

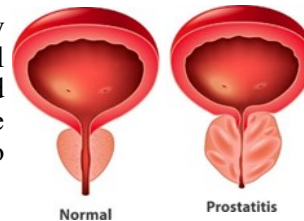
MARDEN NEWS

The monthly newsletter from Marden Medical Practice July 2021

The Prostate and PSA

Following on from the article of one of our patients in the June Newsletter, another of our patients has added the following.

The experience written about in the June Newsletter has really emphasized that men over 50 should have their PSA level checked in line with NHS recommendations. This is detected within a blood sample. If the level is below 10 then you are unlikely to be referred to a consultant, but may be required to have further checks at either three or six months.



There are around 50,000 new cases of Prostate Cancer per year, with over 85% surviving, but Prostate Cancer deaths now exceed those of breast cancer. This is because breast cancer deaths have been dramatically reduced due to advanced treatments now being available. In addition, men are living longer and Prostate Cancer is an older man's disease.



There is no reason to panic if you have a high PSA reading, as my experiencing has shown over the past fifteen years. In 2006 my PSA was 7.3 (normal level was 4.5 max) so I was monitored regularly and in 2018 it had reached 10.6 (normal level was now 6.5). I was referred to a consultant, and had biopsies taken which confirmed that I did not have cancer, but some cells were pre-cancerous. I was monitored regularly and in October 2020 my PSA level increased to 15.5 and a further biopsy again confirmed

that my Prostate was still cancer free.

I now have three monthly checks and follow up consultations.

This demonstrates that it is vital to get a PSA test, but shows that the outcomes can be vastly different – do not put off the opportunity!!

Shrewsbury Primary Care Network (PCN)

What is a Primary Care Network?

Since the NHS was created in 1948, the population has grown and people are living longer. Many people are living with long term conditions such as diabetes and heart disease, or suffer with mental health issues and may need to access their local health services more often.



Primary care services act as the “front door” of the NHS and provide the first point of contact in the healthcare system. We will work with a range of clinicians to deliver a holistic based approach to healthcare, with a strong focus on prevention and personalised care.

Wellness



PCN core characteristic: Practices working together and with other local health and care providers, around natural local communities that geographically make sense, to provide coordinated care through integrated teams. Providing care in different ways to

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
Lloyds - Riverside
344523
Tesco
845449
Pharmacy Express
245715



match different people’s needs, including flexible access to advice and support for ‘healthier’ sections of the population, and joined up care for those with complex conditions.

Focus on prevention and personalised care, supporting patients to make informed decisions about their care and look after their own health, by connecting them with the full range of statutory and voluntary services.

Use of data and technology to assess population health needs and health inequalities; to inform, design and deliver practice and populations scale care models; support clinical decision making, and monitor performance and variation to inform continuous service improvement.

Making best use of collective resources across practices and other local health and care providers to allow greater resilience, more sustainable workload and access to a larger range of professional groups.

Shrewsbury PCN has a collective patient list size of c.124,000 patients across Shrewsbury and surrounding areas. Our aims are as follows: To address our wider population health needs and health inequalities: To ensure patients have access to a larger range of professional groups to aid health issues: To support clinical decision making: To make the best use of data and technology available to us: To work together more effectively.

The Shrewsbury PCN Clinical Director is Dr Charlotte Hart and the following practices are members:

PCN EAST:: Belvidere Medical Practice, 23 Belvidere Road, Shrewsbury, SY2 5LS. 01743 363640



Marden Medical Practice, 25 Sutton Road, Shrewsbury, Shropshire, SY2 6DL. 01743 241313

Marysville Medical Practice, Brook Street, Belle Vue, Shrewsbury, SY3 7QR. 01743 276000

Riverside Medical Practice, Barker Street, Shrewsbury, SY1 1QJ, 01743 367891

Severn Fields Medical Practice, Sundorne Road, Shrewsbury, SY1 4RQ. 01743 281950

South Hermitage Surgery, South Hermitage, Belle Vue , Shrewsbury, SY3 7JS. 01743 343148

PCN WEST: The Beeches Medical Practice, 1 Beeches Road, Bayston Hill, Shrewsbury, SY3 0PF. 01743 874565

Claremont Bank Surgery, Claremont Bank, Shrewsbury, Shropshire, SY1 1RL. 01743 248244

Mytton Oak Surgery, Racecourse Lane, Shrewsbury, SY3 5LZ. 01743 362223

Radbrook Green Surgery, Bank Farm Road, Radbrook, Shrewsbury, SY3 6DU. 01743 231817



PCN RURAL: Clive Medical Practice, High Street, Clive, Shrewsbury, SY4 5PS. 01939 220295

Knockin Medical Centre, Knockin, Oswestry, SY10 8HL. 01691 682203

Pontesbury & Worthen Medical Practice, Hall Bank, Pontesbury, Shrewsbury, SY5 0RF and The Village Hall, Worthen, Shrewsbury, SY5 9HT. 01743 790325

Prescott Surgery, Baschurch, Shropshire, SY4 2DR. 01939 260210

Shawbury Medical Practice, Poynton Road, Shawbury, Shrewsbury, SY4 4JS. 01939 250237

Westbury Medical Centre, Vennington Road, Westbury, SY5 9QX. 01743 884727

For up-to-date and official information about coronavirus (COVID-19), please see:

<https://www.nhs.uk/conditions/coronavirus-covid-19> and <https://www.gov.uk/coronavirus>

If you would like more information about **Shrewsbury Primary Care Network**, please contact your **GP Surgery**.

Contact Information

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Email: marden.marden@nhs.net

Medical Emergencies out of hours number: 111