



MARDEN Monthly Newsletter

**Marden
Medical Practice**

Issue 73
FEBRUARY 2013

New member of the team

From early February there will be a new Doctor starting at Marden.

Dr Ingram is a female Doctor and will be available to see patients all day on a Wednesday and a Friday. Dr Ingram will be here on a permanent basis.

Welcome to Marden!

Surgery Closure

On Tuesday 5th February 2013 Marden Surgery will be closing at 12 midday for staff training, and will not re-open that day.

Marden Surgery will re-open as normal on Wednesday 6th February at 8am.

For any emergencies that arise after 12 mid-day please telephone

Shropdoc Out of Hours on:

08444 06 8888

We apologise for any inconvenience.

Easter Opening Hours

Marden Surgery will be open until 6pm on Thursday 28th March 2013.

The Surgery will NOT be open on Good Friday (Friday 29th March) or Bank Holiday Monday (Monday 1st April)

Marden will re-open at 8am on Tuesday 2nd April 2013.

For any emergencies that arise whilst the surgery is closed please contact:

NHS 111

We apologise for any inconvenience.

Useful Numbers

Health Visitors
452300

District Nurses
264090

RSH
261000

PCT
277500

Family Planning
283382

Pharmacies

Rowland's On Site
369446

Asda
276810

Sainsbury's
244744

Taylor (Radbrook)
249931

Williams Co-op
344277

Conway
352352

Lunt's (Hereford Rd)
351918

Boots (Pride Hill)
351311

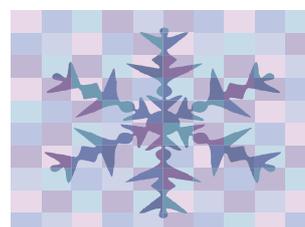
Rhodes
343998

Boots (Cophthorne)
350747

Boots (Coleham)
362496

Lloyds (Riverside)
344523

Tesco
845449



Whooping Cough Vaccination

It is recommended that, for the time being, all pregnant women should get vaccinated against whooping cough (pertussis) when they are 28-38 weeks pregnant. This is because there has been a sharp rise in the number of whooping cough cases in the UK.

Why should pregnant women have the whooping cough vaccine?

Getting vaccinated while you are pregnant may help to protect your baby from developing whooping cough in his/her first few weeks of life. The immunity you get from the vaccine will pass to your baby through the placenta. Babies are not vaccinated against whooping cough until they are 2 months old.

Is it safe to have the whooping cough vaccine when pregnant?

There is no evidence to suggest that the vaccine is unsafe for mother or baby if used in pregnancy.

What is whooping cough?

Whooping cough (pertussis) is a serious bacterial infection that causes long bouts of coughing and choking, making it hard to breathe. After each bout of coughing, the person gasps for breath, making the distinctive 'whoop' noise. Babies don't always make this noise. Other symptoms include a raised

temperature, runny nose, and vomiting after coughing. Whooping cough lasts around 2-3 months, and is sometimes called the '100 day cough'.

Why do we need to protect against whooping cough?

Whooping cough is a serious illness. Babies who get it can develop severe complications such as pneumonia and brain damage. Most babies with whooping cough will need hospital treatment, and when whooping cough is very severe they may die.

There is a large outbreak of whooping cough in the UK in the moment, with three times more cases in the general population than there were last year. In the first seven months of this year, 235 babies under 12 weeks old had whooping cough. Sadly, 13 babies have died from whooping cough so far this year. Babies who are too young to be vaccinated are at greatest risk.

Will the vaccine give me whooping cough?

The whooping cough vaccine is not a 'live' vaccine. This means it doesn't contain whooping cough, and can't cause whooping cough in women who have the vaccine, or in their babies.

A vaccine against only whooping cough is not available. It is part of a vaccine that also protects against diphtheria, tetanus and polio. The other components in the vaccine will not place you or baby at any additional risk, and will not give you any of these illnesses.

When should I have the vaccine?

The best time to get vaccinated to protect your baby is between 28-38 weeks of pregnancy, with between 28 and 32 weeks the ideal time. Please speak to your midwife, doctor or nurse for more information.

(INFORMATION TAKEN FROM NHS CHOICES WEBSITE: www.nhs.uk)

To contact the Surgery...

Telephone: 01743
241313

Fax: 01743 360725

Email:
marden.marden@nhs.net

Web Site:
www.mardenpractice.gp
surgery.net

Shropdoc: Out of Hours
08444 44 6666

Awareness

Did you know that February is National Heart Month. There are about 2.6 million people living in the UK with Coronary Heart Disease (CHD) and every single one of us is at potential risk. Managing your diet, keeping fit, and watching your blood pressure are a few important factors.

The British Heart Foundation's webpage has information about heart diseases and how to beat them -

www.bhf.org.uk