

It can be **spread very quickly** in a residential or nursing home.

Flu symptoms come on quickly, usually include **fever & aching muscles** and limit the ability to continue daily activities.

### Treat the symptoms:

rest, keep warm, drink plenty of fluids and take painkillers as necessary. People in high-risk groups may need to contact a GP if complications eg. chest infections occur.

### Prevention:

there are many types of flu virus - the annual flu jab & good hygiene can greatly reduce the risk of catching flu, protecting yourself and those around you.

## Medicinal Christmas Fun Facts!



**Pharmacists by trade (and at heart), OF COURSE we couldn't resist flexing our medicinal knowledge this festive season!**

**Gold** is a very soft, shiny (expensive!) metal. It has anti-inflammatory properties and been used in dentistry. □

**Frankincense** is an aromatic tree resin, smelling warm & woody. It has anti-inflammatory, antibacterial & antifungal properties. □□

**Myrrh** is another aromatic tree resin, smelling more earthy & of liquorice. It has antibacterial, anti-inflammatory, antioxidant, decongestant & calming properties. Also used as an insect repellent. □□□

