

FREE TO TAKE HOME!

APRIL-MAY 2018 EDITION



Tips for older travellers



Tennis Elbow



Managing coeliac disease



Family break-ups and kids

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 Sillieri
- 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:**
Leanne, 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 instant Medicare claiming onsite with Tyro - 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

- 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 scheduled 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.



Tips for older travellers

Baby Boomers are gradually retiring but not wanting to put on the proverbial slippers just yet. Many remain in good health and travel is increasingly on the agenda. A popular pursuit is driving around Australia in a camper van or with a caravan.

It is a good idea to have a general health check with your GP before embarking. Part of this may include getting a printed summary of any medical conditions, current medications and allergies to take with you. Prescriptions can be filled at any chemist in Australia so there is no need to stock up. Neither do you need more than a basic first aid kit and medications (e.g. pain killers and antihistamines) that you would normally

have at home. If you are going well off the beaten track, you will need to speak to your doctor.

People may forget that driving exposes the arms (especially the window side arm) to sunlight. If driving all day remember sunscreen. Travelling can be dehydrating so drink adequate water. Eating out every night can stack on the kilos so be watchful. Cook your own food whenever you can.

Sleep can be tricky when on the road. Relaxation apps can help get you off to sleep as can some herbal remedies. Sleeping tablets are best avoided. Do not drive when you're tired. It sounds obvious, but remember to take your Medicare card and private health membership card (where applicable). Let family know your itinerary and stay in regular contact with them.

Tennis Elbow

Lateral epicondylitis, inflammation of the tendons where they meet the bone at the elbow on the thumb side, is commonly called tennis elbow. It is not unique to tennis and can come about from any ongoing or repeated use of the forearm and wrist. Bricklaying, painting and gardening plus other racquet sports can bring it about as can using a computer mouse and it can affect anyone. It is commonest in those aged 35-55.

Pain can extend into the forearm and is worse with shaking hands, lifting or turning taps or doorknobs. Diagnosis is generally based on the description of symptoms and examination.

Typically, the bony point on the lateral (thumb) side of the elbow is tender. The pain is often reproduced on extension of the wrist against resistance. Sometimes imaging is helpful to define the extent of the condition or if it is not responsive to treatment.

First-line treatment is rest, ice packs and simple analgesia. A tennis elbow guard can help protect the area. Anti-inflammatory medication may be needed and physiotherapy can be helpful. Avoid



 WebLink <http://www.mydr.com.au/sports-fitness/tennis-elbow>

activities which aggravate the situation. This can include changing technique especially if sport or work-related.

In some cases, a steroid injection can be recommended and, in rare instances, surgery. Your GP will advise you about treatment options.

Most people will make a full recovery and it is not of itself a recurrent condition nor a precursor to arthritis.



 WebLink <https://www.coeliac.org.au>

Managing coeliac disease

This is a condition where there is a marked immune response to gluten which is found in wheat, rye and barley. It can damage the small bowel and interfere with absorption of nutrients. The symptoms vary from mild to severe and include tiredness, intermittent diarrhoea, abdominal pain, bloating and flatulence. Children with coeliac disease may have slower growth, irritability and abdominal swelling.

It affects about 1% of the population though many are unaware they have the condition either because the symptoms are mild or they have put them down to other causes. It is a genetic condition and the main risk factor is having a first degree relative with it.

Accurate diagnosis is important as it is very manageable. Your GP can order blood tests, though a positive result is not absolute but a strong pointer. Definitive diagnosis is by a small bowel biopsy but not everyone wants or needs to have this done. A gluten challenge is another useful test.

There is no medication to take or 'cure'. However, symptoms can be easily controlled by avoiding gluten in the diet. Today there are many gluten-free foods. Neither adults nor children need to feel they are 'missing out' on foods they like.

There are many causes of the symptoms of coeliac disease so it is important to talk to your doctor and not rely on self-diagnosis or 'unorthodox' testing.

Cooling down heartburn

This is a burning pain in the chest or upper abdomen caused by acid leaking from the stomach into the oesophagus. It is also known as reflux and gastro-oesophageal reflux disease (GORD). It is very common and can affect all age groups from infancy. It ranges from mild to severe.

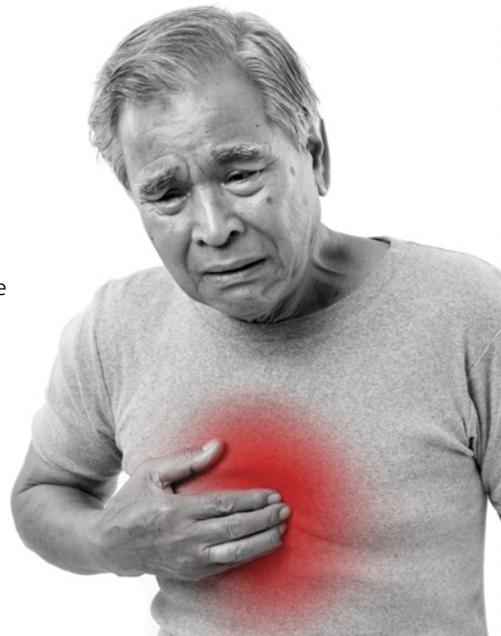
Not everyone with heartburn has GORD but those who do may have a hiatus hernia which is where some of the stomach 'slips' above the diaphragm.

In adults, risk factors include being overweight, smoking, alcohol consumption and a family history. Certain foods will trigger heartburn in certain people but there is no one set of foods to avoid. Caffeine, dairy and spicy foods are common culprits but each person needs to find what disagrees with them.

Prevention includes reducing known triggers and also not eating too much at one time. Treatment depends on severity and frequency. Simple home remedies such as bicarbonate of soda or herbal teas help some people. Simple antacids can also relieve symptoms. At night it can be helpful to sleep on a slight incline from head down to toes.

If simple approaches fail, you need to see your GP. Often the history is sufficient for diagnosis but you may be sent for tests to rule out other causes.

For ongoing problems there are prescription medications that can reduce acid production. Some people need short courses of these, others need it long term. If symptoms are not relieved after some weeks, you may be referred for a gastroscopy to assess the oesophagus and stomach.



 [Weblink https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/indigestion](https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/indigestion)



 [Weblink https://www.scientificamerican.com/article/is-divorce-bad-for-children/](https://www.scientificamerican.com/article/is-divorce-bad-for-children/)

Family break-ups and kids

It is estimated that 40% of marriages will end in divorce or separation. In many instances there are children and the impact on them is significant. Regardless of whether a couple love each other or not, their children will still love them both.

While all children are affected in the short term, American research shows in the longer term the vast majority of children in divorced families do as well as their peers when it comes to behaviour, academic performance and social relationships.

However, high levels of parental conflict is

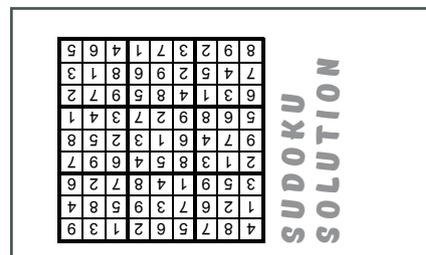
associated with poorer outcomes for children. This means it is less about parents separating and more about how it is managed. It also says that remaining together when there is ongoing conflict is not helpful either.

How children manifest this stress differs widely. Some children may develop night terrors or become anxious. Others may cry a lot. Those who are newly toilet trained may regress. Some children may complain of headaches or tummy aches. Some may lose appetite.

Children need the support of both parents and in turn parents also need support. There are many family services available. It is

important to talk to your children honestly and listen to what they have to say. Allow them to express emotion and adjust to the circumstances in their own time.

Talk to your GP about any concerns you may have about your child or your own health.



● **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.



CHICKEN, CHORIZIO & VEGETABLE CASSEROLE

Ingredients

- 8 skinless chicken thighs
- 800g pumpkin, cut into large chunks
- 3 medium size potatoes cut in to chunks
- ½ red capsicum cut in to large chunks
- ½ yellow capsicum cut in to large chunks
- 1 red onion, quartered
- 8 whole garlic cloves, peeled
- 2 lemons, halved
- 6 fresh thyme sprigs
- 2 chorizo sausages, sliced
- 2 zucchini, cut into batons
- 4 cups baby spinach leaves
- ¼ cup olives if desired

Method

1. Preheat the oven to 220°C (200°C fan forced).
2. Lightly grease a casserole dish. Place chicken, pumpkin, potato, onion and garlic cloves into a large roasting pan. Drizzle with 2 tablespoon olive oil and season well with pepper. Toss to coat. Squeeze over lemon juice and add the lemon halves and thyme to pan. Bake in the oven for 20 min.
3. Add the chorizo, capsicum, zucchini and olives if desired to the chicken mixture, tossing lightly to coat in juices. Return to the oven and bake for a further 30-35 min or until chicken is cooked through.
4. Remove from the oven and stand for 5 min before stirring through the spinach. Serve chicken, chorizo and vegetables with the juices on a bed of rice or with fresh crusty bread if desired.

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