



FREE TO TAKE HOME!

FEBRUARY - MARCH 2021 EDITION



Schoolyard bullying



Positive attitude



What is 'normal' in puberty?



Cataracts

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 Sione Akauola Registrar

Dr Raviraj Kugapiriyam Registrar

Dr Andrew Amato-Gauci Registrar

Dr Mustafa Hafiz Registrar

● 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, Credentialled 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- \$82.** 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.



Positive attitude

We all see the world through our own eyes, which is why the adage about the half-full glass is apt. The difference is not the amount of water in the glass but the way we see it.

Having a positive attitude can be seen as trite or even linked to the American self-help movement – but don't dismiss it. We all feel better when we take a positive view on things. It gives us hope, keeps us motivated and helps us get through events in life.

Having a positive attitude does not mean we see everything as good and does not mean some things don't make us sad. It means that we look for the proverbial silver lining in any situation. It means that we start from a position of "I can make this work" rather than "I don't think this will work".

When it rains, we can choose to grumble about needing an umbrella or be happy that the plants get water. When stuck in traffic, we can stress about the car in front of us or be glad to have some quiet time to listen to music.

We have choices in life.

In any situation, getting you down ask yourself this simple question - what is the worst thing that can happen. You will generally be pleasantly surprised at how benign the answer is.

Schoolyard bullying

Bullying in the schoolyard is not new, but awareness has grown, and it is (rightly) no longer accepted or hushed up.

Bullying is an ongoing use of strength or position to intimidate someone or force them to do something. Cyberbullying is new in this generation. Previously a nasty "note" could be passed around a class and be seen by some. Today millions can see a comment on line. But not every childhood taunt represents bullying.

As many as one in three school-aged children may have been subject to bullying. It is more common in middle school than senior school. Emotional bullying is most common, followed by physical acts like pushing tripping or shoving. Mostly it happens at school or nearby with surprisingly little on school busses.

Cyberbullying is less common in middle years but more so in senior school.

Victims may display low self-esteem, difficulty in trusting others, isolation and emotional upset. Often bully's too have emotional or other problems.

For parents, the key is to know what is happening. Make it a habit to ask how are things at school. Ask open rather than yes/no questions. Ask general questions about how they are feeling or what's happening with their friends.

Ensure your child knows that help is available and that they can talk to you about any concerns. For you, the school is the first port of call for any concerns. They have programs in place to deal with bullying and want to stamp it out.

<http://www.kidspot.com.au/schoolzone/Bullying-Facts-and-figures-about-bullying+4065+395+article.htm>

Endometriosis

This is a condition where endometrial cells (which normally line the uterus) grow outside the uterus. The most typical sites are on the ovaries, bowel, fallopian tubes and pelvis lining.

The endometrial cells behave in the same way as they would in the uterus. They thicken and then break down and bleed each cycle. However, the cells are trapped and can't leave the body.

The cause is not known. Risk factors are; a positive family history, never having given birth, and short menstrual cycles. There is, unfortunately, nothing specific that can be done prevention wise.

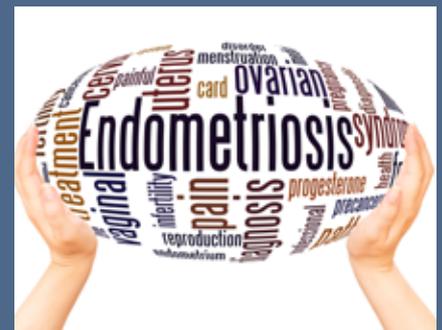
Common symptoms are painful periods, pain with intercourse, and heavy menstrual bleeding. Some may have pain on bowel motions, fatigue, bloating and nausea. The range is from mild to severe. The main

complication is infertility. Most women with endometriosis will still be able to conceive.

Diagnosis is based on the symptoms, a pelvic examination and an ultrasound of the pelvis. In some cases, a laparoscopy may be needed. You can be referred to a gynaecologist.

Simple painkillers may suffice. Warm baths and heat packs can help relax the pelvic muscles easing cramps.

Hormonal treatments, including use of the contraceptive pill, may help. In more severe cases, surgery is performed whereby



endometrial cysts are removed. In the most severe instances, hysterectomy may be needed.



What is 'normal' in puberty?

A normal part of life, puberty is the time when children start turning into adults. Technically it is the development of the capacity to reproduce (sexual maturation). 95% will start between the ages of eight and 14 (girls) or nine and 14 (boys). The process generally goes on for three to four years.

Together with the development of secondary sexual characteristics, there is also a period of rapid growth. For many, there are emotional changes too. With girls, parents worry about the onset of periods. These generally start two years after the onset of breast development. In boys, the worry is about later puberty and later onset of the growth spurt. There is no need for medical concern in either case.

The appearance of pubic hair does not indicate the onset of puberty. This comes from an increase in the production of androgens (male sex hormones) by the adrenal gland. It is a separate process and may happen simultaneously but can start up to two years earlier.

Precocious puberty is onset before age eight (girls) or nine (boys) and warrants a medical check as does lack of commencement by age 14. For some, a specialist referral may be needed.

Many of the puberty problems are more to do with changes in the adolescent's life which occur at the same time rather than being due to puberty itself. Have a chat with your doctor about supporting your child or about any concerns you may have.

Cataracts

This is the leading cause of blindness and vision loss worldwide. Cataracts occur when the lens of the eye goes cloudy or opaque. Around 10% of Australians have cataracts increasing from 4% of 50-59 year olds to over 60% of 90-year-olds.

Advancing age is the most typical cause. Trauma, radiation exposure some drugs (e.g. steroids) and metabolic conditions (e.g. diabetes) can also lead to cataracts. Women are more affected than men. Indigenous Australians, Caribbean or African Americans are more prone than Caucasians. Smoking and excess alcohol consumption are also risk factors.

Cataracts are classified by their level of maturity (progression), cause, or appearance. Nuclear cataracts are the most common affecting the centre of the lens. A "mature" cataract is one where the whole lens is opaque. Reduced visual acuity (ability) is the hallmark symptom. The onset is gradual and progression slow but constant in most instances. If only one eye is affected, it may not be noticed for quite a while as the other eye "compensates".

Cataracts are easily diagnosed on examination. When looking in the eye with an ophthalmoscope, your doctor can see a cataract. Those over 40 are advised a regular eye check with an ophthalmologist who can do



other eye assessments simultaneously. Your GP can refer you.

Treatment for cataracts is surgical removal and insertion of an intra-ocular lens. This is done when symptoms warrant it, and prescription glasses no longer are helping. This may be

many years from the time of diagnosis.

The procedure is generally done under local anaesthetic, and you will be in and out in a few hours. Recovery is quick. The eye is padded for a short period of time, and you will be prescribed drops post operatively.

● **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



BRAISED BEEF CHEEKS WITH TORTILLAS

Ingredients

- 1 dried ancho chilli (or more to taste)
- 4 garlic cloves, crushed
- 1 tablespoon tomato paste
- 1 tablespoon honey
- 2 teaspoons ground cumin
- 1 teaspoon smoked paprika (pimenton)
- 1/3 cup (80ml) olive oil
- 4 beef cheeks, trimmed
- 2 cups (500ml) beef stock
- Juice of 2 limes
- Small corn tortillas, lightly grilled
- 1 avocado, chopped
- 2 butter lettuces, outer leaves discarded
- Sour cream, to serve
- Red onion, to serve
- Corriander, to serve
- Fetta Cheese, to serve

Method

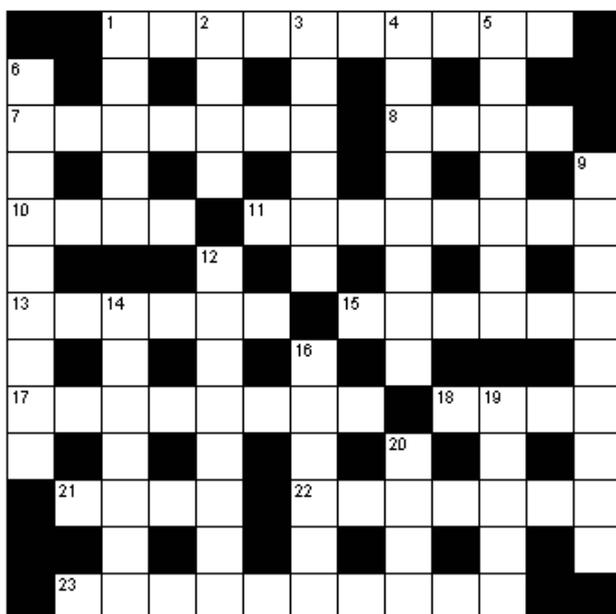
1. Place the ancho chilli in a bowl and cover with 1/2 cup (125ml) boiling water. Soak

for 10 minutes or until softened. Place the chilli and soaking water in a small food processor with the garlic, tomato paste, peanut butter, honey, cumin, paprika, 2 tablespoons oil and 1 teaspoon salt and whiz until a paste. Transfer to a bowl, toss the beef cheeks in the marinade, cover and chill in the fridge overnight.

2. Preheat the oven to 180 degrees. Heat 2 tablespoons oil in a flameproof casserole dish over medium-high heat. Remove the beef from the marinade (reserving marinade) and brown. Add stock, lime juice and reserved marinade to the casserole dish, then cover and cook in the oven for 3 hours or until the meat is tender. Remove from the oven and cool slightly. Remove beef from the braising stock and shred, using 2 forks.

3. For serving, place the shredded beef on the tortillas with avocado, lettuce, sour cream, pickled red onion and coriander.

CROSSWORD



Across

- 1 Credible (10)
- 7 Chic (7)
- 8 Arrange in order (4)
- 10 Cook in an oven (4)
- 11 First showing of a film (8)
- 13 Uncover (6)
- 15 Northern Ireland (6)
- 17 Roomy (8)
- 18 Warmth (4)
- 21 Orient (4)
- 22 Bishop's district (7)
- 23 Unnecessarily (10)

Down

- 1 Fracture (5)
- 2 Flesh without fat (4)
- 3 Whole (6)
- 4 Put together (8)
- 5 Of greatest size (7)
- 6 Robin (9)
- 9 Rued (9)
- 12 Helped (8)
- 14 Mollify (7)
- 16 Obstacle (6)
- 19 Sorrowful poem (5)
- 20 Throw carelessly (4)