



MARDEN NEWS

The monthly newsletter from Marden Medical Practice

Issue 99 April 2015



Electronic Prescription Service

From April 23rd

A more convenient way to get your prescription.

This practice is starting to send prescriptions electronically.

What does this mean for you?

If you collect your repeat prescriptions from your GP you will not have to visit this GP practice to pick up your paper prescription. Instead, your GP will send it electronically to the place you choose, saving you time.

You will have more choice about where to get your medicines from because they can be collected from a pharmacy near to where you live, work or shop. You may not have to wait as long at the pharmacy as there will be time for your repeat prescriptions to be ready before you arrive.

Pick up a leaflet from reception to find out how this could save you time. For more information visit: www.hscic.gov.uk/epspatients

★ MEDICINES AND DRIVING ★

Last month new drug-driving rules came into force. When you get your medicines, always read the information leaflet. You can ask your GP or Pharmacist if your medicine could impair your driving. You can find more details and a list of the drugs that may affect your driving at:

www.gov.uk/drug-driving-law

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



SO WHY ARE SOME TEENAGERS AFRAID TO SMILE?

Nearly half of young children and teenagers in England, Wales and Northern Ireland have tooth decay, according to new figures.

Forty-six per cent of eight year olds and the same proportion of 15-year-olds had obvious decay, according to the first Children's Dental Health Survey since 2003.

Around a third of five-year-olds and a similar proportion of 12-year-olds have tooth decay, according to the survey, published recently by the Health and Social Care Information Centre.

Here's what you can do to help prevent tooth decay - whatever your age!



Brushing

Brush your teeth for at least two minutes last thing at night before you go to bed and on one other occasion every day. Apart from bedtime, it doesn't really matter when the other time you brush your teeth is – providing it's at least an hour after you last ate.

Don't brush your teeth straight after a meal as it can damage your teeth, especially if you've had fruit, fizzy drinks, wine or any other food that contains acid. Leaving an hour will give your saliva a chance to neutralise the acid.

Cut the Sugar

Limiting the amount of sugar you eat and drink is important to prevent tooth decay and also has wider benefits for your general health. Have sugary food and drink only at mealtimes and don't eat sugary snacks between meals. Most of the sugars we eat and drink are contained in processed and ready-made food and drinks. These include:

- sweets, chocolate, cakes and biscuits
 - buns, pastries and fruit pies
 - sponge puddings and other puddings
 - table sugar added to food or drinks, such as tea
 - sugary breakfast cereals
 - jams, marmalades and honey
 - ice cream
 - dried fruit or fruit in syrup
 - syrups and sweet sauces
- sugary drinks, including soft drinks, fizzy drinks, milkshakes, alcoholic drinks and fruit juice

Happy Easter

The surgery will be

closed

on **Good Friday**

and

Easter Monday.



Information from NHS Choices , for more visit: www.nhs.uk

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