



MARDEN NEWS



The monthly newsletter from Marden Medical Practice January 2018

YOU CAN

QUIT SMOKING!

It is never too late to stop smoking to greatly benefit your health. Deciding when to stop smoking has to be your decision, and although seven out of ten smokers say they want to stop, most believe they cannot. It doesn't matter how many times you have tried to quit - you CAN stop smoking, and the most successful way of quitting is with the help of a free local Stop Smoking Service.

Help2Quit, the local NHS Stop Smoking Service in Shropshire, offers free support delivered by stop smoking specialists (including practice nurses, midwives, pharmacists and school nurses) that really works. Help2Quit has been helping people to quit for the last 17 years and has seen around 85,000 clients in that time! The service is available in almost all GP surgeries in Shropshire and is also provided in many pharmacies, community venues, hospitals and selected supermarkets.



If you use a combination of stop smoking medicine, along with specialist help and support from your local stop smoking service, you're up to four times more likely to successfully go Smokefree than if you try and stop on your own. To contact Help2Quit about the advice, support and treatment their specialists can offer locally, you can ring them on 0345 678 9025. Alternatively, you can find them on Facebook or twitter here @Help2QuitShrops. The Smokefree National Helpline also has expert advisers available between 9am-8pm from Monday - Friday, and between 11am - 4pm on Saturdays and Sundays. Just call them on 0300 123 1044. If you live in England you can order a free Quit Kit Support Pack, which includes advice along with a number of practical items (such as a planner to plot your progress) to encourage and assist smokers to give up for good.



Some of the benefits of stopping smoking are almost immediate, and quitting is one of the best things you'll ever do to benefit your health. After 20 minutes, your blood pressure and pulse rate return to normal; After 8 hours nicotine and carbon monoxide levels in blood reduce by half and oxygen levels return to normal; After 48 hours, carbon monoxide will be eliminated from the body, and lungs start to clear out mucus. At this stage, there is no nicotine left in the body, and ability to taste and smell is greatly improved; After 72 hours, breathing become easier; After 2-12 weeks, blood circulation improves; After 3-9 months, coughs, wheezing and breathing problems improve as lung function increases by up to 10%; After 5 years risk of heart attack falls to about half compared with a person who is still smoking; After 10 years, the risk of lung cancer falls to half that of a smoker and the risk of a heart attack is the same as someone who has never smoked.

Our Help 2 Quit service runs on a Friday Afternoon.



If you've tried and failed to lose weight, a visit to your GP surgery could help. Your GP or practice nurse can assess your general health, help identify the cause of your weight gain, work out if there are any health issues causing you to put on weight

discuss a plan to help you lose weight that suits you. You may also have your waist measured. Measuring your waist is a good way to check you're not carrying too much fat around your stomach, which can raise your risk of heart disease, type 2 diabetes and stroke.

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

If you're overweight, changes to your diet and physical activity levels are the first step to helping you lose weight. Your GP or practice nurse can help you assess your current diet and levels of physical activity, and set personal goals for change. You may be asked to keep a food diary – a written record of everything you eat – for one week as this can help you and your GP identify habits, such as adding sugar to your tea, that you can change.

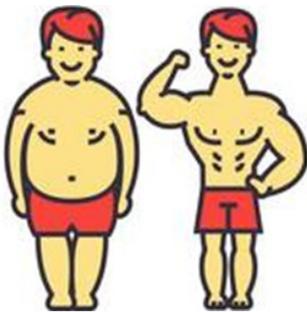


Your physical activity levels can be measured with an activity diary. Your GP may also suggest that you wear a pedometer for a week - a pedometer measures the number of steps you take and gives an indication of your daily activity levels. Once your GP or practice nurse has a clearer picture of your diet and level of physical activity, they can help you identify simple lifestyle changes. Together, you will work out a game plan to lose weight healthily and for the long term. It will be a plan tailored to your lifestyle and your preferences.

Your GP surgery should offer you regular follow-up appointments, usually every two weeks to a month, to monitor your progress.

More weight loss resources: NHS weight loss plan; Couch to 5k running plan ; 12-week fitness plan

Health and Fitness : Your GP surgery may refer you to other services, such as local weight loss groups. These could be provided by the NHS, or may be commercial services that you pay for. If it's appropriate, you may be referred for exercise classes under the supervision of a qualified trainer and, depending on where you live, the exercise programme may be free or offered at a reduced cost.



If you've made changes to your diet and levels of physical activity but you're not losing a significant amount of weight, your GP may recommend medicines that can help. If lifestyle changes and medicines don't work, your GP may talk to you about weight loss surgery. Weight loss surgery is usually only recommended for people with a BMI of at least 40, or 35 if you have a weight-related health condition, such as type 2 diabetes or high blood pressure.

Our Help 2 Slim service runs on a Friday Afternoon.

SEXUAL HEALTH in Shrewsbury

OpenClinic is a free, confidential and inclusive sexual health service in Shropshire, Telford & Wrekin and now South Staffordshire. OpenClinic is provided in partnership by South Staffordshire and Shropshire NHS Foundation Trust, SH:24, Terrence Higgins Trust and Chelsea and Westminster NHS Foundation Trust offering Emergency Contraception, Hormonal contraception (pill) or coil insertion if you have had unprotected sex, Referral and support to termination of pregnancy services, information, advice and assessment for Post Exposure Prophylaxis if you think you've been exposed to HIV, information and advice on Pre Exposure Prophylaxis (at the moment we



KNOW YOUR HIV STATUS



don't currently supply PREP), information and links to your nearest Sexual Assault Referral Centre (SARC) and information relating to support (including Child Sexual Exploitation, Female Genital Mutilation and Domestic Violence), sexually transmitted infection (STI) screening (including rapid testing) and treatment services. We routinely test for Chlamydia, Gonorrhoea, HIV and Syphilis. Free pregnancy testing. Free treatment is available when you need it.

We also offer: referral to specialist sexual assault centres, referral to other specialist clinics, Young Persons Counselling, Psychosexual Therapy by referral.



We do not offer: coils, implants, pills for non-contraceptive purposes, Fertility Services, Gynaecological contraception (such as for control of bleeding), Issuing of PREP, Occupational Hepatitis B vaccination, Occupational testing (such as for VISA's), Smears, Sterilisation, Urology services, Vasectomy services.

Contact Information

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