



MARDEN NEWS

The monthly newsletter from Marden Medical Practice June 2021

The Well Person examination (without being melodramatic) saved my life
by a Marden Patient

Marden Medical Practice offers a 'well person' clinical examination at the surgery which is available to both men and women screening for conditions such as diabetes and kidney disease and reviewing the patient's cardiovascular disease risk. The examination can also include cervical cancer screening, monitoring of any symptoms men may have with their prostate and may include a blood test to check your prostate levels (PSA), cholesterol and liver function.



Over a period of five years my G.P. noticed an increase in the PSA levels in my blood following my 'Well Person' check-ups. I was shown the yearly increase on a graph that the doctor produced for me but I had no symptoms whatsoever.

I was referred to the urology clinic at The Royal Shrewsbury Hospital and was amazed at the large number of men waiting in the clinic. After seeing a Consultant, he arranged for me to have an MRI scan and a biopsy at the hospital and a follow up consultation confirmed that I had prostate cancer.

In November 2019, I was given a laparoscopic radical prostatectomy, where my cancerous prostate gland was removed. A subsequent follow up confirmed the grade of the cancer and the fact that it was 'aggressive'. Since my surgery my PSA levels have remained within normal limits and I am still subject to quarterly PSA blood tests and will remain under the care of my Consultant Urologist until January 2022.



Surgery is not the only treatment option and the following circumstances will be considered before treatment is decided: how far your cancer has spread (its stage): how quickly your cancer may be growing: the advantages and disadvantages of each treatment: the possible side effects of each treatment: your own thoughts about different treatments: how the treatment you choose now could affect your treatment options later if your cancer comes back or spreads: your general health. The types of treatment that might be considered are; active surveillance, hormone therapy, surgery, radiotherapy, brachytherapy and/or chemotherapy.

I cannot stress enough the importance of the 'Well Person Examination' for any person over the age of 50 years, anyone who has a family history of the conditions screened for, or anyone who has general concerns about their health.

DiABETES UK **KNOW DIABETES. FIGHT DIABETES.**

How to Lead a Healthier Life: A free public engagement event Thursday 17th June 13:00-13:30

In celebration of Diabetes Awareness Week, we are hosting a free, half an hour engagement event for anyone who would like to learn more about: Reducing stress; Sticking to a healthy diet; Increasing your physical activity; Achieving and maintaining a healthy weight; What pre-diabetes is and why millions of people across England are at risk of developing Type 2 Diabetes; What free support is currently available through the NHS.

We will also teach you a simple breathing technique which is proven to relieve stress and improve your mood. To get in touch for answers, support or just to talk things through about diabetes, contact our Helpline on 0345 123 2399, email helpline@diabetes.org.uk or go to www.diabetes.org.uk Diabetes Week 2021 will be happening from 14 - 20 June.

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 - Cophthorne
350747
Boots - Coleham
362496
Lloyds - Riverside
344523
Tesco
845449
Pharmacy Express
245715

COVID PANDEMIC UPDATE

The COVID-19 Pandemic has meant that many worldwide have had to adapt and change the way work is carried out and services delivered, GP Practices included. Despite these changes our priority at Marden Medical Practice has remained the same, delivering high quality clinical care in a safe and efficient way to our patients whilst also keeping our staff safe.

At Marden Medical Practice we have continued to work and support our patients throughout the Pandemic and continued to respond to increasing levels of demand. We have endeavoured to continue to meet the needs of our patients, whilst supporting the COVID Vaccination programme, having now assisted in administering more than 450,000 vaccines to local patients. Staff from all departments have collectively provided over 1493 hours of overtime in addition to their normal working hours over the last 6 months.

Our colleagues in secondary care are also under exceptional pressure to clear their backlog of waiting lists for outpatient appointments and operations. They have requested that General Practitioners do not contact them to request appointments be expedited as they have no capacity to do this except where there has been a change in clinical circumstances. We would therefore respectfully request that patients do not call the surgery or request a GP appointment to discuss this matter unless your symptoms have changed.

We ask that you be kind and respectful to all staff at the Practice, we are making every effort to ensure each patients' needs are met during these unprecedented times.

Department	1/11/2019-30/04/2020 Pre-pandemic	1/11/2020-30/04/2021 During Pandemic
Total Patient Consultations/Contacts	18,632	19,232
GP/ANP Face to Face Appointments	6325	2899
GP/ANP Telephone Calls	7243	10,788
Electronic Consultations (via video link or e-consult)	190	750
Nurse/HCA Face to Face Appointments	3632	3479
Nurse/HCA Telephone Calls	704	567
GP Home Visits	409	315
Pharmacist/Mental Health Nurse Telephone Calls	27	145
Care Coordinator Contacts	42	155
AAA screening	16	21
NHS 111 Referrals	4	52
Coil/Implant Fittings	40	61
Prescriptions Issued	26,287	27,112
Laboratory & Radiology Results Received & Reviewed.	3337	4762
Patient Documents Received and Reviewed	16,898	15,581
Referrals to Secondary Care	1796	1978

Contact Information

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Medical Emergencies out of hours number: 111