



MARDEN NEWS

The monthly newsletter from Marden Medical Practice

July 2017

Good-Bye Dr. Eden

We would like to inform our patients that Dr. Jane Eden will be leaving the practice with effect from the end of August 2017.



Whilst we feel very sad to see her leave, we wish her the very best for a long and happy future which will be full of new adventures.

MARDEN PATIENT GROUP – PPG

Marden Patient Group is looking for new members to join them! It is very important that the patients of the Practice have a voice, particularly in view of the changes coming into effect for the whole of the NHS.

If you are registered with the Marden Medical Practice, the Patient Participation Group (PPG) needs your help. We are not members of staff but ordinary people who are registered with the surgery. Meeting usually on the second Tuesday evening of every month we strive to improve communication between patients and practice, share information, provide feedback from patients, explore their changing needs and attend appropriate meetings; to touch on just some of the ways we can help improve the service you receive. We're looking for ways for more of you to register your views, to ensure that a good cross section have a voice. We can support the Practice staff in putting surveys together for this purpose so, if you're asked to complete a survey be assured that, on your behalf, the Patient Group has a real involvement in it. If you want to know more about the Group or if you have ideas that might support our aims, please contact the Secretary c/o Marden Medical Practice, using the email or telephone details here (Zoe George:- Patient Services Manager on 01743 241313), come to one of our meetings or see the Group Notice Board on the left-hand wall of the entrance foyer. **Together we can make a difference.** (It should be noted that the phone line is busiest, with medical enquiries, between 9 and 11am).

HAY FEVER & ALLERGIES



Hay fever is a common allergic condition that affects up to one in five people at some point in their life. Symptoms of hay fever include: sneezing, a runny nose, itchy eyes.

You'll experience hay fever symptoms if you have an allergic reaction to pollen, which is a fine powder released by plants as part of their reproductive cycle. It contains proteins that can cause the nose, eyes, throat and sinuses (small air-filled cavities behind your cheekbones and forehead) to become swollen, irritated and inflamed.

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

You can have an allergy to: tree pollen, released during spring; grass pollen, released during the end of spring and beginning of summer; weed pollen, released late autumn. Many people find their symptoms improve as they get older and around half of people report some improvement in symptoms after several years and symptoms disappear completely in around 10-20% of people.

Hay fever treatment: There's currently no cure for hay fever, but most people are able to relieve symptoms with treatment, at least to a certain extent.

Treatment options for hay fever include antihistamines (**which should be purchased from a Pharmacy**), which can help to prevent an allergic reaction from occurring and corticosteroids (steroids), which help to reduce inflammation and swelling, however, if your symptoms are more troublesome it's worth speaking to your GP, as you may require prescription medication.

Hay fever is one of the most common allergic conditions, with an estimated 13 million people affected in the UK. You can get hay fever at any age, although it usually begins in childhood or during the teenage years and it's more common in boys than girls. In adults, men and women are equally affected but you're more likely to develop hay fever if you have a family history of allergies, particularly asthma or eczema.

Self-help tips: It's sometimes possible to prevent the symptoms of hay fever by taking some basic precautions, such as: wearing wraparound sunglasses to stop pollen getting in your eyes when you're outdoors: taking a shower and changing your clothes after being outdoors to remove the pollen on your body: staying indoors when the pollen count is high (over 50 grains per cubic metre of air): applying a small amount of Vaseline (petroleum gel) to the nasal openings to trap pollen grains.

An **ALLERGY** is a reaction the body has to a particular food or substance. Allergies are very common and are thought to affect more than one in four people in the UK at some point in their lives and are particularly common in children.



Common allergies; Substances that cause allergic reactions are called allergens and the more common ones include: grass/tree pollen (known as hay fever or allergic rhinitis): dust mites: animal dander (tiny flakes of skin or hair): food—particularly nuts, fruit, shellfish, eggs and cow's milk: insect bites and stings: medication—including ibuprofen, aspirin and certain antibiotics: latex—used to make some gloves and condoms: mould—these can release small particles into the air that you can breathe in: household chemicals—including those in detergents and hair dyes. Most of these allergens are generally harmless to people who aren't allergic to them.



Getting help for allergies: See your GP if you think you or your child might have had an allergic reaction to something. The symptoms of an allergic reaction can also be caused by other conditions so your GP can help determine whether it's likely you have an allergy and they can offer advice and treatment to help manage the condition or refer you to an allergy specialist.

Allergies occur when the body's immune system reacts to a particular substance as though it's harmful. It's not clear why this happens, but most people affected have a family history of allergies or have closely related conditions such as asthma or eczema. The number of people with allergies is increasing every year although the reasons for this are not understood, but one of the main theories is it's as a result of living in a cleaner, germ-free environment, which reduces the number of germs our immune system has to deal with.

If in doubt always consult your GP.

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