



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

● PRACTICE DOCTORS

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

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, DRACOG, 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 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 Raj Swamy
MBBS, AMC

Dr Tom Le
GP, MBBS, FRACGP

Dr Timothy Howell Registrar

Dr Lojene Raveenthiran
MBBS, AMC

Dr Helen Keteku Registrar

Dr Shawkat Islam Registrar

Dr Omar Sali Registrar

● PRACTICE MANAGER
Kristen Seymour

● SURGERY HOURS
Monday-Friday
8.30am–5.30pm (Appt)
Saturday
9.00am–11.30am (No Appt)

● AFTER HOURS & EMERGENCY

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

● SPECIAL PRACTICE NOTES

Bring your Medicare Card.

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

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 – 12md 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

Diabetes Educator: Annabel Thurlow comes with 25 years' experience in diabetes and is a Diabetes Nurse Practitioner, Credentialed 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. Symbion 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- \$80.** 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.





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.

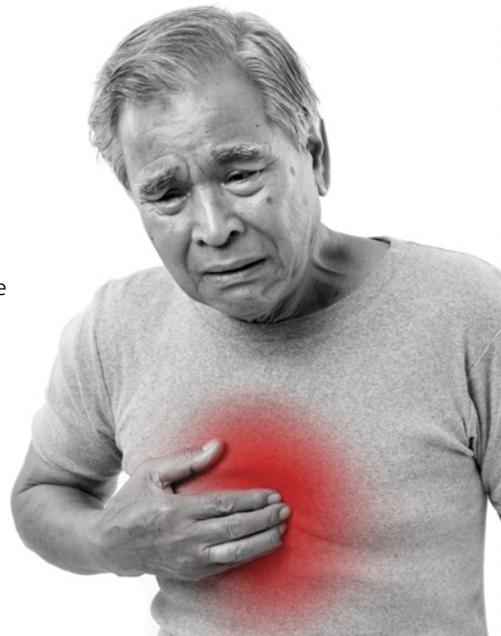
Not everyone with heartburn has GORD but those who do may have a hiatus hernia which is where some of the stomach 'slips' above the diaphragm.

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

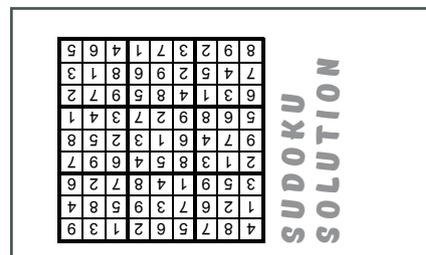
associated with poorer outcomes for children. This means it is less about parents separating and more about how it is managed. It also says that remaining together when there is ongoing conflict is not helpful either.

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.



● **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.



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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