



MARDEN NEWS

The monthly newsletter from Marden Medical Practice

January 2016



Dr Jane Eden.....

.....In her own words

I have been a GP partner at Marden for 15 years and prior to this I worked in a rural surgery in the west of Scotland.

I qualified from Birmingham Medical School in 1983 and general practice was always my chosen career.

I also work as a GP with special interests in the DAART unit at the Royal Shrewsbury hospital. This unit undertakes assessment of elderly people and took over the function of the old day hospital there, but is now community led. I enjoy this immensely and undertook a masters degree in geriatric medicine at Keele university in 2009 where my thesis looked at the interface between general practice and hospital care of elderly patients.

I was awarded Fellowship of the Royal College of GPs this year which recognises your contribution to general practice.

My interests include cycling and you will often see me doing house visits on my bicycle, I also enjoy swimming, skiing and travelling. Every year I like to set myself three challenges. For 2016 they are: open water swimming, learning conversational Spanish and a work-related challenge. The latter involves setting up an elderly patient personal care record that patients can keep at home and use whenever they make contact with health professionals to provide continuity of care.

New Year - New You?

If you woke up on New Year's day and decided to make a change for the better, chances are you'll give up before the end of the month. Research shows that people who make resolutions, to lose weight, give up smoking, get fitter or drink less are much more likely to succeed if they make a plan well in advance. But don't let this put you off. A New Year resolution can start any time. There's loads of help available to get you going, to help you plan and to make sure you don't give up the first time you fall off the wagon, raid the fridge or spend the day lying on the sofa staring at a full ashtray. To find out more visit: <http://www.nhs.uk/Livewell/HealthyChristmas/Pages/NewYearresolutions.aspx>

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



GETTING THE RIGHT REMEDY

Coughs are common at this time of year. The good news is that most coughs last a short time and will clear up with just a little bit of help. But do you know how to treat your cough?

What is a cough?

It's a reflex mechanism to clear your respiratory passages. It is rarely a symptom of anything more serious than a cold and most coughs clear up within three weeks - after that you should go and see your GP or seek advice. One in five of us will have a cough this Winter.

What type of cough is it?

There are two types of cough: The productive cough (sometimes described as 'chesty' or 'loose'), in which the person tries to cough up the excess phlegm in order to clear their breathing, and the non-productive cough, sometimes referred to as dry or ticklish. Understanding the type of cough leads to appropriate treatment.

Which remedy is the right one for my cough?

Expectorants help to loosen sticky mucus, making it easier to cough up. The person will still cough, but in so doing will be able to expel the phlegm that is causing it. .

Cough **suppressants** serve to alleviate symptoms of the tickly, dry cough, providing relief from sleepless nights. The ingredients include codeine, pholcodine and dextromethorphan, suppressing the cough reflex.

Demulcents work by coating the throat and thereby reducing the tickly stimulus to cough. These include syrups and products with glycerine.

As well as the cough ingredients described above, the products you can get from your pharmacy may also contain **Analgesics** to relieve pain and lower temperature; **Decongestants** for a blocked nose and **Antihistamines** to reduce sneezing and itching.



So it's important to describe your symptoms to the pharmacist to ensure you get the right product for your type of cough. Don't ask your GP for antibiotics at the first sign of a cough - there are guidelines they have to follow * and it's in your best interests not to take unnecessary courses of antibiotics.

*NICE short clinical guideline on reducing antibiotic prescribing for respiratory tract infections cites the usual natural history of the illness and average total illness length as sore throat: one week; common cold: one and half weeks, sinusitis: two and a half weeks; cough: three weeks. <http://www.nice.org.uk/Guidance/CG69>

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