



Thuisarts Newsletter – from your GP practice

Maandag 26 januari 2026

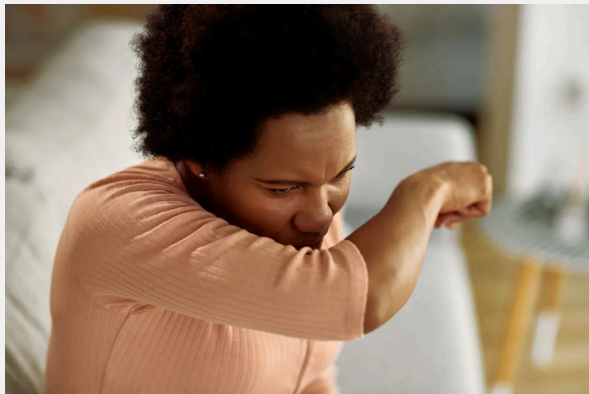
Whatever health question you may have, our practice is here for you. Increasingly, also online. To help you even better and faster, you will now receive this newsletter four times a year. It is full of useful tips on how to take good care of yourself — and the people around you.

We do this together with [Thuisarts](#), the website about health and illness. Created by doctors and supported by research, so you can be sure the information is always reliable.

Enjoy reading.

General Practice Stroomz De Ring International

Please note: The information on [Thuisarts.nl](#) is in Dutch. You can easily translate the page into English by right clicking anywhere on the website and selecting “Translate to English” in your browser.



3 tips to reduce coughing

Do you cough a lot? This is usually caused by a virus, for example with a cold or the flu. Coughing often goes away on its own within 1 week, but sometimes it lasts 4 weeks or even longer. You can do the following to reduce coughing:

1. Make sure the air in your home is clean. Open ventilation vents or a window. Do not smoke.
2. Drink frequently, for example water or tea.
3. Suck on a lozenge from time to time.

[Read more tips and information about coughing.](#)



True or false: you need extra vitamin D in winter

This is not true. Most people do not need to take vitamin D supplements. However, you do if one or more of the following apply to you:

- You are pregnant.
- You have a medium or dark skin tone.
- You spend little time outdoors.
- You are older.



[For everyone else, eating a healthy diet is the most important thing.](#)



“Should I dress my child warmly when they have a fever?”

No, that is not necessary. It is important that the body can release heat. Make sure your child wears light, loose clothing indoors. In bed, a sheet is often enough. If your child feels cold, you can add a blanket.

And did you know that:

- Your child is allowed to go outside? Getting enough rest is important, though.
- Your child should drink extra? Offer extra fluids and, for example, a water ice pop.
- Fever is a very normal reaction of the body? The higher temperature helps the body fight viruses and bacteria.

[Read when you should call the GP if your child has a fever](#)



Feeling low or winter depression? Take the check

Feeling tired. Or not enjoying fun activities. Many people experience this in winter, probably due to a lack of daylight. But are you just feeling a bit low, or could it be winter depression?

With winter depression, you may notice the following:

- You have symptoms of [depression](#).
- You feel down almost all day and cry more easily. Your symptoms start in autumn and disappear in spring.
- You have had these symptoms for at least 2 years in a row.

Often, winter depression also includes:

- Wanting to sleep a lot.
- Wanting to eat a lot, especially sweet foods.
- Heavy-feeling arms and legs.



[Read what you can do if you recognize this](#)



Suffering from chilblains on your hands or toes?



Pain, itching, and blisters on your face or chest

Do you have pain, itching, and blisters on your skin? For example, on one side of your chest or one side of your face? This could be shingles.

Anyone who has ever had chickenpox can develop shingles. The risk is highest in people over 60 years old.

Shingles usually clears up on its own within 2 weeks. If your symptoms last longer, such as persistent pain, make an appointment with your GP.

[Read more about shingles](#)



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