



FREE TO TAKE HOME!

APRIL-MAY 2017 EDITION



Teething Babies



Influenza Vaccination



Thyroid Tests



Sports Drinks

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](http://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  
 Obstetrics, Anaesthetics, Diving Medicals,  
 Gynaecology & Skin Clinics

**Dr Peter Brown - GP**

MBBS, DRCOG, DRACOG  
 Obstetrics, 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 Lachlan Soper - GP**

BSc (Hons), MBBS (Hons), FRACGP  
 Sports Medicine, Minor Procedures,  
 Paediatrics, Travel Medicine and Yellow Fever

**Dr Ruth Foster - GP** - BMed (Newcastle)

**Dr Clifton Washaya - Surgeon**

MBChB, FCS(Coseca) FCS(SA), FRACS

**Dr Andy Woods**

MBBS, MRCOG, FRANZCOG

**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 Mary Ann Munoz** - MBBS

**Dr Raj Swamy** - MBBS, AMC

**Dr Siva Rajeev** - MBBS, AMC

**Dr Tom Le** - GP, MBBS, FRACGP

**Dr Timothy Howell** - Registrar

**Dr Jason Chim** - Registrar

**Dr Buchanan** - 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

**Dr Andy Woods** (MBBS MRWG FRANZCOG) has joined  
 our practice. Andy has 20 years' experience in  
 both the UK and Australia and provides specialist  
 care in all aspects of women's health, Antenatal & Postnatal care,  
 sexual health, family planning, preconception counselling, conception  
 & infertility. Andy has special interests in general gynaecological  
 surgery, intrapartum care and high risk pregnancies.

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

● 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.**





## Teething Babies

During teething an infant's first teeth (the deciduous teeth, often called "baby teeth" or "milk teeth") sequentially emerge or 'erupt' through the gums. They typically arrive in pairs, the lower two incisors come first at 6-8 months of age, before all 20 teeth take a few years to erupt. This is sometimes called "cutting teeth", but emerging teeth don't in fact cut through the gums but hormones released cause some cells in the gums to die and separate, allowing the teeth to come through.

The level of pain varies remarkably. Some babies are not even bothered by teething. Some appear to suffer more than others - soreness and swelling of gums before a tooth comes through, starting 3 to 5 days before the tooth shows, and disappearing as soon as the tooth breaks through.

Common symptoms include drooling or dribbling (perhaps causing a rash around the mouth), increased chewing, mood changes, and irritability. Babies might also refuse to eat or drink due to the pain. Crying, restless sleep, and mild fever may come with teething, especially when the first larger molars erupt around age 14 months.

Symptoms generally fade on their own.

Teething may cause a slightly elevated temperature but does not cause high fever (temperature over 38.3 °C) or diarrhoea. Think about other illness, particularly infection by human herpes viruses.

Find out what is going on. Rub a finger gently along the gums in search for swollen ridges or the feel of a tooth below the gums.

If unsure, see your doctor or child nurse for guidance.

A teething ring or a wet washcloth in the freezer for a few minutes can help as can drawing water into a pacifier and freezing it. The cold pressure on the gums gives relief without making the child's fingers cold. Some children respond well to chilled foods like applesauce, yoghurt, and pureed fruits. Perhaps something firm like a sugar-free rusk

In cases where the infant is in obvious pain your doctor or pharmacist can help by prescribing a numbing or teething gel or suchlike.

About half of all 6-year olds have decay in their baby teeth. Use a soft cloth or infant tooth brush at least twice a day (but no toothpaste until after 18 months). Healthy eating and drinking also reduces tooth decay. Keep sugary food and drinks like fruit juice and biscuits out of the diet. And don't put your baby to bed with a bottle and never give a dummy dipped in honey or sugar. ■

## Helping with Learning Difficulties

There are many possible reasons why your child may fall behind in their schoolwork—anything from not getting on with the class teacher to ADHD or a hearing problem. Learning problems need to be detected and remedied early.

Here is a useful checklist for any child experiencing learning problems:

- Have a meeting with the class teacher or year coordinator to get their ideas on your child's problem.
- Get your child formally tested (e.g. by the school psychologist) to find out their strengths and weaknesses for learning (in literacy and numeracy skills).
- Get your child checked over by your GP, especially if they have physical complaints. Arrange an eyesight and hearing test.
- If your child is unusually impulsive, easily distracted, has poor attention or communication (at school and home), consider a formal assessment for ADHD or autism.
- If your child shows signs of distress, anxiety, insecurity or uneasiness about going to school, take time to talk to them about the things that are happening in the classroom, playground and around home. ■



## Body Facts...

- Skin cells only last about a week before they die. Red blood cells live for about 4 months. Bone cells last 10-30 years.
- Hair is very strong. A rope made from just 1000 hairs could lift the average adult.

- Scattered throughout the skin are millions of nerve endings which can detect pain, touch, heat, cold and pressure. The most sensitive part of the body as far as touch is concerned is the lips; the least sensitive is the small of the back. The most sensitive

for pressure is the fingers, and the least sensitive is the bottom. This is rather important; otherwise it would be agony to sit down!

- The average brain is 80% water. The average adult has about 75 km of nerves throughout the body.

# Influenza Vaccination: Key Points

Annual vaccination prevents influenza and its complications and is recommended for any person  $\geq 6$  months of age who wishes to reduce the likelihood of becoming ill with influenza.

Quadrivalent influenza vaccines (QIV) only are available in 2017. They protect against one completely new virus strain.

Vaccines are free on the National Immunisation Program in 2017 for:

- Aboriginal and/or Torres Strait Islander children aged 6 months to <5 years and persons aged  $\geq 15$  years
- Everyone aged  $\geq 65$  years
- All persons aged  $\geq 6$  months at risk of influenza complications; e.g. severe asthma, lung or heart disease, low immunity or diabetes.
- Pregnant women (any stage of pregnancy).

Influenza vaccination is also strongly recommended, but not funded, for other groups who are at increased risk of influenza and its complications.

People with egg allergy can be safely vaccinated, with precautions taken in some cases. ■



## Thyroid Tests Serve a Function

The thyroid gland in the front of the neck controls the metabolism of the whole body. Sometimes the gland becomes overactive or underactive. This happens most often in women over 50 who have a family history of thyroid problems or pernicious anaemia (vitamin B12 deficiency).

Failure of the thyroid to produce enough thyroid hormone usually comes on slowly. Symptoms are excessive tiredness, coarse or dry skin, hair loss, weight gain, poor memory and intolerance of cold weather.

An overactive thyroid speeds up the body—anxiety, rapid heartbeat, weight loss, trouble sleeping, and menstrual changes.

All these symptoms can be mimicked by other health disorders, so it can be hard for a doctor to spot thyroid problems. If you feel it may be a problem for you, discuss it with your doctor.

The problem shows up on blood test. Any lack of thyroid hormone can be easily replaced with a daily tablet. After that, the correct dose is monitored with regular blood tests.

Unfortunately, thyroid problems cannot be remedied with a change in diet or lifestyle. The problem comes about because the body, by some quirk of Nature, produces antibodies against the thyroid gland, slowly destroying its function. Taking kelp or iodine supplements can make the problem worse. ■

## Profile: Sports Drinks

Highly fashionable sports drinks offer improved sports performance and recovery but is this at the expense of your teeth!?

Athletes who regularly sip on sports drinks are bathing their teeth in sugar and mild acid, just the recipe for dissolving tooth enamel and promoting tooth decay. The risk is greater if a mouth guard is used after consuming a sports drink.

To prevent this problem, rinse the mouth with water immediately after your sports drink.

And you can make your own sports drink, as well as the commercial ones.

During strenuous exercise, especially in hot

weather, the body needs more than just water replacement. After an hour of heavy exercise, taking some carbohydrate helps the body conserve glycogen stores in muscle, maintain blood sugar levels and delay fatigue. A little sodium and potassium is also beneficial.

Try this recipe. Dissolve 1 tablespoon of sugar and a pinch of salt in a little hot water. Add 1 tablespoon of 100% orange or lemon juice. Add 250 ml of iced water. Bingo!—your own effective sports drink. ■



## ANZAC BISCUITS

### Ingredients

1 cup plain flour  
 1 cup rolled oats  
 1 cup brown sugar  
 1/2 cup coconut  
 125 g butter  
 2 tbs golden syrup  
 1 tbs water  
 1/2 tsp bicarbonate of soda

### Method

- Sift the flour into a bowl. Add the sugar, rolled oats and coconut.
- Melt the butter in a saucepan and add the golden syrup and water.
- Stir the bicarbonate of soda into the liquid mixture.

- Add the liquid to the dry ingredients and mix thoroughly.
- Place walnut-sized balls of mixture on a greased tray and bake at 175C for 15-20 minutes.
- All biscuits to cool a little to harden before transferring to a wire rack to cool completely.



## SUDOKU PUZZLE

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3							8	5
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## HAPPY EASTER!



### ● 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.

**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.