



MARDEN NEWS



The monthly newsletter from Marden Medical Practice

August 2016

DR SARAH BUTLER: I grew up in Kent, on the border of South London, later moving to Manchester to do my medical degree. I arrived in Shropshire in 2000 to join the GP training scheme and have been living here ever since, spending the last year of my GP training at Marden Practice, with Dr Bottomley as my trainer. Dr Bottomley instilled in me a great enthusiasm for general practice: his dedication to patients and great clinical skills have certainly inspired me in my career. I thoroughly enjoyed my training at Marden Medical Practice, so when an opportunity arose to come back here to work in 2006, I was delighted. I have been working here for the last 10 years and, despite difficult times for the NHS nationally, I still retain my enthusiasm for holistic patient care and family medicine.



In September 2014, I became a partner at the practice and I am very proud to be part of the team here. I have a special interest in Women's Health and Family Planning, and also in Paediatrics. Dr Bottomley's influence also created in me a desire to teach and I am now a GP trainer myself, helping to develop the next generation of General Practitioners, who are so vital for the smooth running of our NHS.

Outside of work, I enjoy spending time with my family. I am married with two children aged 10 and 8 and it seems that most of my time is spent either at Football or Gymnastics. I have never been a great football fan, but as the saying goes, if you can't beat them, join them. I now find myself supporting Shrewsbury Town or Chelsea Football Club, and I can even explain the off-side rule!

I also enjoy swimming: it is a great form of exercise and relaxation which I would highly recommend to anyone looking to increase their levels of activity.

Retirement—Good-Bye Dr Bottomley

We would like to inform our patients that Dr Peter Bottomley retired from the practice with effect from the end of July 2016.



Whilst we feel very sad to see him leave, we wish him a long and happy retirement which will be full of new adventures.

Dr Elizabeth May will be starting at the Practice at the beginning of August and will be working all day on a Thursday & Friday.

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

Caring for your child with chickenpox

There is no cure for chickenpox, and the virus usually clears up by itself without any treatment. However, there are ways of easing the itch and discomfort, and there are important steps you can take to **stop chickenpox spreading**.



If your child is in pain or has a high temperature (fever), you can give them a mild painkiller, such as paracetamol but always read the manufacturer's dosage instructions. Paracetamol is the preferred painkiller for treating the associated symptoms of chickenpox due to a very small risk of non-steroidal anti-inflammatory drugs, such as ibuprofen, causing adverse skin reactions during chickenpox.

Avoid giving your child ibuprofen if they have asthma or a history of stomach problems. If you're not sure whether ibuprofen is suitable, check with your GP or pharmacist and if your child is younger than three months old you should always speak to your GP before giving your child any kind of pain relief.

Never give your child aspirin if you suspect or know that they have chickenpox.

If you're pregnant and have chickenpox, you should visit your GP as soon as possible. You may need to have antiviral medicine or immunoglobulin treatment to prevent your symptoms from getting worse.

It is important for children (and adults) with chickenpox to drink plenty of water to avoid dehydration. Sugar-free ice lollies are a good way of getting fluids into children and they also help to soothe a sore mouth that has chickenpox spots in it. Avoid anything that may make the mouth sore, such as salty foods.

If your child's skin is very itchy or sore, try using calamine lotion or cooling gels but avoid sponging them down with cool water as this can make your child.



If you're planning to travel outside the UK, you may need to be vaccinated against some of the serious diseases found in other parts of the world; vaccinations are available to protect you against infections such as yellow fever, typhoid and hepatitis A. In the UK, the childhood vaccination programme protects against a number of diseases, but doesn't cover most of the infectious diseases found overseas.

You should get advice at least eight weeks before you're due to travel, as some jabs need to be given well in advance. First phone or visit your GP or practice nurse to find out whether your existing UK jabs are up-to-date (they can tell from your notes). Your GP or practice nurse may also be able to give you general advice about travel vaccinations and travel health, such as protecting yourself from malaria and your GP or practice nurse can give you a booster of your UK jabs if you need one. They may be able to give you the travel jabs you need, either free on the NHS or for a charge but not all vaccinations are available free on the NHS, even if they're recommended for travel to a certain area.

The following are usually available free on the NHS: *diphtheria, polio and tetanus (combined booster) typhoid: hepatitis A – including when combined with typhoid or hepatitis B: cholera*. These vaccines are usually free because they protect against diseases thought to represent the greatest risk to public health if they were brought into the country.

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