



# MARDEN NEWS

The monthly newsletter from Marden Medical Practice

May 2018

## Dementia Carers Event

8th May, 2018 from 12:30 pm - 2:00 pm at Marden Medical Practice. The Agenda is 'Local Community Support'.

**This event is open for anyone that cares for a dementia sufferer.**



If you have any books you no longer wish to keep, we will be delighted to receive them here at the surgery for our Patients' Library. Monies raised from donations will be used wisely to improve services to patients. Many thanks in anticipation of receiving your no-longer-required books.



**Walking For Health At Marden** - Marden Medical Practice, Shrewsbury, Shropshire, SY2 6DL

Marden Medical Practice is happy to announce a 60 minute Walk For Health every Wednesday with various local starting points (please see below).

- 2 May** - Meet at railway station for a walk around Castlefields. 10.40 am start.
- 9 May** - Meet at Marden for local walk. 10.30 am start.
- 16 May** - Meet at junction of Sutton Road/Oteley Road for a walk around Meole Village. 10.30 am start.
- 23 May** - Meet at cycle track on Sutton Road for walk into town. 10.30 am start.
- 30 May** - Meet at Marden for local walk. 10.30 am start.

If you'd like to join this walk it's usually fine to just show up on the day. but we recommend contacting the scheme coordinator first to check that the walk is going ahead. Their details can be found on the **scheme page**.

<https://www.walkingforhealth.org.uk/content/marden-medical-practice>

## 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

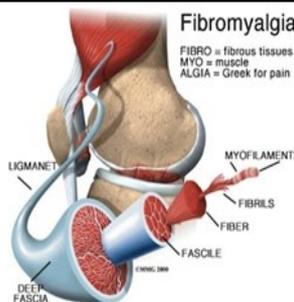
Pharmacy Express

245715

## Fibromyalgia

Fibromyalgia, also called fibromyalgia syndrome (FMS), is a long-term condition that causes pain all over the body. As well as widespread pain, people with fibromyalgia may also have::

- ◆ increased sensitivity to pain
- ◆ fatigue (extreme tiredness)
- ◆ muscle stiffness
- ◆ difficulty sleeping
- ◆ problems with mental processes (known as "fibro-fog") – such as problems with memory and concentration
- ◆ headaches
- ◆ irritable bowel syndrome (IBS) – a digestive condition that causes stomach pain and bloating



If you think you have fibromyalgia, visit your GP. Treatment is available to ease some of its symptoms, although they're unlikely to disappear completely.

The exact cause of fibromyalgia is unknown, but it's thought to be related to abnormal levels of certain chemicals in the brain and changes in the way the central nervous system (brain, spinal cord and nerves) processes pain messages carried around the body.

It's also suggested that some people are more likely to develop fibromyalgia because of genes inherited from their parents.

In many cases, the condition appears to be triggered by a physically or emotionally stressful event, such as:

- ◇ an injury or infection
- ◇ giving birth
- ◇ having an operation
- ◇ the breakdown of a relationship
- ◇ the death of a loved one .

Anyone can develop fibromyalgia, although it affects around 7 times as many women as men.

The condition typically develops between the ages of 30 and 50, but can occur in people of any age, including children and the elderly.

It's not clear exactly how many people are affected by fibromyalgia, although research has suggested it could be a relatively common condition. Some estimates suggest nearly 1 in 20 people may be affected by fibromyalgia to some degree. One of the main reasons it's not clear how many people are affected is because fibromyalgia can be a difficult condition to diagnose.

There's no specific test for the condition, and the symptoms can be similar to a number of other conditions.

Although there's currently no cure for fibromyalgia, there are treatments to help relieve some of the symptoms and make the condition easier to live with. Treatment tends to be a combination of:

- \* **medication** – such as antidepressants and painkillers
- \* **talking therapies** – such as cognitive behavioural therapy (CBT) and counselling
- \* **lifestyle changes** – such as exercise programmes and relaxation techniques

Exercise in particular has been found to have a number of important benefits for people with fibromyalgia, including helping to reduce pain.

Many people with fibromyalgia find that support groups provide an important network where they can talk to others living with the condition. Fibromyalgia Action UK is a charity that offers information and support to people with fibromyalgia. If you have any questions about fibromyalgia, call the charity's helpline on 0300 999 3333.

The charity also has a network of local support groups you may find helpful and an online community, where you can find out about news, events and ongoing research into the condition.



Another support group you may find useful is UK Fibromyalgia.

### Contact Information

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