



MARDEN NEWS

The monthly newsletter from Marden Medical Practice

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COLD COMFORT

A cold is a mild viral infection of the nose, throat, sinuses and upper airways. It can cause a blocked nose followed by a runny nose, sneezing, a sore throat and a cough.

In adults and older children, the cold will usually last for about a week as the body fights off the infection. In younger children they can last up to two weeks.

There is no cure for a cold, although you can usually relieve the symptoms at home by taking over-the-counter medication, such as paracetamol, and drinking plenty of fluids.

When to see a GP

You only really need to see your GP if:

- your symptoms persist for more than three weeks
- you have a high temperature (fever) of 39°C (102.2°F) or above
- you cough up blood-stained phlegm (thick mucus)
- you feel chest pain
- you have breathing difficulties
- you experience severe swelling of your lymph nodes (glands) in your neck and/or armpits

See your GP if you're concerned about your baby, an elderly person, or if you have a long-term illness, such as a chest condition. You can also phone **NHS 111** for an assessment.

Visit www.treatyourselfbetter.co.uk for more information and expert advice.



Colds are caused by viruses which attack the lining of the nose and throat, inflaming these areas. As they become inflamed, they begin to produce more mucus, resulting in a runny nose and sneezing. More than 200 types of virus can cause a cold. It's possible to have several colds, one after the other, as each one is caused by a different virus.

In general you will become contagious two to three days before your symptoms start. You will remain contagious until you are free of symptoms. So most people are contagious for about two weeks.

HOW TO STOP THE SPREAD...

- **wash your hands regularly and properly**, particularly after touching your nose or mouth and before handling food
- **always sneeze and cough into tissues** as this will help to prevent the virus-containing droplets from your nose and

mouth entering the air where they can infect others; throw away used tissues immediately and wash your hands

- **clean surfaces regularly** to keep them free of germs
- **use your own cup, plates, cutlery and kitchen utensils**
- **use disposable paper towels to dry your hands and face**, rather than shared towels.

All information from NHS Choices.

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



COMING SOON



A NEW WAY TO GET YOUR PRESCRIPTIONS AND APPLIANCES

The **Electronic Prescription Service (EPS)** will be available at the end of April for all Marden patients. The practice will be the first in Shropshire to move over to EPS. It will be a paperless service and it allows you to choose which pharmacy you would like to pick up your medicines or appliances from.

If you collect your repeat prescriptions from your GP you will not have to visit the GP practice to pick up a paper prescription, instead the GP will send it electronically to a pharmacy of your choice.

This service is suitable for you if you have a stable condition and you don't want to go the practice every time you need your repeat prescription and if you get your medicines from the same pharmacy every time you need them.

It may not be right for you if you don't have prescriptions very often or you like to pick up your medicines from different places..

Ask at the practice or your local pharmacy for more information or you can read about at

<http://www.hscic.gov.uk/epspatients>

New Number for Non Emergency Patient Transport

(PTS)

01743 762650

If you are eligible for free transport for non-emergency appointments to hospital or clinics this is the number to call.

If you are unsure about whether you qualify for this service please discuss it with your GP.

Contact Information

Telephone: 01743 241313

Email: marden.marden@nhs.net

Shropdoc:08444 06 8888

Fax: 01743 2360725

Website: www.mardenpractice.gpsurgery.net