



FREE TO TAKE HOME!

OCTOBER - NOVEMBER 2019 EDITION



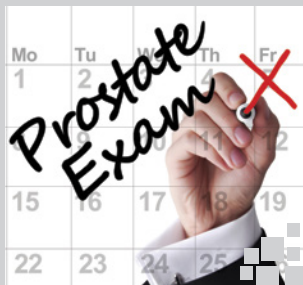
Memory loss



Vaccination in children



Fibroids



Prostate enlargement

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

● PRACTICE DOCTORS

Dr Mark Rikard-Bell - GP
MBBS, DipCOG(SA), FRACGP, FACRRM,
Dip Skin Cancer College
Anaesthetics, Diving Medicals, Gynaecology & Skin Clinics

Dr Peter Brown - GP
MBBS, DRCOG, DRACOG
Anaesthetics, Travel Medicine & Yellow Fever

Dr Philip Watson - GP
BScMed, MBBS, DRANZCOG, FRACGP, FARGP
Obstetrics, Anaesthetics & Minor Procedures

Dr Delma Mullins - GP
MBBS, DCH, FRACGP, FACRRM
Women's Health, Paediatrics, Travel Medicine & Yellow Fever

Dr Sanjay Verma - GP (Surgeon)
MBBS, FRACGP, FARGP (Surgery)
Skin Clinics, General Surgical Procedures, Endoscopies, Hernia Repair, Carpal Tunnel, Vasectomy & Appendectomy

Dr Siv Rajeev
MBBS, FACRRM

Dr Raj Swamy
MBBS, AMC

Dr John Rogers - GP
MBBS (Sydney)
Pre-Employment, Industrial Medicals & Travel Medicine & Yellow Fever

Dr Ruth Foster - GP
BMed (Newcastle)

Dr Clifton Washaya - Surgeon
MBChB, FCS(Coseca) FCS(SA), FRACS

Dr Nitin Trasi
MBBS, DGO, MD (O&G), AMC Cert, Adv. DRANZCOG
Women's Health, Antenatal & Postnatal Care, Sexual Health, Family Planning, Conception & Infertility

Dr Andy Woods
MBBS, MRCOG, FRANZCOG

Dr Tom Le
GP, MBBS, FRACGP

Dr Timothy Howell Registrar
Dr Lojene Raveenthiran Registrar

Dr Dean Zinghini Registrar
Dr Dharvi Rawal

Dr Tony Tan

● PRACTICE MANAGER

Kristen Seymour

● SURGERY HOURS

Monday-Friday (Appt) 8.30am-5.30pm

Saturday(No Appt) 9.00am-11.30am

● AFTER HOURS & EMERGENCY

Phone **6543 1222** to speak with a Doctor - often attending at the Hospital (phone **6542 2000**).

In case of a medical emergency, dial **000** and ask for an ambulance.



● SPECIAL PRACTICE NOTES

Muswellbrook Skin Cancer Clinic. Perhaps it's time to come in for a skin cancer check. All of our doctors can do this for you. If specialist attention is needed to any spots that look suspicious, we have several doctors & surgeons who can take the appropriate action.

● OTHER SERVICES OFFERED

- Obstetrics & Ante-natal Care
- Spirometry
- Sports Medicine Hearing tests
- Casualty & Emergency
- Anaesthetics
- Pathology Laboratory
- Home Visits when necessary
- Medicals – Sporting, Pre-Employment, Superannuation & Diving
- Lady Drs available – Women's Health, Contraception & Menopause
- Free immunisation clinics: 11am – 12mid Tues, Wed, Thurs & Fri or at any time by appointment with your GP.
- X-ray & CT Scanning
- Diabetics Care
- Ultrasound
- Surgery
- Cardiograph
- Skin Cancer Check
- Flu Clinic Seasonal

Diabetes Educator: Annabel Thurlow comes with 25 years' experience in diabetes and is a Diabetes Nurse Practitioner, Credentialled Diabetes Educator and Certified Insulin Pump Trainer. She sees those with Type 1 and Type 2 Diabetes, women with gestational diabetes and people at risk of diabetes (pre-diabetes). GP referral is required; appointments Tuesdays and Wednesdays.

Muswellbrook Diagnostic Imaging. Brook Medical Centre has state of the art imaging services at the rear of the building. A new 160 Slice CT Scanner has just been installed resulting in faster scans and more detailed information. Ultrasound and X-ray also available on referral from your doctor. Appointments may be made on 6543 3427.

Blood tests with pathology. Laverety Pathology is at the rear of the building if your doctor has ordered pathology tests for you.

● BILLING ARRANGEMENTS

The account is to be settled at the time of consultation. Payments can be made by cash, cheque, Credit Card or EFTPOS. **Item 23- \$82.** A fee of **\$5** will occur if the account is not paid on the day.

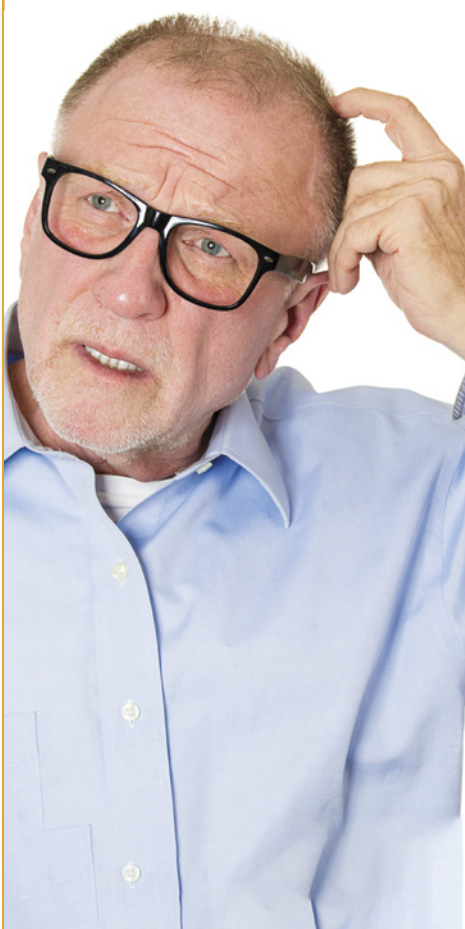
If you cannot attend your appointment please advise reception as soon as possible, otherwise a fee for non attendance may be charged.

● HAVING YOUR OWN DOCTOR

When you phone for an appointment please ALWAYS ask for your regular doctor or backup doctor before accepting an appointment with another doctor.

It will be easier to get an appointment with your preferred doctor for regular checkups or prescriptions if you make your appointments well in advance.

▷ **Please see the Rear Cover for more practice information.**



Memory loss

The prospect of memory loss is one of the major concerns of people who are getting older. The 'good news' is that while the total number of people with dementia is increasing, the percentage of the population with dementia is declining.

Work over the past three decades shows that as each cohort gets older, a smaller number of people are being diagnosed with dementia.

There are a number of causes. Alzheimer's disease is the most common. Risk factors include a family history, past trauma to the head (especially repeated concussions), smoking and alcohol consumption.

The condition generally comes on slowly. It is worth noting that occasionally forgetting where you put your keys is not the first sign. Diagnosis

is largely on assessing mental state through a questionnaire.

A CT or MRI scan may be done to assess the brain. Certain changes are typically seen in people with Alzheimer's.

Blood tests are done to rule out treatable conditions that can impact memory (e.g. underactive thyroid, certain infections, kidney or liver diseases). Any underlying secondary cause can be treated accordingly.

There is no treatment, as such, for Alzheimer's. Available medications only slow progression and not always even that. The key is practical support for the individual and carers.

Talk to your GP about available support services.

The World Health Organisation recommends physical exercise, adequate sleep and sensible diet to keep the brain active. Avoiding smoking and consuming only moderate alcohol, controlling blood pressure and blood sugar all help.

Vaccination in children

Over the course of the 20th century there was a steep decline in deaths from infectious disease. One of the main reasons for this has been the advent of vaccinations. In simplest terms, this involves exposing an individual to a protein (or other recognizable part) of a bacteria or virus and "tricking" the body into mounting an immune response. We know that once antibodies are produced on one exposure that we become immune to the particular bug. Thus, a vaccine allows us to develop immunity without actually contracting the illness.



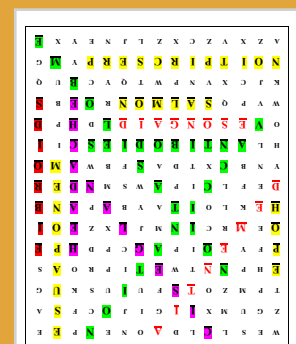
Conditions like tetanus and polio are extremely rare in Australia today as a result. However, success can breed complacency and we have seen cases of disease preventable infections in unvaccinated people.

So, what is the best way to protect your child? There is a schedule of vaccinations which applies nationally. This covers a number of diseases including hepatitis B, measles, whooping cough, and certain forms of meningitis. The initial vaccination is done in hospital before discharge with the next one at six to eight weeks. At each visit your GP will advise when the next set is due.

Some children may get a fever after vaccination- talk to your doctor about this and use paracetamol or ibuprofen. Also raise any questions- sadly there is mis-information out there but your doctor has the facts.

Most states have no jab- no play policies (day care and school) so make sure your child is up to date. This is also important for certain family benefit payments.

<https://www.health.gov.au/health-topics/immunisation/immunisation-throughout-life/national-immunisation-program-schedule>



Fibroids

Benign muscle growths which form in the wall of the uterus are called fibroids or myomas. It is estimated that up to 80% of women over the age of 50 will have them but most will not have any symptoms or need treatment.

They rarely grow before puberty or after menopause. Their cause is unknown. They are classified according to what layer of the uterus wall they arise in.

Symptoms, if present, include heavy and painful periods, spotting between periods, a heaviness in the pelvis, and pain during intercourse. Larger fibroids can produce swelling in the lower abdomen.

Diagnosis is based on the history and pelvic examination and confirmed by ultrasound. Blood tests may also be performed especially in the case of heavy bleeding.

Treatment depends on

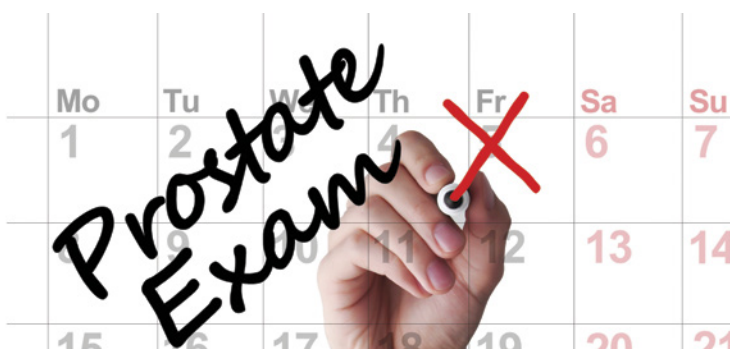
symptoms. If they are mild and not troublesome, then it may be as simple as analgesia for period cramps. If iron levels are low, due to menstrual loss, then an iron supplement or infusion may be recommended. Hormones such as the contraceptive pill may be used for cycle control.

Procedures such as arterial embolisation can restrict blood supply to the fibroid, causing it to shrink.

Definitive treatment is surgery, most commonly, laparoscopic. The fibroids may be removed or in severe cases a hysterectomy may be necessary.



<https://www.betterhealth.vic.gov.au/health/ConditionsAndTreatments/fibroids>



Prostate enlargement

The prostate gland sits beneath a man's bladder and produces semen fluid. It gets larger as men get older and some can experience side effects. Benign, (non-cancerous) enlargement or hypertrophy of the prostate (BPH) is far more common than prostate cancer and, to some degree, affects all men as they age.

It is thought testosterone (the male sex hormone) causes the enlargement over time and family history is also a risk factor.

As the prostate enlarges, it can squeeze the urethra, which can lead to difficulties urinating. Men can suffer from a poorer stream, difficulty getting flow starting and stopping, passing urine at night (or more frequently at night), and feeling a regular need to pass urine.

Diagnosis starts with history. A digital examination of the prostate through the rectum may be done. Other investigations include blood and urine test and an ultrasound. The prostate specific antigen (PSA) test gives an indication as to whether enlargement is more likely benign or cancerous. Depending on results, you may be referred to a specialist for biopsy.

Treatment depends on diagnosis. Lifestyle measures such as weight loss and managing fluid intake later in the day helps. Medications can improve flow. Some men may require surgery.

<https://www.mydr.com.au/cancer-care/prostate-enlargement>

Alcohol & drug abuse

Alcohol is a major factor in many diseases, violence and family disruption. Illicit drugs also cause major problems but, despite headlines, on a smaller scale. Prescription drugs lead to more deaths each year than illicit drugs.

While we may have preconceptions on what an addict looks like, most people manage to camouflage their substance use/misuse and they come from all walks of life. What is usually common is substance misuse can devastate individuals and families.

Warning signs include changes in mood, appearance or behaviour, with some withdrawing from social contact, and a deterioration in work performance.

People may get recurrent nausea or headaches and they may lose weight and appear withdrawn. None is unique to substance misuse.

The most critical thing if you or someone you care for has a substance misuse problem is to seek help.

In each state there are dedicated services and support lines. Many with substance issues may also have mental health problems and this will need treatment too. Seeing your GP is the first step.

Some people may require medications and/or counselling. In some cases, admission to a rehab facility is needed.

Ignoring the problem will not make it go away. Don't be afraid to seek help or advice.



<https://au.reachout.com/tough-times/addiction>

● **SPECIAL PRACTICE NOTES**

Repeat prescriptions. The issue of repeat prescriptions generally requires a visit to the doctor. In rare circumstances, the doctor may write one without a consultation. (A \$ 15.00 script fee is payable when picking up your script at the surgery). It is helpful if we have at least 24 hours notice to deal with any request.

Referrals. Doctors in this practice are competent at handling common health problems. When necessary, they can use opinions from Specialists. You can discuss this openly with your doctor, including potential out of pocket expenses.

Patient Feedback. We welcome your comments or suggestions. Please feel free to talk to your GP or the Practice Manager regarding any issues. If you prefer, you can contact the Health Care Complaints Commission on: 1800 043 159.

Despite our best intentions, we sometimes run late! This is because someone has needed unexpected urgent attention. Thank you for your consideration.

Communication. A doctor is available during normal surgery hours for emergency advice. Our staff are experienced in deciding the appropriate response to any phone request.

Patient Privacy. This practice protects your personal health information to ensure it is only available to authorised staff members for the intended purposes and to comply with the Privacy Act. To obtain a copy of our Privacy Statement or your medical records, please ask.

Reminder system. Because our practice is committed to preventive care, we may send you an occasional reminder regarding health services appropriate to your care. If you wish to opt out of this, please let us know.

Test Results. Results are reviewed by the doctors and acted on in a timely manner, with your health in mind. We will contact you if necessary.

Bring your Medicare Card. For all services it is important to bring your Medicare card with you when attending the doctor.

Interpreter Service Available. Please enquire at Reception



SALAD BOWL WITH SALMON – SERVES 2

Ingredients

- 25 g brown rice, or brown and wild rice mix
- 75 g frozen peas
- 2 small salmon fillets,
- 1 tsp sesame seeds
- 2 large handfuls young spinach leaves or mixed baby salad leaves
- ½ medium avocado, chopped
- 1 medium carrot, trimmed and coarsely grated
- 2 spring onions, trimmed and finely sliced
- 4 radishes, trimmed and sliced
- lime wedges, to serve

Dressing

Combine the soy sauce, sesame oil, lime juice, and honey in a small bowl and whisk well.

Instructions

1. Preheat the oven to 200°C/fan 180°C and line a small baking tray with foil.
2. Half fill a small saucepan with water and bring to the boil. Add the rice and cook for about 20 minutes, or until tender. Add peas and return to the boil, stirring. Drain immediately.
3. Place the salmon, skin-side down, on the prepared tray and drizzle with 2 teaspoons of the dressing. Sprinkle with the sesame seeds. Bake for 10–12 minutes, or until just cooked. (It is ready when the salmon flakes into large pieces easily when prodded with a fork.)
4. Divide the leaves, rice and beans or peas between two bowls. Add the leaves and arrange the avocado, carrot, spring onions and radishes alongside. Flake the salmon into the bowl (leaving behind the skin), drizzle with the rest of the dressing and serve with lime wedges.

WORD SEARCH

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- Analgesic
- Antibodies
- Dementia
- Fibroids
- Headache
- Hope
- Menopause
- Prescription
- Salmon
- Symptoms
- Thyroid
- Vaccination