

Thuisarts Newsletter

From your GP Practice

Donderdag 08 oktober 2026

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Sore throat? These tips can help relieve the discomfort

A sore throat is usually caused by a common cold. Swallowing and talking can be difficult. Sometimes you may also have a fever. These tips may help:

- Drink small sips of cold water regularly.
- Suck on a sweet or lozenge.
- Try to talk as little as possible.

You do not need to buy special throat lozenges. You can take paracetamol if needed. You can also take steps to avoid spreading the infection to others.

Find out more



Burnout or stress-related exhaustion? What's the difference?

Many people use the terms burnout and stress-related exhaustion interchangeably. Some symptoms are indeed similar. For example, you may: sleep poorly, feel extremely tired and worry a lot. Also struggle with everyday tasks such as work or household chores.

There are important differences:

- With stress-related exhaustion, most people start to feel better within three months.
- With burnout, symptoms have usually lasted for more than six months.
- Burnout is mainly characterized by severe exhaustion, and recovery often takes longer.
- Your GP or practice nurse can help.

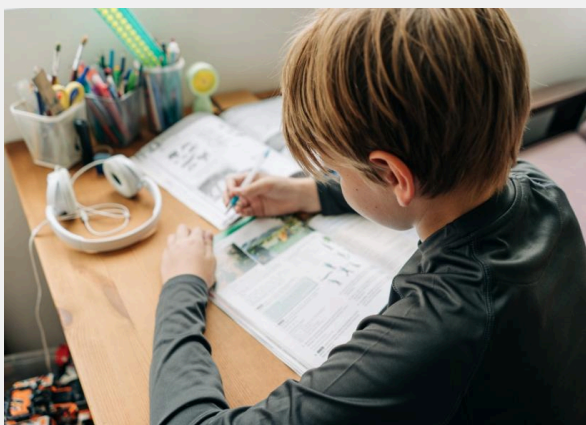
Read more

What happens if you receive an invitation for the flu vaccination?



Earn €55 by taking part in an interview

What do you do when you need to see a doctor quickly? Thuisarts would like to interview people about this. Duration: 45 minutes Location: Tilburgseweg-West 100, Eindhoven. Compensation: €55 plus travel expenses The research is being conducted by Valsplat. Sign up [here](#).



True or false: a child with ADHD always needs medication

False. Medication is not always necessary. The first step is often helping both you and your child learn how to manage ADHD.

Tips for Managing ADHD

- Make sure your child gets enough exercise: at least one hour every day, such as cycling or playing sports. Try not to let your child sit still for more than one hour at a time.
- Encourage healthy eating, including plenty of vegetables, fruit, and fibre.
- Use a clear and positive approach: make agreements together, explain the day's plans in the morning, and give compliments regularly.

There is additional support available for children with ADHD.

Learn more

Feeling like there is something stuck in your throat?

Have you ever felt as though there is something in your throat that does not go away when you swallow? This is often called a "lump in the throat" sensation.

Usually, there is not actually anything stuck in the throat. The sensation is often caused by tension in the throat muscles, for example due to stress.

Tips That May Help

- Try to swallow and cough less often.
- Avoid foods and drinks that make your symptoms worse, such as alcohol, menthol, peppermint, and salty liquorice.
- Use your voice carefully. Speak calmly and breathe gently while talking.

If you have difficulty breathing or cough up blood, contact your GP or an emergency out-of-hours service immediately.

When to seek urgent medical help

