



MARDEN

NEWS

The monthly newsletter from Marden Medical Practice

October 2018

Common Cold

Colds are caused by viruses and easily spread to other people and you can often treat a cold without seeing your GP. You are infectious until all your symptoms have gone – this usually takes a week or two. Colds are spread by germs from coughs and sneezes which can live on hands and surfaces for 24 hours so to reduce the risk of spreading a cold wash your hands often with warm water and soap, use tissues to trap germs when you cough or sneeze and bin used tissues as quickly as possible.



To help you get better more quickly: rest and sleep; keep warm; drink plenty of water (fruit juice or squash mixed with water is okay) to avoid dehydration; gargle salt water to soothe a sore throat. You can buy cough and cold medicines from pharmacies or supermarkets.; a pharmacist can advise you on the best medicine.

You can relieve a blocked nose with decongestant sprays or tablets; ease aches or lower a temperature with painkillers like paracetamol or ibuprofen. Be careful not to use cough and cold medicines if you're taking paracetamol and ibuprofen tablets as it's easy to take more than the recommended dose. Some are not suitable for children, babies and pregnant women.

There's little evidence that supplements (such as vitamin c, zinc, Echinacea or garlic) prevent colds or speed up recovery.

See a GP if your symptoms don't improve after 3 weeks; your symptoms get suddenly worse; your temperature is very high or you feel hot and shivery; you're concerned about your child's symptoms; you're finding it hard to breathe or develop chest pain; you have a long-term medical condition – for example, diabetes, or a heart, lung, kidney or neurological disease; you have a weakened immune system – for example, because you're having chemotherapy.



GPs don't recommend antibiotics for colds because they won't relieve your symptoms or speed up your recovery. Antibiotics are only effective against bacterial infections and colds are caused by viruses.

The flu vaccine helps to prevent flu but not colds

WE'RE HERE FOR YOU FOR LONGER: GP appointments are now available in your area during the evenings and at weekends. To book an appointment contact your practice. For more information visit nhs.uk/GPaccess

As from 1st October, 2018, as part of the national agenda by NHS England, patients across Shropshire will be able to access pre-bookable appointments to see a GP, practice nurse, or other health professional, at a time which may be more convenient for them - in the evenings, at the weekend and during bank holidays.

The extended access to general practice collection was launched during October 2016 in response to the government's mandate to NHS England which sets out: "To ensure everyone has easier and more convenient access to GP services, including appointments at evenings and weekends". The collection has been set up to monitor the availability of pre-bookable appointments. NHS England published the latest results from the Extended Access to General Practice Collection today. Data were collected during March 2018. Collections will continue bi-annually, in March and September, until March 2021. Information collected from each general practice is published and reporting is provided by CCG, STP, NHS England local office, NHS England region.



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

Changes to medicines or treatments prescribed on the NHS

The NHS has asked doctors to stop or greatly reduce the prescribing of certain medicines or treatments. This is because they are: not as safe as other medicines; not as effective as other medicines; more expensive than medicines that do the same thing; shouldn't be available on the NHS in some circumstances. NHS England guidance recommends that the following medicines or treatments should not be prescribed any more or should only be prescribed in special circumstances: Co-proxamol: Dosulepin: Doxazosin MR: Fentanyl IR: Glucosamine and Chondroitin: Herbal treatments: Homeopathy: Lidocaine plasters: Liothyronine: Lutein and antioxidants: Omega 3 fatty acids: Oxycodone & naloxone combination: Paracetamol & tramadol combination: Perindopril arginine: Rubefacients (not including non-steroidal anti-inflammatory drugs): Tadalafil once daily: Trimipramine - *If you are not sure if you are using any of these medicines, you can ask your GP surgery or local pharmacist.*

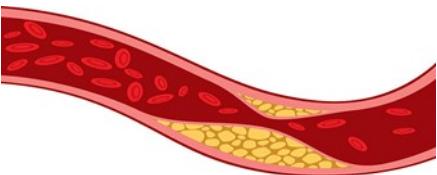


In most areas, the medicines named here are prescribed only to small numbers of patients, usually because nothing else works well in their particular circumstances. Other areas prescribe surprisingly high amounts of these medicines – almost certainly more than they need to. What NHS England is trying to do is reduce the differences in levels of prescribing. These changes aim to improve prescribing for patients across the country and save the NHS valuable resources that can be spent on other areas of patient care.

The guidance says that there are rare circumstances where individual patients will still be prescribed a medicine on this list. The circumstances vary for each drug and GPs will need to talk to individual patients.

For more information and support you can speak to your local pharmacist, GP or the person who prescribed the medication to you., The Patients Association www.patientsassociation.org.uk/ or call 020 8423 8999 , Healthwatch: www.healthwatch.co.uk

National Cholesterol Month takes place every October. This year it will focus on raising awareness of developing healthy habits as part of their 'Great Cholesterol Challenge'.



Cholesterol is a waxy substance that clogs the arteries and cause them to narrow which forces the heart to work extra hard and if the arteries become completely blocked, this can result in a heart attack. So why don't you join up to one of the many challenges to help HEART UK raise vital funds. Their aim is to save lives and "keep young hearts running" because once diagnosed it is fairly easy to treat with a healthy diet, plenty of exercise and medication. If you want to get involved and help raise awareness during National Cholesterol Month all you have to do is order one of the fundraising packs and for more information on cholesterol, go to the National Cholesterol Month website.

October is Breast Cancer Awareness Month, a worldwide annual campaign involving thousands of organisations, to highlight the importance of breast awareness, education and research. [Breast Cancer Now](#) aim to get as many people as possible involved in raising awareness and funds for breast cancer research. As the UK's largest breast cancer research charity, along with our supporters, we do this

through campaigning, raising money, an array of events across the UK as well as making life-saving research happen by supporting wear it pink. There are plenty of other ways to get involved and support our work during Breast Cancer Awareness Month and beyond. From campaigning to help women get access to the breast cancer drugs they need, to sharing information women need to know about checking their breasts, your support will help to reach the day when breast cancer has claimed its last life.



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