



MARDEN

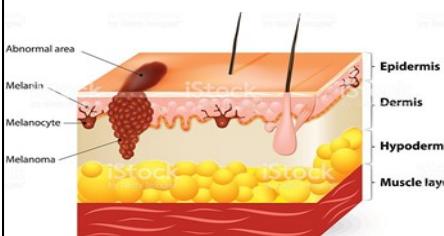
NEWS

The monthly newsletter from Marden Medical Practice May 2019

National Skin Cancer (non-melanoma) Awareness Month

The skin has many purposes. It protects the body from injury and infection; helps to control body temperature; helps to control fluid loss; gets rid of waste substances through the sweat glands. The skin is divided into two main layers, the outer layer is the epidermis and the layer underneath is the dermis. Below these is a deeper layer of fatty tissue.

MELANOMA



The epidermis contains three types of cells. Most of the epidermis is filled with cells known as squamous cells. At the base of the squamous cells are rounder cells called basal cells. In between the basal cells are other cells called melanocytes. Melanocytes produce the pigment melanin. It is this pigment that gives skin its colour.

There are three main types of skin cancer: basal cell carcinoma, squamous cell carcinoma and malignant melanoma.

Basal cell carcinoma, or BCC, is a cancer of the basal cells at the bottom of the epidermis. It is sometimes called a rodent ulcer and is very common. About 75% of all skin cancers in the UK (75 in 100) are BCCs. Most BCCs are very slow-growing and almost never spread to other parts of the body. Nearly everyone with a BCC who has treatment is completely cured.

Squamous cell carcinoma, or SCC, is a cancer of the cells in the outer layer of the skin. It is the second most common type of skin cancer in the UK and most people treated for SCC are completely cured. Usually, SCCs are slow-growing and only spread to other parts of the body if they are left untreated for a long time. Occasionally, though, they can behave more aggressively and spread at an earlier stage.

Malignant melanoma. This is a less common type of skin cancer. Melanoma behaves differently to BCC and SCC. It can grow quickly and needs to be treated early.

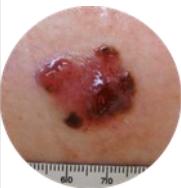
Both BCCs and SCCs can appear in a variety of forms. They are usually painless and grow slowly and can show up anywhere on your body.

Symptoms of basal cell carcinoma

BCCs are more likely to develop on skin that is regularly exposed to the sun, especially on the face, head and neck. They may be smooth and pearly; look waxy; appear as a firm, red lump or may look sunken in the middle; appear as a pearly brown or black lump if you have darker skin; feel itchy and bleed sometimes; develop a crust or scab; begin to heal but never completely heal; look like a flat, red spot that is scaly and crusty; look like a pale non-healing scar; develop into a painless ulcer.

What to do if you notice skin changes

If you notice anything unusual on your skin that does not go away after four weeks, show it to your doctor. It might help to take a photograph of anything unusual so you can check for any changes. Remember that there are many other skin conditions that are not cancer, especially in older people. It can be more difficult to notice changes if you have darker skin. This is because symptoms of skin cancer can be less obvious than those for people with paler skin but if you notice any changes, or develop a sore that does not heal, speak to your doctor.



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



Dementia Friendly Café

Debbie and Kim have both had the pleasure of attending the first two Dementia Café trips that have been arranged from the practice. The staff running the café are both welcoming and engaging to newcomers and they both quickly found themselves involved with the activities that were arranged. It was a very relaxed atmosphere and there is no pressure to get involved but it was lovely to know that there is somewhere that carers can go to chat to each other and the person they are with is in a safe, engaging environment. There was of course tea, coffee and cakes offered at no charge and the cakes certainly went down very well. The café is open to both patient's with Dementia and their carers, please let Debbie or Kim know if you would



Shrewsbury Food Bank organises and distributes parcels of donated food to individuals and families every week. We seek to help those that find themselves in times of real hardship by addressing their most basic needs, food and household items.

Food banks are an essential service in communities across the country and in the last few years they have helped thousands of people in need. Through Food Bank Plus, Shrewsbury Food Bank is now able to help people beyond the short term fix and empower them to help themselves. There are two food bank locations in Shrewsbury, one at Barnabas Church Centre and one at Hope Church.

There are many varied circumstances that bring people along to the food bank, often they have been caught in the trap of debt or lost their job, suffered ill health, family breakdown, bereavement, delays in benefits or homelessness. Sometimes it's a combination of many issues, but whoever they are and however they come to us, if their need is genuine we will give them food, support and encouragement. You can help by donating long life foods and other important items.

Your regular gifts to Foodbank PLUS will enable us to plan ahead and develop the projects that help our clients in the longer term.



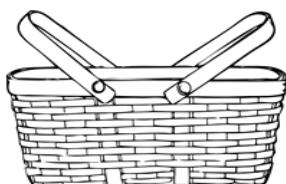
Items in demand:
Tinned Spaghetti, Noodles,



Main Meals, Savoury Snacks, Biscuits, Cuppa Soup, Sugar, Nappies (Size 5 and 6), Washing Powder/Tabs

You can also help by
Foodbank team, if you are
Williams on 01743 343336 / 07421 745857

volunteering on the
interested call Karen



*Marden Medical Practice have a Food Bank
basket in the lobby
that will be delivered to the Barnabas Centre periodically.*

Contact Information

Telephone: 01743 241313

Email: marden.marden@nhs.net

Medical Emergencies out of hours number: 111

Website: www.mardenpractice.gpsurgery.net