



AUGUST-SEPTEMBER 2014

Your next appointment:



> Coping with Chickenpox



> Can Antibiotics Cause Thrush?



> Grief - the Do's and Don'ts



> Tips for stopping a nose bleed



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

● 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
General Medicine

Dr John McCrerrick – MBChB
General Medicine

Dr Chris Ward – MBBS
General Medicine

Dr Paul Klemes – MBBS, FRACGP
General Medicine

Dr John Cooper – MBBS
General Medicine

Dr George Spicer – MBBS
General Medicine

Dr Lakshmi Kadaba – MBBS
General Medicine

Dr Rachel Pamplin – MBBS
General Medicine

Dr Robert Barron – MBBS

Dr Cliff Turner – MBBS
General Medicine

Dr Michael Tan – MBBS
General Medicine

● ALLIED HEALTH PROFESSIONALS

Trish Orr Physiotherapy

Neeti Chadha Audiologist

Tanya Bonner Psychologist

Lynda Hamilton Dietitian

Joanne Clarke Psychologist

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

● PHARMACY 9998 1900

Monday to Friday 7.30am – 9pm

Saturday 8am – 8pm

Sunday 8am – 6pm

▶ Please see the Rear Cover for more practice information.

BULK BILLING MEDICAL CENTRE

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

● HYPERFORMANCE PHYSIOTHERAPY @ GATEWAY MEDICAL CENTRE

Trish Orr is the new director of physiotherapy and whilst she has an extensive background in sports and orthopaedic physiotherapy, she has been specialising in pelvic health for a number of years and has a keen interest in preventing falls in the elderly population.

● 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.**





Coping with Chickenpox

With vaccination against chickenpox on the national immunisation schedule, full blown infection with this virus is now quite rare. Unvaccinated children who get it may find the illness distressing but full recovery is the norm. Adults the same.

The chickenpox Varicella virus (which also causes shingles) is spread person-to-person by droplet from sneezing or coughing. Symptoms start about two weeks after exposure, like any "cold" – sore throat, tiredness, fever, swollen glands or runny nose. After 3 to 5 days the rash appears, which makes the diagnosis obvious. The rash is small fluid-filled blisters that are full of virus, mostly on the trunk and head.

Treatment is symptomatic, such as paracetamol or ibuprofen. Scratching the spots can lead

to scarring so putting toddler's hands in mitts, soothing creams, or gauze soaked in bicarbonate of soda and water (an old remedy), can all be effective. Your doctor may sometimes recommend antihistamines.

Keep your child away from school or daycare until the spots have dried out.

People at increased risk of catching or having complications from chickenpox include:

- Newborn babies – severe illness more likely in the first 28 days of life.
- Pregnant women – those who have not had chickenpox or been immunised are at serious risk, especially early in the pregnancy.
- People with a weakened immune system – those with leukaemia or Hodgkin's disease, or taking immunosuppressive medications



www.health.nsw.gov.au/Infectious/factsheets/Pages/Chickenpox.aspx



Can Antibiotics Cause Thrush?

Whilst bacteria can cause harmful infection, we have about 100 trillion 'good' bacteria in and on the human body.

Some of these perform important roles and if this balance is upset we can get sick. Antibiotics work by killing harmful bacteria or stopping them replicating. However, many antibiotics cannot pick between 'bad' bacteria and 'good' ones, so after a course of antibiotics we can lose some of the good guys. If this happens in the gut it can cause diarrhoea. Loss of lactobacilli bacteria from the vagina, especially with longer or stronger courses of antibiotics, can allow thrush (caused by Candida fungus) to multiply – this causes itching and a white discharge. Fortunately, thrush is easily treated usually with creams or pessaries, and in resistant cases, by treating to restore normal vaginal acidity.



Grief - the Do's and Don'ts

Grief is normal when we lose someone (or something) we love. We experience a strong sense of loss, often after the death of a loved one. But there is also relationship breakdown, job loss or loss of a pet to consider. All can leave a hole that is hard to fill.



There is a mixture of emotions that change over time. Feelings of shock, disbelief, anger and confusion are common. Some people feel guilt, a sense of isolation or a yearning for what was.

Stages of grief are described as going from denial through to acceptance, but each person's journey is different.

Understand that sadness and mixed emotions are normal when grieving. Some get through it quickly, others take a long time. There is no 'set time' so don't pressure yourself.

Stay connected with others. Manage your stress. Keep physically active and force yourself to make time to do things you enjoy. It all helps.

In supporting a person in grief, be a good listener. Be available both in practical ways (like dropping off a meal) and emotionally as a shoulder to cry on. Encourage them to keep up their normal routine (as far as possible) and talk about everyday things that matter to them.

Some people need professional help with grief and benefit from counselling. Be willing to ask for help if needed.



www.beyondblue.org.au/the-facts/grief-and-loss

Age-related Macular Degeneration

Macular degeneration (MD) affects a critical part of the eye's seeing surface, the retina. MD affects 1 in 7 people over the age of 50 and can cause central blindness, especially if not recognised and treated early. When the macula becomes damaged, or deteriorates, the central field of vision becomes blurry, distorted, or dark.

Effects on central vision include:

- Difficulty reading, threading needles or other fine visual tasks.
- Difficulty recognising faces.
- Distortion of straight lines.
- Central blind spots or loss of vision.

Apart from age, the biggest risk factors are inheritance (risk is 50% if a 1st degree relative is affected) and smoking (increases risk 2-4 times). Age related MD takes two forms. 'Dry' MD is most



■ Eye Doctor's view of retina showing damaged macula

common and is slowly progressive. 'Wet' MD can develop from 'dry' forms and is most dangerous – causing rapid blindness if not treated urgently. Abnormal blood vessels grow underneath the retina and they can bleed, cause swelling

and scarring. Early treatment is essential with injections into the watery part of the eye.

People at risk of MD can help detect visual changes and reduce the risk of further worsening. By looking at the grout pattern of tiles or at the straight lines of a window or door frame, you can pick up distortion of straight shapes or patches of lost central vision (scotoma). Eye doctors use an 'Amsler grid' to test for this.

How to reduce the risk of eyesight deterioration? Quit smoking. Detect wet macular degeneration early (as late treatment is seldom effective). High dose antioxidant vitamin supplements (AREDS formulations) can reduce progression by 25% in a proportion of patients with dry MD.

It is the protective effect of these vitamins that has led to a recommendation of a diet high in green leafy vegetables, lots of fresh fruit and fish 2-3 times per week. Saturated fats are avoided and a handful of nuts (e.g. walnuts, brazil nuts) every week may also help.

Tricky Questions to ASK!

Do pregnant women get PMS?

Is there virus in chickenpox blisters?

Which vitamin comes from sunlight?

I would ask about macular degeneration if...?

Tips for stopping a nose bleed



The best ways to stop a nosebleed is to sit up straight and lean your head slightly forward. Don't tilt the head back as swallowed blood irritates the stomach, which can lead to vomiting.

Most important, use the thumb and index finger to firmly pinch the soft part of the nose shut. This compresses the usual vascular site, called Little's area. Applying a cold pack to the nose helps. Keep "pinching" for ten minutes and resist the

urge to let go sooner (time it!). If bleeding re-starts, apply pressure for another ten minutes. Most nosebleeds stop. If not, seek medical assistance. Avoid rubbing picking or scratching the nose for the next 12-24 hours to prevent recurrence.

PMS Blues

Premenstrual syndrome (PMS) is when the normal cyclical symptoms experienced by 85% of women become distressing. Doctors can diagnose PMS in anywhere between 3-30% of women, having excluded other mental or physical causes, and linked symptoms to the woman's menstrual cycle.

Symptoms are worse before each period and subside or disappear by the end of menstruation. As expected, women who are in puberty, pregnant or menopausal don't get PMS because they don't have a hormonal cycle!

No one knows exactly why some women get prominent emotional or physical symptoms but how hormones communicate within the brain and other organs is important. No doubt, as occurs with most health problems, genes and environment interact.

Some say PMS is put there by Nature to lessen the chances of successful reproduction, by making it harder for the woman to form relationships. You can believe that or not!

Common symptoms are:

- Emotional – mood swings,

irritability, depression, feeling out of control, increased appetite – with measurable impacts on brain function and a tendency towards more accidents.

- Physical – such as breast tenderness, bloating and headaches.

Healthy eating habits, exercise and stress levels are important, as both overweight and a sedentary lifestyle can be linked to PMS.

They say every emotion or thought produces an array of neuro-hormones; how we put thoughts into action. Working on this in reverse can help – using the mind to influence physical symptoms.

There are many possibilities (e.g. cognitive behavioural therapy). As well, some doctors have expertise in using hormone treatment (e.g. combined oral contraceptives) or mood altering medications. Speak to your doctor.

Gateway Medical Centre



Medical Centre

● FALLS & BALANCE ASSESSMENT & TREATMENT

Do you struggle with managing stairs or Slopes?

Do you feel like you might lose your balance when turning quickly?

Do you find it more difficult to stand from sitting?

Do you struggle with walking on uneven surfaces?

If any of these issues are bothering you or hampering your ability to get out and about do not hesitate to make an appointment with Physiotherapy at Gateway Medical Centre who will assess your individual balance, strength and exercise ability and develop a tailored exercise and balance program to cater to your specific requirements so that you can live a more independent and fulfilling life.

● SPECIAL PRACTICE NOTES

Recall/Reminders. From time to time you may receive a routine recall or reminder. We also participate in the state/territory reminder system, if you do not wish to participate please inform your doctor.

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, LOCKED BAG 18, Strawberry Hills 2012.

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.

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.

CHICKEN & BASIL STIR FRY

INGREDIENTS

- 175 gms thinly sliced chicken
- 30 gms chopped Thai sweet basil leaves
- 1 medium red capsicum - sliced
- 4 spring onions - chopped
- 1 tblspn Curry paste
- 2 small red chillies
- 1 tblspn chopped garlic
- 4 tblspns Vegetable oil
- Add extra vegies if desired - will require a little water to prevent burning.

MARINADE

- 2 tblspns Oyster sauce
- 1 ½ tblspn Soy sauce
- 1 tblspn Tomato sauce

METHOD

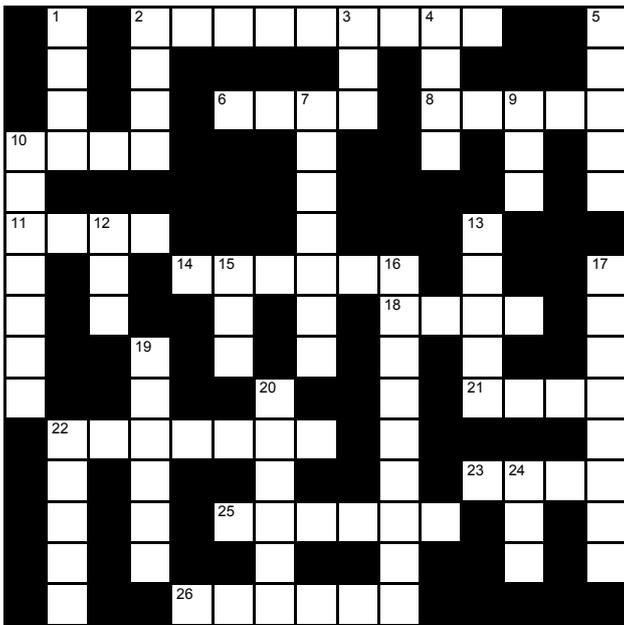
- Marinate meat.
- Heat oil in wok and add garlic & add curry paste.
- Gently fry until garlic is slightly brown.



Recipe for health

- Add meat and cook for approx. 3 minutes.
- Add red chillies & capsicum. Toss and cook for another 2 minutes.
- Add spring onions and basil leaves.
- Serve with Jasmine rice and if preferred, garnish with crushed peanuts and thin slices chilli.

CROSSWORD



ACROSS

- 2 Hormone imbalance for older women (9)
- 6 The meaning of Valentine's Day (4)
- 8 Beyond frustration (5)
- 10 Most common site for skin cancers (4)
- 11 What we try to avoid (4)
- 14 Means menstruation (6)
- 18 deficiency common cause of anaemia (4)
- 21 The right for a healthy lifestyle (4)
- 22 Sore throat; difficult to (7)
- 23 How our skin heals (4)

- 25 affects our ability to feel healthy (6)
- 26 is a viral STI causing blisters (6)

Down

- 1 We smell with it (4)
- 2 In the right e.g. sad (4)
- 3 catches up with you (3)
- 4 Take a sample (4)
- 5 A causes the common 'cold' (5)
- 7 Used to immunise children and adults (7)
- 9 We have over 30 feet of it! (3)
- 10 A chemical messenger in the body (7)
- 12 Opposite of happy (3)
- 13 Carries oxygen around the body (5)
- 15 Organ of vision (3)
- 16 Opinion from your Dr's visit (9)
- 17 are becoming resistant to antibiotics (8)
- 19 Swollen are a sign of infection (6)
- 20 Find a good one to stay well! (6)
- 22 Something surprising or upsetting (5).
- 24 Shed tears (3).

Laughter the Best Medicine

My wife and I were sitting in the lounge room, and I said to her, "I never want to live in a vegetative state, dependent on some machine and fluids from a bottle. If that ever happens, just pull the plug."

She unplugged the TV and threw out my beer.

