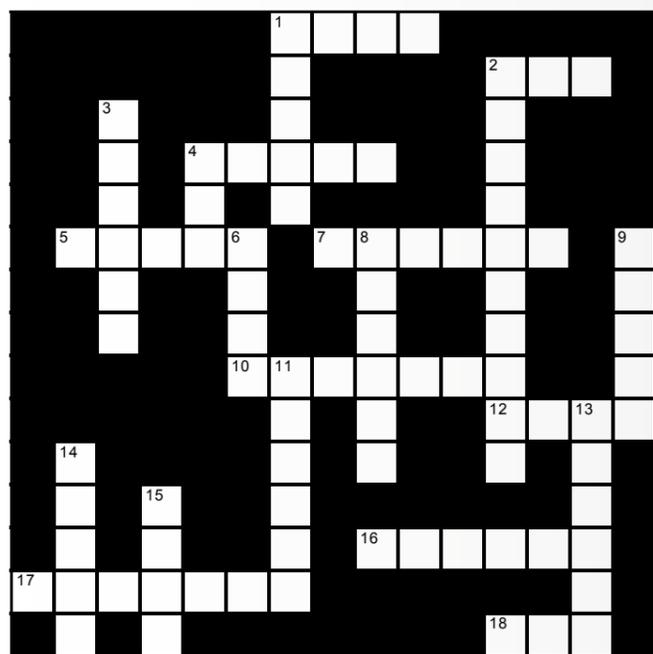


CROSSWORD



ACROSS

- 1 Site of bunions (4)
- 2 Old ___ putting pressure on Health System (3)
- 4 Centre of the nervous system (5)
- 5 How viruses are often spread (5)
- 7 Early pregnancy symptom (6)
- 10 Common dementia: Alzheimers ___ (7)
- 12 A skin irritation (4)
- 16 Harsh (6)
- 17 Protects against disease (7)
- 18 Pharmaceutical Benefits Scheme (Abbr) (3)

DOWN

- 1 Meningitis can be ___ (5)
- 2 A progressive deterioration in memory (10)
- 3 Ability to recall (6)
- 4 Common term for virus (3)
- 6 Unable to grip due to ___ injury (4)
- 8 One cell parasite (6)
- 9 Gateway to the gut (5)
- 11 Resistant to a disease (6)
- 13 confiding in someone helps relieve ___ (6)
- 14 ___ 'colds' not helped by antibiotics (5)
- 15 Headache can come from ___ problems (4)



Recipe for health

ZUCCHINI & VEGETABLE SLICE

COMBINE:

- 1 large zucchini grated – remove as much moisture as possible
- 1 medium carrot grated
- 1 medium onion grated
- 2 cloves garlic crushed
- Approx 100gms finely chopped lean ham

ADD COMBINED:

- 5 beaten eggs

- 1 cup grated low fat cheese
- 2 tablspsns unsaturated oil (40ml)

FOLD IN:

- 1 ¼ cups SR Flour
- Salt & Pepper to taste

Place in lamington tin which has been sprayed with a non-stick spray. Bake in moderate oven (180 degrees) for 40 minutes.

Laughter the Best Medicine

■ He finally invested in a hearing aid after becoming virtually deaf. It was one of those invisible hearing aids. "Well, how do you like your new hearing aid?" asked his doctor.

"I like it great. I've heard sounds in the last few weeks that I didn't know existed."

"Well, how does your family like your hearing aid?"

"Oh, nobody in my family knows I have it yet. I am having a great time! I've changed my

will three times in the last two months."

■ Tom speaks frantically into the phone, "My wife is pregnant, and her contractions are only two minutes apart." "Is this her first child?" the doctor queries.

"No!!" Tom shouts. "This is her husband."



Blood Pressure and White Coat Hypertension

Blood pressure (BP) is expressed as two numbers, X / Y. Systolic pressure (the 'X') is the higher pressure when blood is pumped out by the contracting heart, while diastolic pressure (the 'Y') happens in between contractions when the heart is relaxed.

Your blood pressure is measured by a sphygmomanometer. High BP (hypertension) is a factor in a number of conditions including heart disease, stroke and kidney disease. Normal BP is regarded as between 110-140 over 70-90. Normal range increases with age. People today can measure BP at home using rented devices. As stress can easily elevate it, a visit to the doctors sometimes causes "white coat hypertension" due to the stress of the visit, which is harmless. Home monitoring or a 24-hour monitor can sort out what is happening.

Your doctor will exclude underlying problems

that can cause high blood pressure, usually with a blood test.

And there are simple things you can do to help keep your BP normal. Regular exercise, moderating salt intake and maintaining a healthy weight are three. Those who meditate or de-stress regularly are less likely to have hypertension.

Many people require medication to reduce the risk of serious illness later in life. Your doctor can advise. Sometimes you need to trial a few before finding the right one and some people need medications in combination.



Relax, I'm a Doctor



Gateway Medical Centre

Level 2, 1 Mona Vale Road
Mona Vale NSW 2103

Ph 9998 3400. Fax 9998 3444

Email - admin@gatewaymedical.com.au



Medical Centre

APRIL-MAY 2013

Your next appointment:



> Perinatal Depression in Men



> Whooping Cough (Pertussis)



> Meningitis & Meningococcal



> Alzheimer's Disease Explained



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

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

MBChB

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

ALLIED HEALTH PROFESSIONALS

Kingsley Gibson Physiotherapy

Cameron Elliott Physiotherapy

Chris Parfett Physiotherapy

Luise Hollman Physiotherapy

Emma Vowels .. Exercise Physiologist

Neeti Chadha Audiologist

Tanya Bonner Psychologist

Lynda Hamilton Dietitian

Joanne Clarke 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.**



Whooping Cough (Pertussis)

Even though routine vaccinations cover our children against this bacterial infection there are still minor outbreaks. Vaccination means fewer people are affected and symptoms are much less severe. More importantly, there are less of the bacteria around the community to infect babies who are particularly at risk – 1 in 100 die if hospitalised with Whooping Cough in the first two months of life.

Pertussis usually begins as a typical "cold", progressing over a few days to a persistent dry cough. When coughing, the unvaccinated child makes a "whooping" sound when they breathe in, immediately followed by vomiting. Coughing comes in bouts. Sometimes there is life-threatening obstruction to breathing or the bacteria may infect the lungs (pneumonia) or brain (encephalopathy; seizures).

Infection is spread by coughing respiratory droplets. Some 80% of close contacts (e.g. households; Day-Care) may become infected and 10 days later, the illness starts. Symptoms can last 6-10 weeks if untreated.

Diagnosis is on the history and from tests (usually a swab taken from the nose for a PCR test).

Treatment is with antibiotics, which only work if

given in the first two weeks of the illness. Infected children can return to Day-Care or school after five days on treatment.

These people should also be treated if in close contact with an infected person within the first 21 days:

- Any baby under 12 months.
- Any infant between 1-2 years who has not received the 3 doses of pertussis vaccine.
- Any contact who could spread the infection to a vulnerable group.

Through 2011 and 2012 a government program was in place to provide a free booster vaccine for new parents and other carers of newborns. This has ceased but you can still get a booster through your family doctor.



Babies are particularly prone to infection in the first few months of life. We protect them by making sure others in the community are vaccinated.

Meningitis & Meningococcal Infections

Meningitis is potentially fatal, an infection within the brain and spinal cord caused by various bugs, commonly viral but also bacterial or by an amoeba.

The first symptoms are not specific – high fever, a cold, headache – before the more worrying symptoms of stiff neck, vomiting or nausea, severe tiredness, rash and sensitivity to light occur. Sometimes people have seizures.

One of the hallmarks of meningitis is rapid progression of the illness. People can go from being a bit unwell to extremely unwell in less than 24 hours. Whilst a rash is often thought to be a specific symptom, it is not. And it is not the first symptom.

The main risk factor is age – those under five are most vulnerable. Teens are also at risk as are those with compromised immune systems. People living in close proximity such as dorms or boarding facilities are also at increased risk.

If meningitis is suspected you need to seek medical help immediately. In almost

all instances people with meningitis need hospital. Blood tests will be needed, as will a lumbar puncture (which takes spinal fluid for microscopic examination) and a CT scan to image the brain.

Diagnosis is based on clinical and test findings.

Treatment depends on cause and the earlier the better. Bed rest, fluids and pain relievers are needed for viral meningitis. Antibiotics are needed for bacterial meningitis.

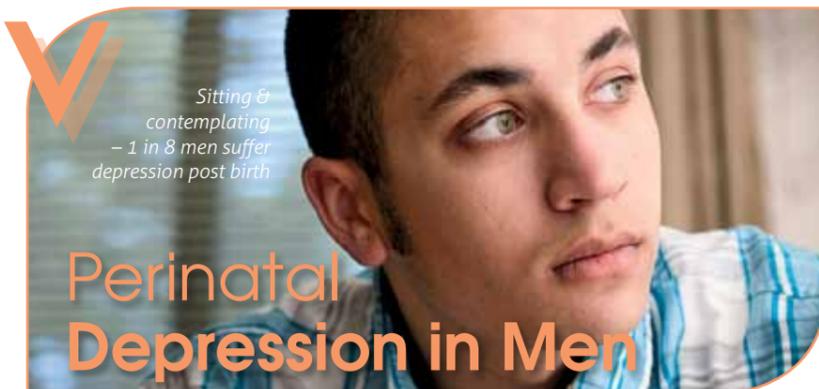
Complications amongst survivors can include hearing loss, paralysis, learning difficulties and brain damage.

Preventative measures include vaccination (only some forms of meningitis), basic hygiene like washing hands, and any lifestyle things that help enhance your immune system.



Uncommon but serious

www.meningitis.com.au



Sitting & contemplating
– 1 in 8 men suffer depression post birth

Perinatal Depression in Men

Postnatal depression in women is becoming more recognised. Although the problem often starts in pregnancy, it can take months to be recognised after birth, when it affects the mother's ability to care for her newborn. What is poorly recognised is that around 1 in 8 men also suffer depression at this time – the highest risk falling between three and six months post birth.

The symptoms include loss of appetite, insomnia, and difficulty bonding with the baby, feelings of shame or inadequacy, loss of interest in activities, irritability, and low mood. While most people experience some of these symptoms after a new baby arrives, they pass. When they persist for two weeks or more and are not balanced by positive emotions this can be a pointer to depression.

Hormones change in men too after birth with falls in testosterone and a rise in oestrogen. This may play a role. It has also been shown that depression in the mother is a risk factor for depression in the father.

The first step is recognising there is a problem (which men are not good at!) and then asking for help. Have a chat with your doctor.

For many, some basic couple or personal counselling fixes things; even chatting with a mate or joining a support group may be all that is needed. If medication is a likely answer, your doctor will advise.

Preventative measures include attending antenatal classes so you are better prepared for being a new father. Also dealing with any relationship issues before birth will help mum and dad. It is also important to allocate a little "me" time. This can be as simple as a walk in the park listening to music or doing a meditation.

www.panda.org.au/practical-information/information-for-men

Gambling Addiction

Legend has it that Aussies will bet on two flies climbing up the wall! Many people (70% of us) enjoy a Lotto flutter, a punt on the Melbourne Cup or even the occasional night at a casino and do so responsibly. Sadly for some people, gambling is a destructive problem affecting their families and friends as well as themselves.

Australians spend nearly \$19 billion a year on gambling, some \$12 billion of it on poker machines. An estimated 500,000 Australians are, or are at risk of becoming, problem gamblers and about 75% of them are poker machine players, particularly women.

Often a hidden problem, those addicted to gambling:

- Lose on average \$21,000 per year,
- Are six times more likely to be divorced,

- Are four times more likely to have problems with alcohol, and
 - Are four times more likely to smoke.
- Each impact badly on the lives of between five and ten others.

The children of problem gamblers are much more likely to develop a similar problem. The costs to the community are estimated to be \$4.7 billion per year.

Yet only 15% of those addicted to gambling seek help.

But help is at hand for those addicted or their partner/spouse. Counselling around finances and relationships are part of the mix, as are support groups. Your doctor can assist with medical problems that contribute to this worrying addiction, such as depression.

www.problemgambling.gov.au



Alzheimer's Disease Explained

Alzheimer's Disease shows itself as worsening memory, thinking things through and behaviour. Early on, this common form of dementia appears to be an exaggeration of what everyone experiences at time – losing things, difficulty finding the right word, slowness to respond to questions and withdrawal in company.

As the disease progresses, whether slowly over months or years, or more rapidly, confusion sets in and people have trouble with simple daily tasks and experience out-of-character mood changes. Eventually, sufferers cannot care for themselves.

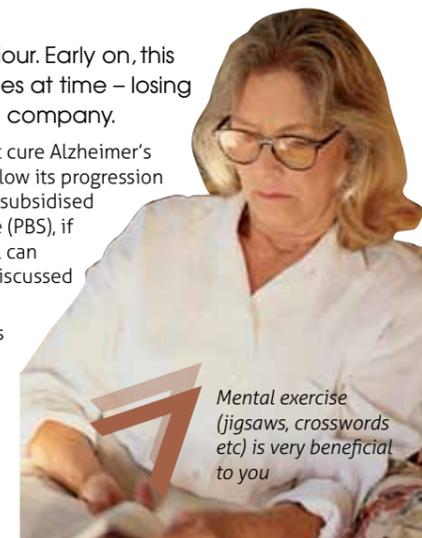
Alzheimer's risk increases with age – 5% of those over 65 years and 20% of those over 80. There are many other causes of dementia, but Alzheimer's Disease causes about 65% of cases.

Not everyone who forgets something has or is heading for Alzheimer's Disease even though forgetfulness with age gets many wondering! Unaffected people can still get on with the activities of daily life, even though loss of memory can be brought on by stress or perhaps depression, stroke and alcoholism.

Your doctor is happy to discuss your concerns, review your medical history, and examine you (which may include a thinking and memory test, or even blood tests and a brain scan).

What about medications? These cannot cure Alzheimer's Disease but they have been shown to slow its progression in some people. Some medications are subsidised on the Pharmaceutical Benefits Scheme (PBS), if circumstances are right, but because all can cause side effects, prescribing is best discussed with your doctor.

Research is continuing to examine ways of reducing the risks of Alzheimer's Disease. Regular exercise seems beneficial as does "mental" exercise (learning new tasks, doing crosswords etc). Fish oils may be helpful as does maintaining an adequate intake of vitamin D.



Mental exercise (jigsaws, crosswords etc) is very beneficial to you

For help ring 1800 100 500 or visit www.alzheimers.org.au