

FREE TO TAKE HOME!

FEBRUARY - MARCH 2018 EDITION



School refusal



Mobile phones and kids



Dealing with depression



Watch on glaucoma

YOUR NEXT APPOINTMENT:

ENJOY THIS FREE NEWSLETTER

Please remember that decisions about medical care should be made in consultation with your health care provider so discuss with your doctor before acting on any of the information.
www.healthnews.net.au

- PRINCIPALS
Dr Andrew White
Dr Kevin Ratten
Dr Mark Sweet
Dr Ronald Sweet
- ASSOCIATES
Dr Betty Korda
Dr Caroline Johnson
Dr Chitra Wijesinha
Dr Christine Chan
Dr Heather McGarry
Dr Ilse Du Toit
Dr Jodie Silleri
Dr Joyce Quan
Dr Lucilla Knight
Dr Nicole Gale
Dr Penny Bennett
Dr Stephanie McIntosh

● VISITING PRACTITIONERS

Mr Joseph Thomas
Urologist specialising in kidney stone management, robotic surgery & general urology.

Dr Jacob Vanyai
Upper GI and General Surgeon specialising in surgery of the oesophagus, stomach, gall bladder, pancreas and obesity surgery.

● ALLIED HEALTH

Joel Feren
Dietitian

Daniel Purdam
Podiatrist

● PRACTICE STAFF

Practice Manager:
Sarah Nicholls

Reception Coordinator:
Rita De Carlo

Reception Staff:
Jo, Mandy, Samone, Elizabeth, Emma, Andrea, Esther, Natasha, Isabelle & Julianne

Practice Nurses:
Leeanne, Andrea, Annabel & Shari

Diabetes Education Nurse:
Calesta

Nurse Assistant:
Lisa

● SURGERY HOURS - OPEN 365 DAYS

Monday – Thursday (later if req)..... 8am – 8pm
Friday (later if req) 8am – 7pm
Saturday from 9am
Sunday from 10am
Public Holidays from 10am

● AFTER HOURS

Tel **132 660** for the Locum Service for after hours consultations.
In case of a medical emergency dial **000** and ask for an ambulance. The nearest Emergency Dept is Box Hill Hospital – Arnold Street, Box Hill, ph: **9895 3333**
Poisons Information Line..... **131 126**

Home Visits. If you require your doctor to make a home visit please contact the clinic to discuss.

● BILLING ARRANGEMENTS

Between 8am-10am and after 4pm there is no bulk billing.
A full fee schedule is on view at reception and on our website. Payments are required at the time of consultations and can be made by cash, credit card, EFT or cheque. If this causes hardship please talk to the doctor concerned. We have **Medicare Easy Claim for patient claiming** - please enquire at reception
A standard consultation fee is \$85. Bulk Billing is available for children 15 years and under and concession card holders between 10am–4pm Monday – Friday. Student rate is available upon presentation of a valid student card. Higher charges apply to all patients for after-hour consultations.

● SPECIAL PRACTICE NOTES

Practice News. We are pleased to welcome **Dr Jacob Vanyai** to SHMC as a visiting Practitioner. Dr Vanyai is a highly qualified specialist Upper GI and General Surgeon with a particular interest in minimally invasive gastrectomy and hiatal hernia repairs. Dr Vanyai will be consulting at the practice on Monday afternoons.

Patients with a suspected contagious disease will be isolated from other waiting patients. Kindly inform reception staff on arrival.

Repeat Prescription. In the interest of your health, we strongly recommend for you to attend a doctor to regularly check and review the medical condition for which the prescriptions are written. A Brief Consultation between schedule appointments can be provided for repeat prescription. If your medical conditions haven't been reviewed in the last 3 months, you are required to schedule a Standard Consultation with a Doctor.

Backdated Referrals. It is unlawful for a GP to provide a backdated referral. They will not be provided at SHMC under any circumstances. If you believe your referral is expired or about to expire please speak with your GP at your next appointment.

Reminder Systems. Our practice is committed to preventative care. Your doctor will seek your permission to be included on our reminder system.

● APPOINTMENTS

All consultations are by appointment only. Appointments can be made by calling (03) 9836 1366 or via our website: **www.shmc.com.au**

Failure to attend appointment policy. As of the 1st of January, 2017 patients who fail to attend or provide less than 2 hours notice to cancel their appointment may incur a fee of \$60. This fee is not claimable through Medicare and must be paid in full before patients can re-book at the clinic.

If more than one family member wishes to see the doctor, please ensure a separate appointment is made for each member.

Please notify reception if you are unable to attend an appointment as the reserved time can be allocated to another patient.

▷ Please see the Rear Cover for more practice information.





Mobile phones and kids

It is hard to believe that the ubiquitous mobile phone only became widely used in the 1990s and smart phones in the past decade.

Previous generations of parents did not have to contend with managing their children's use of phones. Today there is a view that children should have access but neither can you wind the clock back. Certainly, there is research showing that too much screen time is an issue for children because they tend to exercise less and it can impact on sleep. There is also the additional complication of social media being accessed via mobile phones anywhere, anytime.

Like all parenting, the key is setting simple rules and sticking to them. This is also age related. The notion of the 'electronic babysitter' used to apply to TV but now that can apply to phones. But handing a small child the phone as a way to pacify them is not a great idea.

For primary school children, it can be useful to have a phone to ring parents. This can be an older model that can make calls and can't access the internet. Much like TV time can be restricted by parents, so too can total screen time including phones. Ensure phones are not kept in children's bedrooms and are recharged in the kitchen or living room. For older children ensure a net filter is installed. Lead by example and don't be permanently attached to your own phone. Most importantly, don't be afraid to set boundaries and be 'the worst parent ever'. The objections will settle and your children will be better for it.

 [WebLink https://www.kidsmatter.edu.au/mental-health-matters/school-refusal](https://www.kidsmatter.edu.au/mental-health-matters/school-refusal)

School refusal can be serious

Children and adolescents who experience severe emotional distress at having to go to school need to be taken seriously. It can lead to considerable absence from school, which in turn can impact on education and job prospects. This is completely different to truancy and is not associated with anti-social behaviour.

School refusal is also completely different to normal anxiety that may precede exams or school camps.

There is no specific known cause. There may be various underlying worries the child has about school work, friendships, bullying, social isolation, conflicts with teachers, separation from parents, parental separation or family grief or trauma. There may be no apparent underlying issue.

Symptoms include tearfulness before school, frequent complaints of somatic symptoms such as headaches, tummy pains or dizziness before school but not on weekends through to tantrums before school.

A general medical check by your GP is important to ensure there are no other underlying medical issues. It is vital to manage the problem early. Parents, teachers, the school and sometimes education bodies have a role. The family as well as the child will need support. There may need to be involvement from the school counsellor (or an independent one).

Create a positive environment at school, especially on arrival, for the child. A flexible return to school program can be instituted. Additional learning support may be needed as may support with socialising.

A good education is important in life. Getting help early is essential for your child and the family. Talk to your GP about any concerns you have.

Solution Across 1. Drops (5) 3. Pregnant (8) 6. Vegetables (10) 10. Bullying (8) 11. Distress (8) 12. Virus (5) 13. Lifestyle (9) 14. Pain (4) 15. Medical (7) 16. Shock (5) 17. Diet (4) 18. Fever (5) **Down:** 1. Doctor (6) 2. Sleep (5) 3. Pressure (8) 4. Age (3) 5. Depression (10) 7. Adolescent (10) 8. Surgery (7) 9. Listeria (8) 14. Phone (5) 15. Mood (4)

Avoiding listeria

Listeria is an infection caused by a common bacterium that occurs in the soil and water.

Thus, plants and animals in the food chain can be infected. There are around 65 cases in Australia each year and 10% of these are in pregnant women who are at greatest risk in the third trimester.

Listeriosis increases the risk of still birth, low birth weight and premature labour. Symptoms can be mild or severe with fever, headaches, vomiting and diarrhoea.

While uncommon, it is important to take steps to avoid potential exposure to listeria. Fortunately, this is not difficult and involves not eating 'high risk' foods while pregnant. Foods to avoid are processed delicatessen poultry meats (sliced chicken), soft cheeses (brie, camembert), raw seafood (oysters etc) pre-made sushi, unpasteurised juices and soft serve ice creams.

There are plenty of foods that you can continue to enjoy while pregnant, including hard cheeses, smoked seafood, hard frozen ice cream or gelato, freshly prepared sushi, pasteurised juices and hot deli meats (cooked at over 75C).

When pregnant it is important to maintain a balanced diet. Talk to your GP about any concerns you have and also about both diet and the need (if any) for supplements.

Avoiding listeria is not difficult so there is no need to stress over every mouthful of food you eat.



Weblink <https://womhealth.org.au/pregnancy-and-parenting/listeria-and-pregnancy>



Weblink <https://www.beyondblue.org.au/the-facts/depression>

Dealing with depression

Depression is a common condition affecting as many as one in five Australians. For some it can be an ongoing condition; for others, there may be only an isolated episode. Depression is more than just feeling sad for a day or two. It is feeling miserable for at least two weeks together with lack of enjoyment of usual activities, withdrawal from friends and often sleep and appetite disturbance.

There are no blood tests or scans. Diagnosis is based on the symptoms described.

Treatment is effective and divides into non-pharmacological and pharmacological. There are a number of medications which can be used if needed. Counselling

through a psychologist or counsellor will be of benefit to many. Your GP can refer you.

Lifestyle measures also help. Eating a healthy diet rich in vegetables and less sugar may help. Cut down on alcohol use. Regular exercise is good for mental health. Meditation or guided relaxation can help. Getting enough sleep is also important. Equally do not stress if your sleep pattern takes a while to get back to normal. Switch off screens at least 30 minutes before bed and have a regular night-time routine.

Regular follow up with your GP is important. Changes in treatment may be needed if you are not making improvement. With recovery, medication (if prescribed) can be reduced and then stopped. You should not stop your medication without talking to your doctor.

Watch on glaucoma

Glaucoma affecting one in eight of those over the age of 80 is the second commonest cause of permanent vision loss in Australia.

It is a build-up of pressure in the eye, which eventually damages the optic nerve. Primary open angle glaucoma is the main form. Secondary glaucoma can follow eye trauma or use of some medications such as steroids.

Acute angle closure glaucoma is when the pressure increases rapidly. This is a painful condition and requires immediate medical attention and surgery.

Generally, there are no predictive symptoms. Vision loss can be slow and gradual. Initially side vision is affected.

Risk factors include advancing age, a positive family history, diabetes and short sightedness.

Diagnosis is by checking the pressure of the eyes. This can be done by an optometrist and is recommended regularly for those aged 40 and above. Visual field testing is also done and this can be monitored over time.

Eye drops to lower pressure are the first line of treatment. The type of drops is influenced by what other medical issue you may have. They reduce pressure either by reducing fluid production or improving fluid drainage.

When drops have failed to bring down pressure or administering drops is too difficult, surgical options including laser surgery or open surgery.



Weblink <https://www.glaucoma.org.au>

● **OTHER SERVICES**

- Vaccinations for Overseas Travel
- Diving & Insurance Medicals
- Minor Surgery (i.e. suturing.)
- Antenatal Care
- Sports Medicine
- Nursing Home & Home visits
- Acupuncture
- Mental Health
- Asthma
- Diabetes Education
- Dietetics
- Childhood Immunisations
- Women's & Men's Health
- Podiatry
- Chronic Disease Management
- Lactation Consulting

● **Pathology Collection Service:**

Monday – Friday 8.00am – 4.00pm
Saturday 9.00am – 12.00noon

● **SPECIAL PRACTICE NOTES**

Your satisfaction is important to us. If you feel there are any areas we can improve please place these in our "suggestion box" located at Reception. If you have a complaint please discuss it with your Doctor or Practice Manager. If your complaint is not resolved you can take the matter to the Health Services Commissioner Ph: 8601 5200, Toll free: 1300 582 113 Email: hsc@health.vic.gov.au

Communication. To give each patient the best consultation possible, doctors prefer not to be interrupted by phone calls. Practice staff are happy to take a message, and the doctor will return your call as soon as they are available. Electronic communication is used only for correspondence of a nonsensitive nature with email being checked on a daily basis.

Management of Personal Health Information. It is the policy of this practice to maintain the security of personal health information at all times and to ensure that this information is only available to authorised members of staff. We abide by the Privacy Act 1988 (Cth), the Australian Privacy Principals (APPs) and the Victorian Health Records Act (2001). If you have questions regarding our privacy policy you may request a copy from reception.

Contact Details. It is important to notify reception if your details have changed since your last visit.

Test Results. Please phone reception after 10am weekdays to enquire about your results. If you would like to discuss results, please make an appointment with your doctor.

PORK CUTLETS WITH ROASTED FENNEL



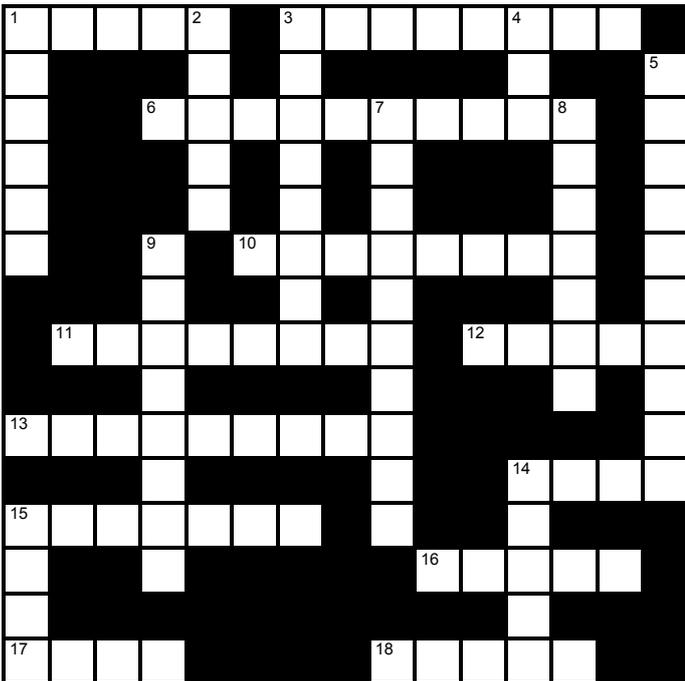
Method:

- Preheat oven to 200C
- Toss the fennel, onion, apple, lemon and garlic with 2 tblspns Olive oil. Season with salt and pepper. Place in an oblong casserole dish and roast for 30 minutes until the fennel and onion are tender.
- Rub the pork cutlets with sea salt and freshly ground pepper.
- Heat remaining oil in frypan over medium-high heat. Cook the pork chops in batches for 2 minutes each side or until golden.
- Combine the cider and mustard and add to the pan and cook for a further 2 minutes.
- Pour over the cider sauce and return to the oven. Add the cutlets to the baking dish with the vegetables. Add spinach and toss gently to combine and wilt spinach.
- Roast for a further 5 minutes or until cutlets are cooked through and vegetables are tender.
- Serve vegetables topped with pork cutlets and drizzled with pan juices and parsley to serve.

Pork Cutlets with Roasted Fennel & Apple

Ingredients

- 2 large fennel bulbs or 4 baby fennel bulbs – trimmed and thickly sliced
- 1 Red Delicious apple cut into wedges
- 1 Large red onion or 2 small red onions cut into wedges
- 1 lemon cut into wedges
- 4 Whole garlic cloves unpeeled
- ¼ cup Olive oil
- 4 x 200gms pork cutlets
- ½ cup Apple Cider
- 1 tablespoon Dijon mustard
- 1 cup baby spinach leaves
- Sea salt & freshly ground pepper.
- Chopped flat leaf parsley to serve



CROSSWORD

Across:

1. help reduce the pressure of the eyes in people with glaucoma (5)
3. With child (8)
6. A necessity in a good diet (10)
10. Intimidating someone (8)
11. Anxiety (8)
12. A is not helped by antibiotics (5)
13. Manner of living (9)
14. Severe discomfort (4)
15. Health problems (7)
16. Something surprising or upsetting (5)
17. Eating the right for a healthy lifestyle (4)
18. High body temperature (5)

Down:

1. Someone who monitors your health (6)
2. You need a good night's (5)
3. Under constant (8)
4. Usually expressed in years (3)
5. Sad feelings of gloom (10)
7. Person who has reached puberty (10)
8. Medical procedure involving an operation (7)
9. An infection that can complicate pregnancy (8)
14. ... use can affect children's social development
15. In the right ... (4)