



FREE TO TAKE HOME!

DECEMBER - JANUARY 2022 EDITION



Vertigo



Exercise



Childhood play accidents



HEALTH NEWS WOULD LIKE TO WISH YOU A

MERRY CHRISTMAS

AND A HAPPY NEW YEAR

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 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 Timothy Howell Registrar

Dr Raviraj Kugapiriyam Registrar

Dr Andrew Amato-Gauci Registrar

Dr Mustafa Hafiz Registrar

Dr Hayley Vickers Registrar

Dr Kavita Kasana - 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 & 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, 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. 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- \$87.** 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.*



 <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/dizziness-and-vertigo>

Vertigo

Vertigo and dizziness affect up to 10% of people through their life. It is important to have an accurate diagnosis as treatment depends on diagnosis.

Vertigo is most often due to conditions affecting the inner ear where the balance centre is. These include benign paroxysmal positional vertigo (BPPV), vestibular neuritis (inflammation of the inner ear), Meniere's disease, and migraines.

The symptoms are described as a feeling of spinning (like having been on a merry go round that stops), unsteadiness on the feet, or a light headedness. Other symptoms that can accompany this are headache, nausea and vomiting, incoordination, unusual eye

movements and a ringing in the ears.

Your doctor will ask about the frequency and duration of episodes, how they progress over time and if there are any triggers. These provide clues. The examination includes assessing balance and the ears as well as blood pressure.

Tests include a CT or MRI scan to look at the brain and inner ear. Blood testing is not often helpful except to rule out other causes.

Treatment starts with rest and medication to

ease the symptoms of dizziness. Some benefit from specific exercises to "retrain" the balance system. This is via a vestibular physiotherapist. Those with BPPV can benefit from specific exercises to remove crystals in the inner ear.

Meniere's often need long term treatment, whereas vestibular neuritis often needs only short term. Underlying causes such as migraine need specific treatment.

Some will require referral to an ENT specialist, and in some instances, surgery is needed.

Chlamydia

The most common sexually transmitted infection (STI) in Australia is Chlamydia. The number of cases has increased over the last 20 years, and the highest prevalence is in the 15-25 age group. Both sexes are equally affected, and it is very treatable.

Common symptoms are burning with passing urine and a discharge from the genitals. Women may experience lower abdomen or pelvic pain. Often the symptoms are mild. These start between one and three weeks after exposure. It is important to note that many people may not have any symptoms at all.

As the symptoms are not specific, diagnosis is by urine or swab testing. Generally, a full check for STI's will be done, which involves a urine and blood test. Treatment is with antibiotics. If Chlamydia is confirmed, a repeat test will be needed around three weeks later to see that it has cleared. It is a notifiable infectious disease, so cases are reported to the health department.

The other critical part of treatment is contact tracing. If you have been diagnosed with Chlamydia, you need to notify sexual partners as they will also need treatment.

Left untreated, it can lead to infertility. This is why it is recommended to have a screening test if you are sexually active. This is important because you may have no symptoms. Prevention is relatively simple, although not 100%. Always practice safe sex and use protection to reduce the chances of getting Chlamydia other STI's. Don't be scared of raising concerns with your doctor. They will have dealt with this often. And remember it is a common condition, may have no symptoms, and it is treatable.



 <https://www.sexualhealthaustralia.com.au/chlamydia1.html>



Exercise

With summer weather and the increasing ability to get outside, now is the time to dust off that exercise regime. Depending on where you live, gyms and indoor sports facilities may also be open again.

Exercise is good for both physical and mental health and is also good for stress management and longevity. A 2018 study by the Centres for Disease Control and Prevention concluded that about 10 per cent of all deaths among Americans 40 to 70 years old result from too little exercise.

The question has always been how much. Two new studies which followed over 10,000

people for two decades suggests 7000 steps a day or sports like tennis, cycling, jogging or badminton for at least two and a half hours a week.

However, every bit helps, so do not let the perfect be the enemy of the good. If you can only manage an hour, do that in preference to nothing. Incidental exercise such as taking the stairs instead of the lift or parking further away from the shopping centre entrance also counts.

The other important aspect is to do what you enjoy. That way, you are more likely to stick to it. Exercising with a friend or family member adds a social aspect and can help keep you both motivated.

Childhood play accidents

We know that many children do not get enough exercise, and the summer holidays can be a time for getting away from the screens and playing outdoors. In doing so, we want children to play safely and avoid injury. Equally, in these days of caution, we need to also whilst recognise that a grazed knee is not a major drama.

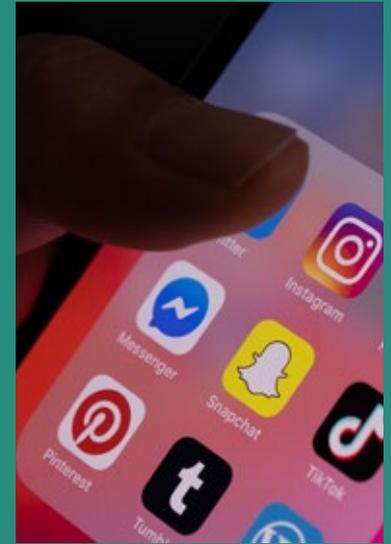
Compared to previous generations, virtually all public playgrounds are remarkably safe. Partly this is due to the soft ground cover which cushions falls. Equipment is safer than old fashioned slides, swings and see-saws. But there remains no substitute for watching your children. This is age-specific, and older children can be left more on their own, with younger children to be nearby. Indeed, there is much to be said for playing with them, which gives the parent some exercise too.

Trampolines are fun, but children need watching and teaching on how to use them safely. Once more, design is far better than in the past. Bicycles are a popular Christmas present, and learning to ride a bike is still a childhood joy. Whilst falling off when starting is probable, careful assistance and support can minimise this.

Running and ball games are fun in summer. Children need to wear appropriate footwear and, where applicable, safety equipment (think cricket or softball).



Injury risk can be minimised but not eliminated. Fortunately, most play-related injuries will be minor. Talk to your doctor about any concerns you have.



Social media and teenagers

Facebook has been in the news recently with a US senate into what it knows about the impact of Instagram on the mental health of teenage girls.

Undoubtedly, many of the images posted on the platform are not realistic, and they may reflect significant plastic or cosmetic surgery or simply be photoshopped. Many "influencers" also do not declare that the products and services they endorse actually pay them to do so.

The online world and social media, in particular, are not issues that previous generations of parents had to contend with. And, as any parent knows, there is a fair chance that a teenager will be at least one step ahead when it comes to technology.

That said, all is not lost. There are simple means to help your teenager. First and foremost, talk with them about the use of social media. Banning may be difficult but putting limits is a useful approach. Talk to them about not replying to unsolicited friend requests from people they do not know. Talk to them about self-esteem and being comfortable in their own skin. Offer praise and positive commentary whenever you can.

Offer to look at some Instagram or Facebook images with them so you can discuss what you see and what you both think about them. Another option is for you and your teen to have "half a password each", so log in requires both of you.

Above all else, keep communication channels open and spend as much time listening as talking.

● **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



MAPLE GLAZED CHRISTMAS HAM

This simple yet delicious recipe will be the centrepiece of your Christmas lunch and is sure to impress all your Guests.

Ingredients

- ½ Cup Brown sugar
- 1/3 Cup of Maple Syrup
- 1/3 Cup of Honey
- 1 Tbsp of Dijon Mustard
- 1 Large whole leg ham on the bone
- Whole Cloves

Directions

Step 1: Stir the Sugar, Maple Syrup, Honey and mustard in a bowl until it all mixes together and the sugar dissolves.

Step 2: Preheat oven to 170C. Line a large baking dish with 2 layers of non-stick baking paper. Use a sharp knife to cut around the ham, removing the entire rind. Gently lift the rind off in 1 piece by running your fingers between the rind and the fat. Score the fat in a diamond pattern and insert the cloved into the centres of the scored diamonds. Transfer to prepared dish.

Step 3: Brush one-third of the glaze over the ham. Bake, brushing with glaze every 25 minutes, for 1 hour 30 minutes.

