

Help with Panic Attacks

A panic attack is usually sudden and brief, lasting a few minutes to half an hour. Severe anxiety is the problem and stress or depression may be in the background. Although attacks can be frightening, they are in fact harmless, and while some situations may trigger them, they often happen 'out of the blue'.

During anxiety attacks the body releases normal "fright hormones" in response to anxiety. What is hard to work out is why and when they occur.

Attacks include at least four of these symptoms:

- Palpitations (heart thumping or racing);
- Sweating;
- Shaking or trembling;
- Shortness of breath, or feeling like you are choking;
- Chest pain/discomfort;
- Nausea or abdominal discomfort;
- Feeling dizzy or light-headed;
- Feeling as though things are not real, or of being detached;
- Fear - of losing control, going crazy or dying;
- Numbness or 'pins and needles';

None of these symptoms are specific to panic attacks - heart or respiratory problems, or unusual hormonal disorders can be the problem. In the first instance, see your doctor to establish a diagnosis.

Some simple steps can lessen attacks, allowing you to self-manage panic attacks and help prevent them:

Diet. Avoid stimulants such as smoking, caffeine, alcohol and illicit drugs, all of which can trigger attacks.

Regular exercise. This can make good use of the hormones of panic, and lessen attacks.

Relaxation. Work at it - a relaxation CD, Tai Chi, swimming, meditation, yoga - whatever works for you.

Seek help if attacks interfere with your life, like someone specialising in anxiety.



Life can be difficult at times, but help is available

Try this during attacks:

Positive self-talk. Remind yourself you are going to be OK and the attack will pass, and find ways to distract yourself.

Breathing exercises. Make your breathing slow and deep, without over breathing. Try holding your breath for 10 seconds at a time.



Gateway Medical Centre

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Medical Centre

OCTOBER-NOVEMBER 2012

Your next appointment:



Preventing Breast Cancer



Febrile Convulsions in Children



Bell's Palsy



Help With Panic Attacks

DOCTORS & THEIR INTERESTS

Dr Betty Patapis

MBBS, FRACGP
Women & Children's Health

Dr Elaine Caplan

MBBS
General Medicine

Dr Robert Vial

MBBS, BMedSc, FRACGP, FACNEM
General and Nutritional Medicine

Dr Fung Cheung

MBBS, FRACGP
Minor Surgery

Dr Christel Romano

MBBS
Women and Children's Health

Dr David Mark

MBBS, FRACGP

Dr John McCririck

MB ChB

Dr Chris Ward

MBBS

Dr Paul Klemes

MBBS, FRACGP
Sports Medicine

Dr John Cooper

MBBS
General Medicine

Dr George Spicer

MBBS

Dr Lakshmi Kadaba

MBBS
General Medicine

Dr David Leaf

MBBS

ALLIED HEALTH PROFESSIONALS

Kingsley Gibson Physiotherapy
Cameron Elliott Physiotherapy
Megan Coventry Physiotherapy
Luise Hollman Physiotherapy
(see leaflet inside newsletter)

Emma Vowels Exercise Physiologist
Neeti Chadha Audiologist
Tanya Bonner Psychologist
Julie Leighton Psychologist

Available for appointment Mon-Sat.
Please call 9998 3400 for appointments.

BULK BILLING MEDICAL CENTRE

PHARMACY 9998 1900

Monday to Friday 7.30am - 9pm
Saturday 8am - 8pm
Sunday 8am - 6pm

APPOINTMENTS

Appointments are available 9am - 5pm Monday to Friday with all Doctors. Please enquire at Reception or phone the Centre.

Booking a long appointment. If you want an insurance medical, review of a complex health problem or a procedure etc., please book a longer appointment.

SURGERY HOURS

Monday to Friday 7am - 9pm
Saturday 7am - 8pm
Sunday 8am - 6pm
Public Holidays 8am - 6pm

AFTERHOURS & EMERGENCY

Family Care Medical Services - Ph: 13 74 25
Mona Vale Hospital - Ph: 9998 0333
Home Visits are available to patients of this practice (for emergencies). This service incurs a fee.

Monday - Friday 4pm - 8am \$130.00
Saturday & Sunday 10am Sat - 8am Mon \$140.00
Public Holiday all day \$150.00
Medicare rebates on above: approximately \$100.00

Patients in nursing home/aged care facilities Bulk billed
Veterans' Affairs patients DVA Gold Card
Patients with concession cards are encouraged to telephone for further information regarding fees as there may be a reduction in fees in certain circumstances.

OTHER SERVICES OFFERED

- Pathology
- X-ray
- Minor Surgery
- Dentist (Private Billed)
- Vaccinations
- STD checks
- Menopause Counselling
- Medicals
- Allergy Tests
- Family Planning
- Skin Cancer Checks

BILLING ARRANGEMENTS

The Centre directly bills Medicare all patients who present their Medicare cards at reception.
All appointments are privately billed with the fees advertised at reception.
Workers Compensation, ancillary services and overseas are charged AMA rates. Fees vary according to the complexity of the service or if a procedure is performed.
Payments can be made by **cash, cheque, Visa, Mastercard and EFTPOS.**



Laughter the Best Medicine

■ Mr Clark, I'm afraid I have bad news", the doctor told his anxious patient, "You only have six months to live."

The man sat in stunned silence for the next several minutes. Regaining his composure, he apologetically told his physician that he had no medical insurance. "I can't possibly pay you in that time."

"OK", the doctor said, "Let's make it NINE months."

■ Old Doc Carver was a family practitioner who still made house calls. One afternoon he was called to the Tuttle house. Mrs Tuttle was in terrible pain. The doctor came

out of the bed-room a minute after he'd gone in and asked Mr Tuttle, "Do you have a hammer?" A puzzled Mr Tuttle went to the garage, and returned with a hammer. The doctor thanked him and went back into the bedroom. A moment later, he came out and asked, "Do you have a chisel?" Mr Tuttle complied with the request. In the next ten minutes, Dr Carver asked for and received a pair of pliers, a screwdriver and a hacksaw. The last request got to Mr Tuttle. He asked, "What are you doing to my wife?"

"Not a thing," replied old doc Carver. "I can't get my instrument bag open."

SUDOKU

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BANANA BREAD WITH RASPBERRIES

Recipe for health

- INGREDIENTS**
- 150g low fat margarine, softened
 - 1 cup brown sugar
 - 2 eggs, lightly beaten
 - 2 very ripe bananas, peeled, mashed
 - 2 cups self-raising flour
 - 1 teaspoon baking powder
 - 1/2 cup milk
 - 1/2 cup fresh or frozen raspberries (other berries can be used instead of raspberries)

Method

1. Preheat oven to 180°C. Grease base and sides of a loaf tin. Line with baking paper, allowing a 2cm overhang at both long ends.
2. Using an electric mixer, cream butter and sugar until pale. Add eggs. Beat mixture between each egg.
3. Using a wooden spoon add mashed banana. Sift flour and baking powder over banana mixture. Add milk. Stir until well combined. Carefully fold in raspberries.
4. Spoon mixture into the loaf tin. Smooth surface. Bake for 45 to 50 minutes or until a skewer inserted into the centre comes out clean. Cool in pan for 10 minutes. Lift onto a wire rack to cool. Cut into 10 even slices.



Enjoy this free newsletter

from our practice. Please remember that decisions about medical care should be made in consultation with your a health care provider so discuss with your doctor before acting on any of the information.

www.healthnews.net.au



Febrile Convulsions in Children

Febrile convulsions are fits in young children that occur during a high fever. Suddenly, the child goes quiet, starts to jerk or twitch. There may be clenching of the teeth and rolling back of the eyes. In some instances there is difficulty breathing.

The convulsion is probably triggered by the effect of a rapid change in body temperature on the sensitive growing brain of the child.

While fever is most common with a viral infection, an infected ear, tonsillitis, bladder infection or another infection can cause high fever.

The problem is fairly common and can affect any normal child - about 5 in every 100 children. The tendency runs in families and children aged 6 months to 3 years are most often affected.

Although febrile convulsions (one or more) are frightening to parents, they do not mean epilepsy is on the way. Recovery is generally swift and complete.

What can you do if it happens?

Place the child in the coma position - on their side, chest down, with the head turned to one side. Do not put anything into their mouth. Don't try and restrain them. Loosen any tight clothing.

After the fit, which usually only lasts a few minutes (time it); the child will be drowsy and disorientated. Provide reassurance.

Seek medical help straight away, even if the fit stops. It is important to search for the reason for the fever.

To prevent more attacks, (which can occur in 1 in 4 children) keep any fever under control. Undress the child down to underwear, keep them cool, and give fluids and Paracetamol or Ibuprofen.

Bathing with tepid water is an effective way to reduce fever in sick children

Bell's Palsy

This condition weakens facial muscles and strikes at any age (but rarely in children) - your smile becomes lop-sided, one eyelid is harder to close, and you can't wrinkle your forehead on one side. It can be mild and difficult to notice or obvious with "full" paralysis.

Bell's Palsy is thought to be due to inflammation of the facial nerve, which controls movements of the muscles of the face. It can be related to viral illness.

The onset is fairly sudden. Sometimes people wake up with it. Once begun, the weakness can develop over a few hours up to a day or so.

There are other causes of facial weakness so it is important to see your doctor promptly.

There are no specific tests but examination of the facial muscles by your doctor allows a diagnosis.

Bell's Palsy has no specific treatment. Sometimes courses of steroids are prescribed as it is thought this

may reduce inflammation of the nerve. However, they are not a cure and can have side effects. Discuss this with your doctor.

In the vast majority of cases full recovery comes within 3 to 6 months and some recover in a few weeks. Regaining muscle function can be helped by massage and "exercising" of the facial muscles. If you can't close your eye, then protecting it with a pad is important, especially at night. The eye can dry out so use lubricating eye drops. Bell's Palsy is usually not painful.

Whilst recurrence is possible it is uncommon.

Can happen at any age



Prostate Awareness

'Movember'

November sees the growth of much facial hair above the lip. This is to raise awareness of and money for men's health issues, and in particular prostate cancer and depression. Having started in Melbourne it is now global. Over the last nine years over \$300 million has been raised and nearly two million men have grown moustaches.

Women can get involved too as Mo Sistas in supporting their Mo Bros by holding or attending a Movember party. The aim is to have fun whilst raising awareness and dollars.

Some say men fare worse than women on health matters - Movember hopes to have an everlasting impact on the face of men's health. Awareness can lead to men talking about health, which in turn is the first step to action to improve health.

In these days where transparency is important, the Movember website details that 91% of monies raised goes to Men's Health Programs. In turn, money provided to health partners must be used for programs and not for administration.

You can get involved by registering online (just Google "movember"). Then be ready on November 1 with a clean-shaven face and grow a mo for the rest of the month. Movember winds up with celebratory parties.

Weblink <http://au.movember.com/>



Mammography is important

Preventing Breast cancer

Breast cancer is the commonest cancer in females. One in 8 Australian women are diagnosed with breast cancer before the age of 85. While 75% of cases occur in women over 50, about 6% are in women under 40.

But it is not all doom and gloom. With treatment, some 90% of women aged between 40 and 69 years at diagnosis will be alive five years after detection of breast cancer. Breast surgery, radiotherapy, hormonal therapy and chemotherapy are the mainstays of treatment.

It is known that up to 30% of cancers run in families (i.e. another family member is diagnosed with breast cancer) but less than 5% of cases are truly inherited due to an abnormal gene. Pointers to inherited breast cancer include multiple family members diagnosed with breast and/or ovarian cancer, early onset, cancer in both breasts, individuals with breast and ovarian cancer together, male breast cancer, and Jewish ancestry. These women require specialised genetic tests and advice.

Detecting breast cancer.

Women can get to know their breasts through regular self-examination, looking for new or unusual breast changes, and the best time to do this is just after a period. Look for lumpiness or thickening, changes to the nipple (including discharge), changes in the skin of the breast (e.g. puckering or dimpling, colour change), or pain not related to the normal monthly cycle that persists in one breast.

While concern over a breast lump makes up 60% of doctor consultations for breast problems, non-cancerous lumps in premenopausal women (fibrocystic disease), is the most common cause of lumps or pain.

Careful examination by your doctor can miss about 7% of cancers, so imaging is recommended too. This may be a mammogram or ultrasound, the latter done especially in younger women with denser breast tissue, who are more at risk because of this, as are women who are overweight, drink alcohol in higher amounts, or having higher oestrogen exposure (taken oestrogen in the last 10 years, or late onset menopause, say over age 55).

Older women are eligible to have a free mammogram through the BreastScreen Australia program - ask your doctor.

Any suspicious lump should be biopsied. This minor procedure involves passing a fine needle into the lump - done under local anaesthetic - to remove a small sample of the lump to be looked at under the microscope.

Finding breast cancer early means women have more treatment options and a better chance of survival.

Haemorrhoids

Although seldom discussed, about 40% of adults have haemorrhoids (piles). They are swollen varicose veins in the back passage (rectum). If they occur close to the anal opening they can show on the outside. These external haemorrhoids can be painful.

Typical symptoms include:

- Bleeding from the back passage - usually bright red blood.
- A dragging, dull discomfort in the backside.
- Pain when opening your bowels.
- Wet mucous or slime on the outside.
- Itch or irritation around the back passage.

Haemorrhoids form for a variety of reasons - mostly related to pressure at the rectum. Childbirth, long hours on your feet and straining from constipation are all common reasons. The tendency may also run in families.

Once formed, it is difficult to get rid of them completely. However, you can relieve symptoms and prevent them from worsening. Here are some helpful hints:

Prevent constipation. Drink plenty of water and eat a high-fibre diet. Never hold off from going to the toilet when you feel the need.

Don't strain when using your bowels. Sit and wait while the bowel does its job! On the toilet, try a squat position by leaning forward and standing on a block of wood or a couple of bricks.

Lose excess weight and exercise regularly, especially in the morning after breakfast. (The normal toilet urge comes in the hour after eating.)

Clean the area around the anus with un-perfumed lanoline wipes - avoid rubbing as much as possible. Wear cotton underwear to reduce sweating and keep your bottom as dry as possible.

Rectal suppositories and creams can be soothing. They contain local anaesthetic and medication that lessens inflammation and swelling. Most are available without prescription.

External haemorrhoids can be gently pushed back in using the finger and plenty of lubrication cream.

When haemorrhoids are a real problem, you may seek a permanent solution. A number of options are available, depending on how much the haemorrhoids are 'internal' or 'external' and how big they are. (Your doctor can tell during examination.)

Treatments include sealing off with an injection or freezing cryoprobe, tying off with an elastic band, or surgery under general anaesthetic.



A painful visit