



MARDEN NEWS

The monthly newsletter from Marden Medical Practice November 2018

Self Care Week is the national annual campaign to raise awareness of how people can take care of their own health whether it is to prevent disease or illness, understand how to look after minor ailments or how to manage long term conditions. It is fast becoming a fixed event on the health campaign calendar and is being used as a vehicle to engage people and help them to understand how to better take care of their own physical health and mental wellbeing confidently and to know where and when to go for help and advice should they need it.



Health services in the UK are under increasing strain. A patient commenting on current pressures on general practice observed: "However many appointment slots are made available it will never be enough - people attend for things that, when I was a child, my mother used to wait a few days to see if the condition resolved itself. People need to understand that their first point of call is their own common sense". But people have lost the confidence in their ability to trust their common sense.

People have a key role in protecting their own health, choosing appropriate treatments and managing long-term conditions. Self-management is a term used to include all the actions taken by people to recognise, treat and manage their own health.

Self-care produces positive feelings, which improves confidence and self-esteem and it is important for your family and friends too. They learn from you, so setting functional boundaries to take care of yourself shows them that they too need to put themselves first and not overextend or overwork

Self-Care Exercises and Activities: Healthy Eating, Physical Fitness and Immunity, Reducing Stress. There are many ways to begin reducing your stress and some of them only take a few moments., Time Management, Relaxation, Learning how to relax is vital for self-care, Mindfulness, Avoiding Compassion Fatigue, Assertiveness.

Self care is care provided "for you, by you." It's about identifying your own needs and taking steps to meet them. It is taking the time to do some of the activities that nurture you. Self care is about taking proper care of yourself and treating yourself as kindly as you treat others. First Care for Yourself.

Stay safe this BONFIRE NIGHT by taking your family to one of the organised bonfires and firework displays (a few listed below)

Monday, 5th November

Shifnal Cricket Club Firework Spectacular. Gates open at 5.30pm and the Firework display will begin at 7.15pm. There will be food stalls, crafts and music and entertainment and a funfair for the kids to enjoy and a Bar for us older ones! Tickets bought on the evening of the event £6 adults, £4 children over 4 and Free for children 4 and under. There is NO car parking at Shifnal cricket ground except reserved for disability badge holders.



St Georges Sports And Social Club. This family fireworks event is happening on the night itself. The Club opens at 5pm and the Fireworks begin at 6pm. Adult tickets £2.00 and Under 16s are free!

Saturday 10th November

Grab your tickets to Wem Bonfire & Firework event followed by a family disco at the Lower Lacon Caravan Park. The bonfire will be lit at 6.30pm and the Fireworks display will start at 7pm! Gates open at 5pm & visitors are asked to depart the event before midnight.



Useful Numbers

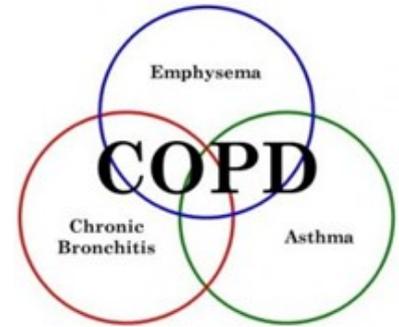
- Health Visitors 452300
- District Nurses 277709
- RSH 261000
- Family Planning 283382

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

COPD Month

Chronic obstructive pulmonary disease, or COPD, is a group of lung conditions including bronchitis and emphysema. They make it difficult to empty air out of the lungs because your airways have been narrowed.



Two of these lung conditions are persistent bronchitis and emphysema, which can also occur together. Bronchitis means the **airways** are inflamed and narrowed. People with bronchitis often produce sputum, or phlegm.

Emphysema affects the **air sacs** at the end of the airways in your lungs. They break down and the lungs become baggy and full of holes which trap air. These processes narrow the airways. This makes it harder to move air in and out as you breathe, and your lungs are less able to take in oxygen and get rid of carbon dioxide.

Chronic = it's a long-term condition and does not go away
Obstructive = your airways are narrowed, so it's harder to breathe out quickly
Pulmonary = it affects your lungs
Disease = it's a medical condition



The airways are lined by muscle and elastic tissue. In a healthy lung, the tissue between the airways acts as packing and pulls on the airways to keep them open. With COPD, the airways are narrowed because: the lung tissue is damaged so there is less pull on the airways; the elastic lining of the airways flops; the airway lining is inflamed. There are treatments to help you breathe more easily, but they can't reverse the damage to your lungs – so it's important to get an early diagnosis.

COPD usually develops because of long-term damage to your lungs from breathing in a harmful substance, usually cigarette smoke, as well as smoke from other sources and air pollution.

Jobs where people are exposed to dust, fumes and chemicals can also contribute to developing COPD. You're most likely to develop COPD if you're over 35 and are, or have been, a smoker.

Some people are more affected than others by breathing in noxious materials. COPD does seem to run in families, so if your parents had chest problems then your own risk is higher. A rare genetic condition called alpha-1-antitrypsin deficiency makes people very susceptible to develop COPD at a young age.



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