

The monthly newsletter from Marden Medical Practice

# MARDEN NEWS

November 2016



Self Care Week is an annual national awareness week that focuses on embedding support for self care across communities, families and generations and this year's theme is **Health Literacy and Understanding Self Care for Life**.

## Colds and Flu

Cold and flu symptoms can last 7-10 days and sometimes longer. There is no 'cure' but you can treat the symptoms with some practical self care measures and over-the-counter medicines (sold without a prescription) which don't require a trip to your GP. Your pharmacist can advise on what Cold and Flu medicines are best for you.

## 5 A Day

A few small changes can help you and your family get the recommended five portions of fruit and veg a day. Almost all fruit and vegetables count, including frozen, canned and dried and one 5 A Day portion of fruit or vegetables is about 80g or around one handful. Buy fruit and vegetables loose rather than pre-packaged as these can be as little as half the price and are often cheaper at your local street or farmers' market. Replace your morning or afternoon snack with a piece of fruit - a banana or apple costs about 20p, about half the price of most chocolate bars or packets of crisps. Don't throw away vegetables that are about to go out of date, use them in stews, soups and casseroles, which you can freeze and eat another time.

## Blood Pressure

Reducing your blood pressure can make a massive difference to your health and it can prevent you from having a stroke or heart attack. To help lower your blood pressure and keep it at a healthy level do at least 30 minutes of exercise five times a week; walking, dancing, cycling, swimming. If you're not used to exercising, talk to your doctor about how much exercise will suit you, and build up slowly. A healthy balanced diet will also help, such as eating less salt, less saturated fat, five portions of fruit and vegetables a day. Although smoking doesn't cause high blood pressure, it raises the risk of heart disease.

## Dental Health

Brushing twice a day with fluoride toothpaste and having regular check-ups with a Dentist will help keep your teeth and mouth healthy. Diet, smoking and drinking alcohol also affect dental health. Start brushing your baby's teeth with fluoride toothpaste as soon as the first milk tooth breaks through but there's no need to buy special children's toothpaste brands. Try not to give sweets or sweet drinks as rewards as the best snacks are fruit and raw vegetables.

## 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

Thank  
you

from Dr Bottomley and Dr Moselhi for all the kind gifts, cards and lovely comments in their retirement books.



Flu vaccines/Shingles Vaccines & Pneumococcal Vaccines are still available so make an appointment today.

## UNDERACTIVE THYROID

An underactive thyroid (hypothyroidism) is when your thyroid gland doesn't produce enough of the hormone thyroxine (also called T4). Most cases of an underactive thyroid are caused by the immune system attacking the thyroid gland and damaging it, or by damage that occurs as a result of treatments for thyroid cancer or an overactive thyroid. This damages the thyroid, which means it's not able to make enough of the hormone thyroxine.

An underactive thyroid can also occur as a side effect or complication of previous treatment to the thyroid gland, such as surgery or a treatment called radioactive iodine therapy. These treatments are sometimes used for an overactive thyroid (where the thyroid gland produces too much hormone) or thyroid cancer.

Worldwide, a lack of dietary iodine is a common cause of an underactive thyroid, because the body needs iodine to make thyroxine. However, iodine deficiency is uncommon in the UK.

Babies are sometimes born with an underactive thyroid because the thyroid gland doesn't develop properly in the womb. This is called congenital hypothyroidism and is uncommon, affecting around 1 in 3,000 babies. It's usually picked up during routine screening soon after birth.

An underactive thyroid has also been linked to some viral infections or some medications used to treat other conditions, such as:

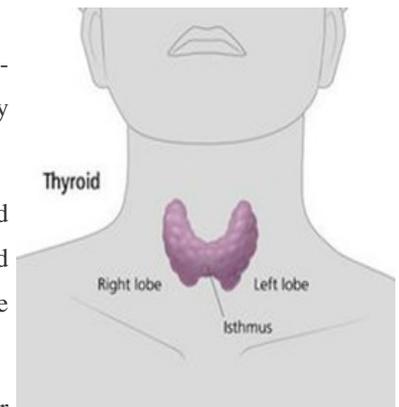
**lithium** – a medication sometimes used to treat certain mental health conditions, including depression and bipolar disorder

**amiodarone** – a medication sometimes used to treat irregular heartbeats (arrhythmias)

**interferons** – a class of medication sometimes used to treat certain types of cancer and hepatitis C

Speak to your GP or specialist if you're concerned that a medication you're taking may be affecting your thyroid hormone levels.

Also speak to your GP if you have concerns that you may have a thyroid problem and they will be able to put your fears at rest .



### Contact Information

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