

# MARDEN NEWS

The monthly newsletter from Marden Medical Practice

September 2016

## FLU

Flu vaccination is available every year on the NHS to help protect adults and children at risk of flu and its complications. Flu can be unpleasant, but if you are otherwise healthy it will usually clear up on its own within a week. However, flu can be more severe in certain people, such as: *anyone aged 65 and over: pregnant women: children and adults with an underlying health condition (particularly long-term heart or respiratory disease) or with weakened immune systems.*



The injected flu vaccine is offered free on the NHS annually to: adults over the age of 18 at risk of flu (including everyone aged 65 and over): pregnant women: children aged six months to two years at risk of flu.

Studies have shown that the flu jab does work and will help prevent you getting the flu. It won't stop all flu viruses and the level of protection may vary between people, so it's not a 100% guarantee that you'll be flu-free, but if you do get flu after vaccination it's likely to be milder and shorter-lived than it would otherwise have been.

## 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

## MENINGITIS AND SEPTICAEMIA



**Meningitis** is the swelling of the lining around the brain and spinal cord; **Septicaemia** is the blood poisoning form of the disease caused by the same germs. Anyone of any age can get meningitis or septicaemia and they can occur together or separately. Meningitis and Septicaemia can kill in hours.

The risk of getting the disease is very low and the bacteria that cause the disease are very common. One in ten of us has them in our noses and throats without ever knowing they are there, and for most of us this is harmless. We pass the bacteria between each other by close contact (e.g. coughing, sneezing, kissing) but most of us will not become ill because we have natural immunity. The bacteria cannot live longer than a few moments outside the human body, so they are not carried on things like clothes and bedding, toys or dishes.



Babies and young children are at higher risk than older children and adults, partly because their immune systems are not fully developed but vaccines give excellent protection, although cannot yet prevent all forms, and different vaccines for different forms are available in different countries of the world.

## New Members Of Staff

We would like to welcome the following new members of staff to the Marden Team



**Joanne Telford**  
Receptionist



**Rebecca Bryan**  
Receptionist

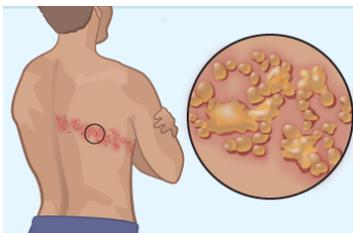


**Dinah Mike**  
Advanced Nurse  
Practitioner



**Dr Elizabeth May**

## SHINGLES



Shingles, also known as herpes zoster, is a painful skin rash caused by the reactivation of the chickenpox virus in people who have previously had chickenpox.

From 1st September 2016 the shingles vaccine is routinely available to people aged 70 and 78. You become eligible for the vaccine on the first day of September 2016 *after* you've turned 70 or 78 and remain so until the last day of August 2017. The shingles vaccine is **not** available on the NHS if you are aged 80 or over. Shingles is a common, painful, skin disease and your doctor will invite you to the surgery for the vaccine when you become eligible. Research suggests the shingles vaccine will protect you for at least five years, probably longer and the vaccine has few side effects. Anyone who has had chickenpox can get shingles and people tend to get it more often as they get older, especially over the age of 70.

It begins with a burning sensation in the skin, followed by a rash of very painful fluid-filled blisters that can then burst and turn into sores before healing. Often an area on just one side of the body is affected, usually the chest but sometimes the head, face and eye.



You don't "catch" shingles but the virus can be reactivated because of advancing age, medication, illness or stress.

The shingles vaccine is given as a single injection into the upper arm and, unlike the flu jab, you will only need to have the vaccination once and you can have it at any time of the year. The vaccine is expected to reduce your risk of getting shingles. If you are unlucky enough to go on to have the disease, your symptoms may be milder and the illness shorter.

It's fine to have the shingles vaccine if you've already had shingles and the shingles vaccine works very well in people who have had shingles before and it will boost your immunity against further shingles attacks.

### Contact Information

Telephone: 01743 241313

Email: [marden.marden@nhs.net](mailto:marden.marden@nhs.net)

Fax: 01743 2360725

Physiotherapy Triage 01743 454912

Shropdoc: 0333 222 6655

Website: [www.mardenpractice.gpsurgery.net](http://www.mardenpractice.gpsurgery.net)