



# MARDEN NEWS

The monthly newsletter from Marden Medical Practice October 2017

## New Members of Staff

Dr Richard Woollam - Salaried GP - (will do minor surgery as well as Dr Ingram)



Dr Lisa Hallam - GP Registrar (here for 2 years)



Bethany Lancaster

**Administrators**

Lara Bason



## Useful Numbers

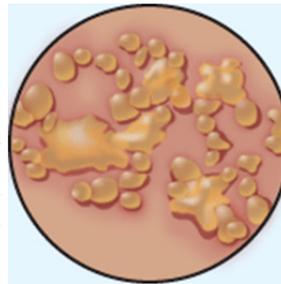
Health Visitors 452300  
District Nurses 277709  
RSH 261000  
Family Planning 283382

## 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 - Copthorne  
350747  
Boots - Coleham  
362496  
Lloyds - Riverside  
344523  
Tesco  
845449  
Pharmacy Express  
245715

## Shingles Vaccine

A vaccine to prevent shingles, a common, painful skin disease is available on the NHS to certain people in their 70s. The shingles vaccine is given as a single injection into the upper arm. Unlike the flu jab, you'll only need to have the vaccination once and you can have it at any time of the year. The shingles vaccine is expected to reduce your risk of getting shingles. If you are unlucky enough to go on to have the disease, your symptoms may be milder and the illness shorter.



Shingles can be very painful and uncomfortable and some people are left with pain lasting for years after the initial rash has healed.; it is fatal for around 1 in 1,000 over-70s who develop it. It's fine to have the shingles vaccine if you've already had shingles as it works very well in people who have had shingles before and it will boost your immunity against further shingles attacks.

You are eligible for the shingles vaccine if you are aged 70 or 78 years old and patients remain eligible up until their 80th birthday. You can have the shingles vaccination at any time of year, though many people will find it convenient to have it at the same time as their annual flu vaccination.



Once you become eligible for shingles vaccination your doctor will take the opportunity to vaccinate you when you attend the surgery for general reasons or for your annual flu vaccination but if you are worried that you may miss out on the shingles vaccination, contact your GP surgery to arrange an appointment to have it.

Research suggests the shingles vaccine will protect you for at least five years, probably longer, but it's difficult to be precise. However, there's lots of evidence showing that the shingles vaccine is very safe. It's already been used in several countries, including the US and Canada, and no safety concerns have been raised and the vaccine has few side effects.

You don't "catch" shingles – it comes on when there's a reawakening of chickenpox virus that's already in your body and the virus can be reactivated because of advancing age, medication, illness or stress and so on. Anyone who has had chickenpox can get shingles and it's estimated that around one in five people who have had chickenpox go on to develop shingles.





Public Health  
England

**Stoptober** is a Public Health England campaign that challenges smokers to give up cigarettes for 28 days during the month of October, and if you do, you are five times more likely to quit smoking permanently. More than 1 million people have used Stoptober to help them quit!

Tell everyone you're taking part! It's easier to give cigarettes the boot when your friends and family have your back so tell them "This Stoptober I'm quitting smoking for good so help me make it to 28 days smokefree".

### 3 reasons to quit



Feel healthier: No matter how long you've smoked for, quitting can help improve your health straightaway.



Cash in: You'll have much more cash in your pocket. If you smoke a packet a day, you could save around £250 each month!



Protect your family: Quitting helps protect your loved ones from harmful secondhand smoke – reducing their risk of developing asthma, meningitis and some cancers.

**If you want to stop smoking, you can make small changes to your lifestyle that may help you resist the temptation to light up.** Think positive: You might have tried to quit smoking before and not managed it, but don't let that put you off. Look back at the things your experience has taught you and think about how you're really going to do it this time.

Make a plan to quit smoking: Make a promise, set a date and stick to it. Sticking to the 'not a drag' rule can really help. Whenever you find yourself in difficulty say to yourself, "I will not have even a single drag" and stick with this until the cravings pass. Think ahead to times where it might be difficult - a party for instance - and plan your actions and escape routes in advance.



Consider your diet: Is your after-dinner cigarette your favourite? A study revealed that some foods, including meat, make cigarettes more satisfying. Others, including cheese, fruit and vegetables, make cigarettes taste terrible. So swap your usual steak or burger for a veggie pizza instead. You may also want to change your routine at or after mealtimes. Getting up and doing the dishes straight away, or settling down in a room where you don't smoke may help.

Change your drink: The same study looked at drinks. Fizzy drinks, alcohol, cola, tea and coffee all make cigarettes taste better, so when you're out, drink more water and juice. Some people find simply changing their drink (for example, switching from wine to a vodka and tomato juice) affects their need to reach for a cigarette.



Identify when you crave cigarettes: A craving can last five minutes. Before you give up, make a list of five-minute strategies. For example, you could leave the party for a minute, dance, or go to the bar. And think about this: the combination of smoking and drinking raises your risk of mouth cancer by 38 times.

Get some stop smoking support: If friends or family members want to give up too, suggest to them that you give up together. There is also support available from your local stop smoking service. Did you know that you're up to four times more likely to quit successfully with their expert help and advice? You can also call the NHS Smokefree Helpline on 0300 123 1044 open Monday to Friday 9am to 8pm, and Saturday to Sunday 11am to 4pm.

Get moving: A review of scientific studies has proved exercise – even a five-minute walk or stretch – cuts cravings and may help your brain produce anti-craving chemicals.



### We hold a help to quit clinic every Friday afternoon

#### Contact Information

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