

# October



# MARDEN NEWS

The monthly newsletter from Marden Medical Practice October 2023



**Almost half of the adults in the UK have raised cholesterol, which can lead to heart disease**

## What Is Cholesterol?

Cholesterol is a type of blood fat which is made in the liver. It's found in some foods too.

By getting a simple cholesterol test and making healthy lifestyle changes, most people can keep their cholesterol levels healthy.

## What Is High Cholesterol?

We all need some cholesterol in our blood to stay healthy, but too much can lead to serious health problems such as heart attacks and strokes.

Anyone can have high cholesterol, even if you are young, slim, eat well and exercise. That's because high cholesterol can be caused by different things, including your genes.

High cholesterol is very common, but most people don't know they have it because it doesn't usually have any symptoms. That's why everyone should have a [cholesterol check](#).

Another type of blood fat called [triglycerides](#) can also become raised and lead to health problems, [you can have these checked too](#).

## Testing

A cholesterol check involves a simple blood test. Your healthcare professional should also check another blood fat called triglycerides, as these also affect your heart health.

## Healthy Living

Making some simple changes to your lifestyle can keep your cholesterol levels and your heart healthier.

Eat a healthy diet, [keep active](#), [cut down on alcohol](#), [avoid smoking](#) and look after any other health problems you may have to look after your heart.



**Heartuk.org.uk has a great source of information and tips to improve your cholesterol**

## 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

# Winter Illness Centre Announcement

**A brand new Shrewsbury wide initiative to support local GP practices with extra capacity through the winter is launching soon.**

The winter Illness Centre set up by Shrewsbury Primary Care Network will start to offer extra appointments from late October 2023. The aim of the service is to provide additional appointments to reduce pressure on primary care and support reducing the number of people visiting hospital Emergency Departments.



Our **NEW**

## WINTER ILLNESS CENTRE

launches **October 2023**

This winter practices in and around Shrewsbury are working together to offer extra face-to-face appointments to support patients with respiratory symptoms such as:

- **COUGH**
- **SORE THROAT**
- **EAR ACHE**
- **SHORTNESS OF BREATH**

If you are feeling unwell, you should contact your GP practice as usual.

The reception team will offer you an appointment at the Winter Illness Centre if it is appropriate.

The winter illness centre will provide appointments for patients with respiratory symptoms such as a cough, sore throat or earache. It is not a walk in service and appointments will not be offered to patients with conditions that are chronic, complex or require ongoing care. If patients are not able to get to the centre they will be seen in their usual practice.

Dr Charlotte Hart, Clinical Director for Shrewsbury Primary Care Network said "We are pleased to be able to offer extra face to face 'on the day' appointments that will help to take the pressure off our GP practices this winter. The hope is that the centre will run Monday to Friday from 9am to 6pm once it gets established."

Please remember that if you need help and advice quickly about a medical condition, visit NHS111 online to find out where you need to go to get the treatment and help you need.

### Contact Information

Telephone Number 01743 241313

Email: [marden.marden@nhs.net](mailto:marden.marden@nhs.net)

Online Triage: <https://florey.accurx/p/M82047>

Out of Hours Emergency : 111