



Cardiovascular Risk



Spring Time



Sweaty Breakthrough



Exercise in Childhood

● **PRACTICE DOCTORS**

Dr Peter Brown - GP
 MBBS, DRCOG, DRACOG

Dr Siv Rajeev
 MBBS, FACRRM

Dr Raj Swamy
 MBBS, FRACGP

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

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

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 Lojene Raveenthiran
 MBBS, AMC

Dr Raviraj Kugapiriyam Registrar

Dr Kavita Kasana - GP

Dr Daniel Garces - GP

Dr Farhana Huq - GP

Dr Gifty Abraham - GP

Dr Emenike Muonanu - GP

Dr Leila Mirbagher Ajorpaz - GP

Dr Mainul Zubair - GP

Dr Ashish Paul - GP

Dr Ismat Emu - GP

Dr Dmitry Samokhin - GP

● **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 – 12md Tues, Wed, Thurs or at any time by appointment with your GP.
- X-ray & CT Scanning
- Diabetics Care
- Ultrasound
- Surgery
- Cardiograph
- Skin Cancer Check
- Flu Clinic Seasonal

Muswellbrook Diagnostic Imaging. Brook Medical Centre has state of the art imaging services at the rear of the building. 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- \$90.** 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.

YOUR NEXT APPOINTMENT:

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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.

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



Cardiovascular Risk Assessment & Management

Heart disease remains a major concern in Australia and the world. The Australian Bureau of Statistics suggests that approximately 1 in 20 Australians had heart, stroke and vascular disease in 2022.

This has increased from approximately 1 in 25 in 2001 and is more common in males.

Typical symptoms are pain in the chest, left arm, neck, jaw, or back, nausea, sweating, and shortness of breath. Not everyone gets typical symptoms. Warning signs can include tiredness, chest discomfort on exertion, and shortness of breath.

The diagnosis is based on history, electrocardiogram (ECG), and blood tests. You will likely undergo an angiogram, where dye is inserted into the arteries to examine blood flow to the heart. Survival rates have increased due to better and earlier treatment. This can include medications, stenting (opening the artery), or surgery. The length of

hospital stay is much less than in the past.

Risk factors include family history, smoking, raised cholesterol, high blood pressure and diabetes. There may be no risk factors.

Prevention, where possible is key. There are online tools where you can work out your overall risk. These tools consider a number of factors. There is much you can do to reduce your risk. Don't smoke. Eat a healthy diet and maintain a healthy weight. Get some regular exercise. Have a regular check-up with your GP. Managing risk factors such as high blood pressure, raised cholesterol, and diabetes can include both lifestyle measures and medication. Regular monitoring is important. Limit salt intake, reduce weight (if overweight), and reduce sugars in the diet. Managing stress also can help.



More info »

Spring Time

Spring is when allergy symptoms are most prevalent. The classic "hay fever" is a runny nose, sneezing, and watery eyes.

The technical term allergic rhinitis means inflammation of the nose caused by an exaggerated response to a substance. Allergic conjunctivitis is when the same underlying response affects the eyes, causing watery, red and itchy eyes.

The symptoms result from the body trying to get rid of an irritation.

Sneezing and runny noses are caused by mucous production under the influence of histamine (produced by the body's reaction to an irritant). Other symptoms can include (paradoxically) a blocked nose, sinus congestion, and an itchy throat. The release of histamines also causes eye watering, redness, and itching.

The most common treatment is an antihistamine, available without a prescription. Some can make you drowsy as a side effect; others do not, so check the label. Other treatments are nasal sprays. Some are on prescription and contain a mild hydrocortisone, which reduces nasal inflammation. There are eye drops for eye symptoms. Some need a prescription.

Avoidance of known allergens is helpful but not always possible. There are ways to be tested for allergies and, in some instances, to be desensitized to what you are allergic to. If symptoms are mild, there is nothing wrong with using a tissue and riding it out as the season passes.

Talk to your doctor about what is best for you.



New breakthrough for Sweaty Armpits

ASX Listed Clinical Dermatology company Botanix Pharmaceuticals announced on the 20th of June 2024 that it had received US Food and Drug Administration (FDA) approval for a new drug called Sofdra™ (sofipironium) gel.

Sofdra is a prescription medicine used to treat primary axillary hyperhidrosis (excessive underarm sweating) in adults and children nine years and older.

Whilst not a life-threatening condition, excessive underarm sweating can affect work productivity, daily routine activities, emotional well-being, and personal relationships. It is said to be the third largest dermatology condition in the US, affecting almost 10 million people annually.

Sofdra is the first and only new chemical entity approved by the FDA to treat primary axillary

hyperhidrosis. It presents a novel, safe, and effective solution for patients who have lacked treatment options for this socially challenging medical condition.

Botanix Executive Chairman commented, "As the first and only new chemical entity, Sofdra represents a new therapeutic approach for dermatologists to treat patients with this debilitating medical condition" in his recent press release.

The product is not available in Australia, but regulatory approvals are expected to follow in due course.



More info »



Myasthenia Gravis

This condition causes muscle weakness and fatigue. It is thought to be due to antibodies "attacking" the nerve receptors in the muscles. The Thymus gland, which sits in the chest, produces the antibodies, but what triggers this is unknown. There is also a form of Myasthenia without antibodies involved.

It can occur at any age but is more common in women under 40 and men over 60. Symptoms are typically weakness and tiredness, and severity ranges from mild to near-full paralysis. It can affect any muscle but the upper body more than the lower part. Facial muscles are often first affected. People may notice droopy eyelids or problems with swallowing or chewing. In the most severe cases, the breathing muscles can be affected.

Diagnosis is based largely on the symptoms and a neurological examination, which shows muscle weakness but no effect on sensation. Blood tests may show the presence of antibodies. You would be referred to a neurologist, and some

specialised tests can be performed.

Treatments include cholinesterase inhibitor medications (to improve muscle function), immunosuppressants (e.g., steroids), and plasmapheresis (filtering the plasma from the blood). Some have a growth in the Thymus gland, which can be surgically removed.

Around 20% will go into spontaneous remission. Living with myasthenia gravis can mean making adjustments to your routine. You may need to do things more slowly and plan your day. Simple measures like an eye patch, eating smaller, more frequent meals, and installing handrails or other aids can help.

Relevance of Exercise in Childhood

Once upon a time, children didn't need to "exercise" because they were active. They walked to and from school and played outdoors rather than on screens.

The growing trend of children spending more time with technology and devices and less time outdoors is something that most parents face.

Over 20% of children aged 12 through 16 are overweight or obese. This reflects both the consumption of more processed foods higher in fats and sugars and a reduction in physical activity.

We cannot turn back the clock, but we can help our children be healthier. The Australian government recommends one hour of physical activity each day for children over the age of five. This should be a mix of moderate and vigorous exercise. It can include walking, running, bike riding, any form of suitable sport, and outdoor play. It does not have to be in one continuous block of time.

Being active has many benefits for your child. It reduces childhood obesity, improves motor function, improves circulation, strengthens bones and muscles, and improves balance and coordination skills. Active children tend to sleep better and often have enhanced self-esteem. Mental health problems are less common in active children.

It also establishes good habits for later in life, as regular exercise reduces the chances of many diseases, including heart disease, stroke, and some forms of cancer.

A bonus is that when you encourage your children to exercise, they may encourage you to do the same. Most importantly, remember that any form of exercise is better than none.



More info »

● **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



BANANA, BLUEBERRY & LEMON MUG CAKE

Ingredients (serves 2)

- 1 tsp vanilla extract
- 1 banana, mashed
- 1 cup frozen blueberries
- 1 tbs maple syrup
- 2 tbs light Greek yoghurt
- 1/3 cup wholemeal flour
- 1/2 tsp baking powder
- 1 lemon, zest only
- 1 free range egg

Directions

Combine all ingredients together and separate into two microwave proof mugs and microwave for 2 minutes, checking halfway through.
Serve Warm with some sliced banana to garnish.

SUDOKU

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