



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

● 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 – 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

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.





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>

● **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.



PORK CUTLETS WITH ROASTED FENNEL



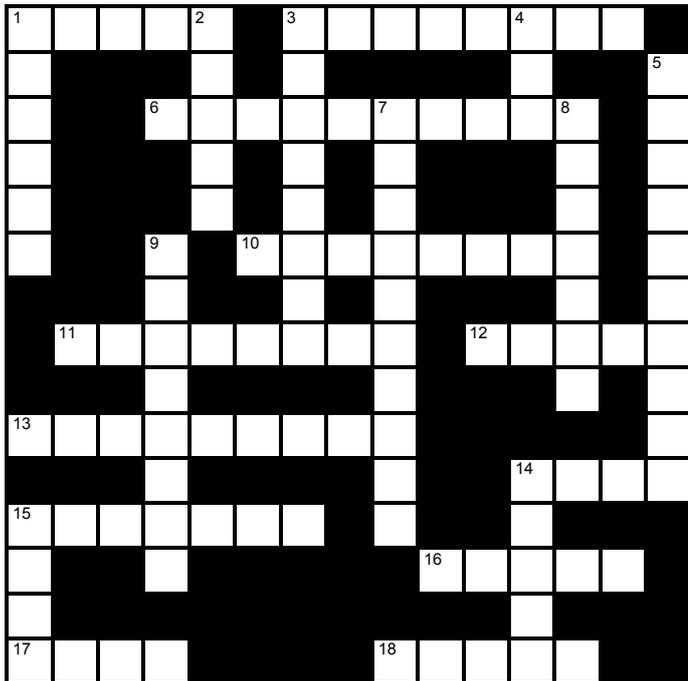
Method:

- 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:

- help reduce the pressure of the eyes in people with glaucoma (5)
- With child (8)
- A necessity in a good diet (10)
- Intimidating someone (8)
- Anxiety (8)
- A is not helped by antibiotics (5)
- Manner of living (9)
- Severe discomfort (4)
- Health problems (7)
- Something surprising or upsetting (5)
- Eating the right for a healthy lifestyle (4)
- High body temperature (5)

Down:

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