



MARDEN NEWS

The monthly newsletter from Marden Medical Practice

June 2016

Hay Fever

Hay fever symptoms vary in severity and may be worse some years, depending on the weather conditions and pollen count.



When to seek medical advice: Most cases of hay fever can be treated using over-the-counter medication. Your local pharmacist can advise you on treatments for you or your children.

You usually only need to see your GP if:

You can't control your symptoms with over-the-counter medications, or you have troublesome side effects caused by the medication;

You're experiencing persistent complications of hay fever, such as worsening of asthma or repeated episodes of sinusitis;

The pattern of your symptoms is unusual, such as occurring during the winter or only at your workplace (it's likely that another substance other than pollen is responsible, and further testing will be needed to confirm this).

The symptoms of hay fever include: frequent sneezing; runny or blocked nose; itchy, red or watery eyes (allergic [conjunctivitis](#)); an itchy throat, mouth, nose and ears; [cough](#), caused by postnasal drip (mucus dripping down the throat from the back of the nose). Even though your hay fever symptoms may be mild, they can interfere with your sleep and your daily activities at school or work.

If you suffer from Hay Fever PLEASE arrange for a repeat prescription NOW. Don't wait until your symptoms begin, get your medication arranged immediately.

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

Carers of People with Dementia Event



Carers and Supporters of people with Dementia are invited to an informal gathering at

Marden Medical Practice on
Tuesday, 7th June, 2016

between 12.30pm and 2.00pm

RSVP to Marden Medical Practice 01743 241313

BOOK DONATIONS



Thank you so much to all those patients who have donated books and money. From April 2014 to the present you have donated £520.51 which has enabled us to purchase 10 Blood Pressure Monitors, a Disability Chair and the installation of a TV Screen for Patient Information topics. Thank you again and keep those books coming!



GIVING BLOOD SAVES LIVES

Over 6,000 blood donations every day are needed to treat patients across England, which is why there's always a need for people like you to give blood.

Each year we would wish for approximately 200,000 new donors, as some donors are no longer able to give blood, but most people between the ages of 17 and 65 are able to give blood.

Around half of the current donors are over 45 and so more young people (over the age of 17) are urgently needed to start giving blood and this will help to make sure that there is enough blood for the future. The blood you give is a lifeline in an emergency and for people who need long-term treatments. Many people would not be alive today if donors had not generously given their blood in the past. 'Food for thought perhaps'!



GIVE BLOOD SAVE LIFE



Mencap works with people with a learning disability to change laws, challenge prejudice and support them to live their lives as they choose. **You can help.** Share your hobbies and things you love doing, gardening, administration, campaigning, to help change someone's life.

Contact Information

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