

## WHAT YOU OWE

## TAX TIPS with Tim Allen

When completing your tax return, you are entitled to claim deductions for some expenses, most of which should be directly related to earning your income (called "work-related expenses"). Deductions reduce your taxable income, meaning you pay less tax.

To claim a deduction for work-related expenses:

- You must have spent the money yourself
- It must be directly related to earning your assessable income
- You should have a record to substantiate your claim.

When your expenses meet these criteria, some of the things you may be able to claim are:

- Vehicle and travel expenses if you use your car for work or work in different locations
- Clothing, laundry and dry-cleaning expenses for a uniform that is unique and distinctive, or specific to your occupation
- Gifts and donations for contributions to endorsed organisations
- Home office expenses such as a computer or phone, and running costs such as an internet service, as they relate to your work

If you need help with your deductions, or any other taxation or accounting needs, contact our office or come in and see Laterals glp friendly staff.



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## The Spring allergy season is here

Bente Hart and Julie Ballard

It is that time of the year where you may suddenly start to sneeze, the nose runs or is blocked and the eyes can get itchy and runny. It is allergic rhinitis that sometimes is called 'hay fever' when it occurs during the times of year when there are a lot of pollens in the air. The biggest culprit for seasonal allergy in the Braidwood area is ryegrasses. Though it is worth noting, that most people with allergic rhinitis are allergic to house dust mites, pollen, pets, moulds or a combination of these.

The allergic reaction makes the inside of the nose irritated, swollen and abnormally sensitive (inflamed). It also affects the back of the mouth and the throat. A person with rhinitis may have a blocked or runny nose, and may experience itching or soreness in the nose, throat and eyes. Some people can also get headache and have symptoms that are so severe that they can't sleep or concentrate and in general feel unwell and tired. This can cause problems with concentration at work or school.

**Possible symptoms of allergic rhinitis** (remember you do not necessary have all the symptoms)

- Itchy, runny or blocked nose
- Itchy or watery eyes
- Sneezing
- Always feeling like you have a head cold
- Frequent sore throats
- Hoarse voice
- Breathing through the mouth
- Snoring
- Facial pain or pressure
- Frequent headaches
- Repeatedly getting middle ear infections

## WHAT YOU BLOW

- Constantly coughing to clear the throat soon after lying down to sleep
- Bad breath
- Sleeping badly or being tired during the day
- Breathing problems even when your asthma is well controlled

Asthma and allergic rhinitis are related health conditions. People with allergic rhinitis have a higher chance of going on to develop asthma than people without allergic rhinitis. So, if you have allergic rhinitis and are allergic to grass pollens (e.g. ryegrass), you could have asthma attacks caused by springtime thunderstorms (also known as thunderstorm asthma). These mainly occur in October – November, in places where there is a lot of grass pollen (e.g. most of south-eastern Australia). Very severe asthma attacks triggered by thunderstorms are more likely in people who have asthma as well as asthma allergic rhinitis – especially if their asthma is not well controlled, or they are not taking regular preventer medication for their asthma. So, good control of allergic rhinitis and asthma could reduce your risk.

### Things you can do to reduce exposure to pollen:

Check a pollen calendar on websites like:

[canberrapollen.com.au](http://canberrapollen.com.au)

Or get a phone app like:

"Canberra pollen count and forecast".

Or know when listen for the daily forecast on TV or radio.

- 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
- Shower after outdoor activities to wash off pollen
- Wash your eyes often with lubricating eye drops or saline water to flush out any pollen
- Flush your nasal passages with a nasal rinse like "NeilMed Sinus Rinse" or "Flo Sinus Care" to mechanically remove pollen from the nasal cavities.

Many treatments are available to buy in the pharmacy today. Both things that rapidly relieve symptoms and preventative treatments to control symptoms. As with all things in health remember that it is the preventative treatment that is most important as it stops the symptoms from happening in the first place.

### Some commonly used types of medication are:

**Intranasal corticosteroid sprays** – these nasal sprays contain very low-dose steroids and are one of the most effective treatments for allergic rhinitis. They need to be used regularly to be effective. Please ask for a demonstration in the pharmacy on how to use them correctly to get the best effect.

**Antihistamine nasal spray** – Can provide quick relief of itching and sneezing, and may help with blocked nose. They can be used together with corticosteroid nasal spray.

**Non-sedating antihistamine tablets** – these may be useful to control sneezing and itching, but are not as effective as intranasal corticosteroid sprays to control a severely blocked or runny nose.

**Eye drops** – may relieve itchy, swollen or runny eyes. Please ask for a demonstration in the pharmacy on how to instil your eye drops correctly.

**Saline rinses** - Used to help clear your nose and soothe the lining of your nose.

Please discuss with your local community pharmacist or doctor which combination or products will be best for you. For women who are pregnant or breast feeding please ask your pharmacist for advice on what products would be best for you and are safe to use for baby. The advice will be tailored to your specific situation.

If you need to use a nasal spray please be aware of the following dos and don'ts.

Do:

- Shake the bottle before each use
- Clear any mucus from your nose by blowing gently, or use a saline rinse or spray then wait 10 minutes before using your medication spray
- Lean your head forward and put the nozzle into your nostril gently, without pushing it in hard
- Point the spray bottle away from the wall that divides your nostrils (septum). At the same time, point it inwards towards the moist part of the inside of your nose
- Spray once into your nostril, then repeat the steps for your other nostril.

After using the spray, wipe the tip with a dry tissue and put the cap back on.

Don't:

- Tilt your head back while spraying
- Push the nozzle too hard or far into your nose (you could damage your septum or cause bleeding)
- Blow your nose hard after spraying (the medicine is lost)
- Sniff hard after spraying (the medicine ends up in your throat instead of your nose)
- Use a saline rinse straight after using the medicine. If you use saline, use it before your other medicines, and wait at least an hour before using saline again.



### Professional services available at Braidwood Pharmacy:

- Medication packing using Webster system (an aid to help you manage your medication)
- Scripts on file
- MedAdvisor App that helps you order and manage your scripts on file by use of your phone or computer
- Home Medication Reviews (on referral from your doctor)
- Medication profiling using MedsCheck (development of a medication list and detection of potential problems)
- NDSS supplies (diabetes)
- Blood pressure monitoring
- Return of Unwanted Medications (RUM project)
- Leave of Absence certificates
- Supply of medication for Hepatitis C treatment

## BRAIDWOOD PHARMACY

Our community matters

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Mon – Fri 9am - 5.30pm  
Saturday 9am - 12.30pm