



MARDEN NEWS

The monthly newsletter from Marden Medical Practice

September 2015

MANAGING ASTHMA AND COPD

In 2011 Asthma killed more than 1600 people - including 18 children. Ninety per cent of these deaths could have been avoided - along with three quarters of hospital admissions.

If you are one of the 5.4 million people who has Asthma in the UK it's essential that you attend a regular check up to ensure you are getting the correct treatment.

Marden provides an annual review for any patient with COPD/Asthma.

Asthma symptoms are changeable from year to year, season to season and can be provoked by any number of triggers including the weather, exercise, smoke and dust, to name just a few. We aim to discuss any new/changing symptoms, check your inhaler technique, measure your Peak Flow and determine whether your treatment needs to be adjusted. It is also a chance for you to ask any questions and understand as much as you can about this condition.

Chronic obstructive pulmonary disease (COPD) is the name for a collection of lung diseases including chronic bronchitis, emphysema and chronic obstructive airways disease. People with COPD have difficulties breathing, primarily due to the narrowing of their airways. Typical symptoms

include increasing breathlessness, cough with phlegm and frequent chest infections.

COPD patients are also given the opportunity, on a regular basis, to meet for a consultation. These consultations are also a chance to assess routine observations such as your blood pressure and discuss any lifestyle issues such as smoking cessation and weight loss.

At each review you will be given a personalised management plan so that you know what action to take should your condition deteriorate. Knowledge is powerful and being in control of your asthma/COPD will help avoid hospital admission and keep you in the best of health.

Sister Helen Prichard

Find out more at:

<http://www.nhs.uk/Conditions/Chronic-obstructive-pulmonary-disease/Pages/Introduction.aspx>

blf.org.uk/Page/chronic-obstructive-pulmonary-disease-COPD

www.patient.co.uk/health/asthma-leaflet

<http://www.asthma.org.uk>

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

FACTS ABOUT DIABETES

The news has been full of stories about Type 2 Diabetes and it can make for grim reading when the latest analysis by Public Health England forecasts that 5 million of us are now at risk of developing it and many of us may not realise that.

Diabetes is a lifelong condition that causes a person's blood sugar level to become too high. There are 3.9 million people living with diabetes in the UK. That's more than one in 16 people in the UK who has diabetes (diagnosed or undiagnosed). This figure has more than doubled since 1996, when there were 1.4 million. By 2025, it is estimated that five million people will have diabetes in the UK. Many more people have blood glucose (sugar) levels above the normal range, but not high enough to be diagnosed as having diabetes. This is sometimes known as "pre-diabetes", and if you have it you have a greater risk of developing full-blown diabetes.

Early diagnosis is very important

It's very important for diabetes to be diagnosed as early as possible, because it will get progressively worse if left untreated. You should therefore visit your GP as soon as possible if you have symptoms, which include feeling thirsty, passing urine more often than usual and feeling tired all the time. The NHS is preparing to roll out a diet, weight loss and exercise programme that has been shown to reduce the diabetes risk for a quarter of those who take it up.

PHE chief executive Duncan Selbie said people needed support if they were to combat the risk posed by type-2 diabetes. "We know how to lower the risk of developing type-2 diabetes: lose weight, exercise and eat healthily, but it's hard to do it alone," he said.

"PHE's evidence review shows that supporting people along the way will help them protect their health, and that's what our prevention programme will do." (Sources: BBC News, NHS Choices)

You can find out more here:



DRAGON BOAT DELIGHT



Thank you to everyone who sponsored Air Marden, the 17-strong practice team which entered this year's Dragon Boat Race in June.

The amount raised for the Severn Hospice was **£1900.08** - smashing last year's total.

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