



MARDEN NEWS

The monthly newsletter from Marden Medical Practice

March 2016



Dr Carla Ingram.....

.....In her own words

Having grown up in Shropshire and gone to school in Shrewsbury I attended Medical School in Leeds where I graduated in 2000. I completed my GP training in Leeds before moving to South Wales where I worked as a GP in Bridgend for seven years.

While in Bridgend I also worked as a Clinical Assistant in Breast Cancer Care alongside the local Consultant Oncologist and her team. In 2012 after 17 years away I moved back to Shropshire and I joined the team at Marden in 2013.

I have felt very settled here and was delighted to become a partner last year. My working days are Monday, Wednesday and Friday and as some of you will already know I have a peculiar interest in all things relating to skin; particularly moles!

Along with Dr Bottomley I provide minor surgery services at the practice including a wide range of procedures such as joint injections, excisions of minor lumps and bumps and even removal of ingrowing toe nails (which I have to confess is something I rather enjoy doing!) I am also interested in Cardiovascular and Respiratory medicine. When I am not in work I can often be seen around Shrewsbury negotiating with my two sets of twins. So whatever challenges being a GP throws at me it's never quite as chaotic as life at home!

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



HAPPY EASTER

The practice will be CLOSED on
Good Friday and Easter Monday

VIEWING YOUR RECORDS



You are now able to see your medical records online and for free - by signing up to **Patient Access**. Even if you already use the system for booking appointments you need a separate sign in to view your records.

Patient Access is an online service provided by EMIS Health. It provides an encrypted service for GP surgeries across the country. To sign up, you need to speak to the receptionist who can provide you with the details you will need to join.

Once you are registered you will be able to view details of test results, immunisations, consultations and conditions.

You can still ask to see your medical records without joining the online service, but charges for this, as well as any copies of your records, will apply. For more information speak to the receptionist.

MENINGITIS VACCINE

The Meningitis B vaccine is now available to all newborn babies. The first dose is given at two months.

Meningitis B is most common in children under five and particularly in babies under 12 months.

There are about 1,870 cases every year.

Symptoms in babies include:

- **High temperature with cold hands and feet**
- **Agitation and Crying**
- **Sleepiness and Lethargy**
- **A blotchy red rash that doesn't fade when you roll a glass over it.**

Some or all of these may be present.

If you have concerns about your child seek medical advice. There is more information at www.nhs.co.uk type in meningitis in the search box. Or visit <https://www.meningitisnow.org>

Contact Information

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