



FEBRUARY-MARCH 2015

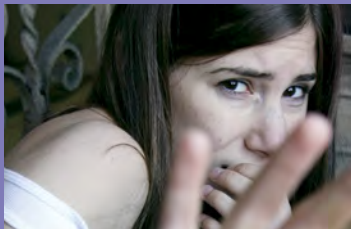
Your next appointment:



> Swimmer's Ear (otitis externa)



> Pet Infections



> Domestic Abuse



> Managing Sun Damaged Skin



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 McCririck – 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

Dr Vivienne Miller – MBBS FRACGP
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● 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.

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

National Home Doctor Service' Phone: 13 74 25

Bulk Billed Home visits are available to patients of this practice.

● 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.**

▷ **Please see the Rear Cover for more practice information.**



Hepatitis C Facts

An estimated 233,000 people live with Hepatitis C in Australia and the good news is that new cases appear to be on a small decline. The virus is spread through unsafe contact with blood products. In 2011, 60% of new cases were related to unsafe injecting drug use. Other causes were unsterile tattooing or body piercing, needle stick injuries or other blood to blood contact.

Hepatitis C virus can cause a chronic active infection in the liver with only vague symptoms such as fatigue. Symptoms can take years to develop. Complications from hepatitis C infection include cirrhosis (liver scarring), liver cancer and liver failure. Cirrhosis happens in up to 20% of cases.

Hepatitis C is the leading reason behind liver transplantation in Australia.

With newer treatments a 75% cure rate for Hepatitis C is possible.

Needle and syringe exchange programs have helped confine the spread of the virus.

All people at risk (ask your doctor) can be screened for the virus with a simple blood test.

With no Hepatitis C vaccine, those with chronic hepatitis C may benefit from immunisation against hepatitis A and B.

Those who 'injected' in their 'misspent youth' should have a test for chronic active hepatitis which can quietly lead to liver failure.



www.hepatitisaustralia.com/

Swimmer's Ear (otitis externa)

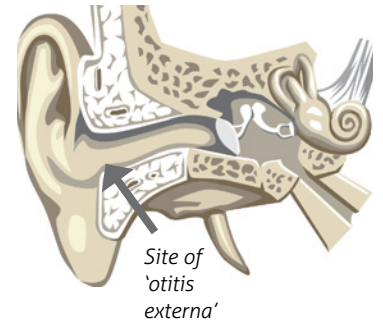
The outer ear is a canal or tunnel, normally closed at the eardrum and open at the ear hole (see diagram). The skin lining the outer ear can become infected, causing redness, swelling and pain. This is otitis externa.

If moisture gets trapped in the canal, infection occurs more easily – by bacteria, fungi or both. We know that infection happens more often in water lovers ('swimmer's ear'), when there is sweating and/or high humidity ('tropical ear'), if the skin lining of the external ear canal is affected by dermatitis or eczema, or soap or shampoo isn't properly rinsed from the ear.

Other symptoms of infection can include discharge from the ear, itching and sometimes reduced hearing. It is particularly painful if you pull down on the ear. Swelling of the face around the ear means infection has spread to the surrounding skin.

Your doctor must first make sure the eardrum does not have a hole in it. Most cases of otitis externa are mild and respond quickly to antibiotic eardrops and painkillers. There are ways to keep the ear dry that you can discuss with your doctor.

Occasionally, to clear up infection, your doctor will need to clean the ear canal by washing it out or cleaning with a fine probe or suction, or perhaps carefully insert a cotton



wick coated with the antibiotic and antifungal cream. If infection returns often you may need to see an ENT specialist.

Tips for preventing otitis externa:

- Avoid getting water in your ear and if water enters, shake it out.
- Regular swimmers should consider using drying drops (from pharmacies) afterwards.
- Use moulded earplugs or a bathing/shower cap when swimming or showering.
- Do not clean with cotton buds—the ear usually cleans itself naturally.
- If you have symptoms of infection see your doctor.

Pet Infections

Australians have one of the highest pet ownership rates in the world. Pets provide much joy and there are many health benefits associated with pet ownership, including better mental health and lower rates of high blood pressure and heart disease (especially in dog owners). However, pets can also be the source of infections.

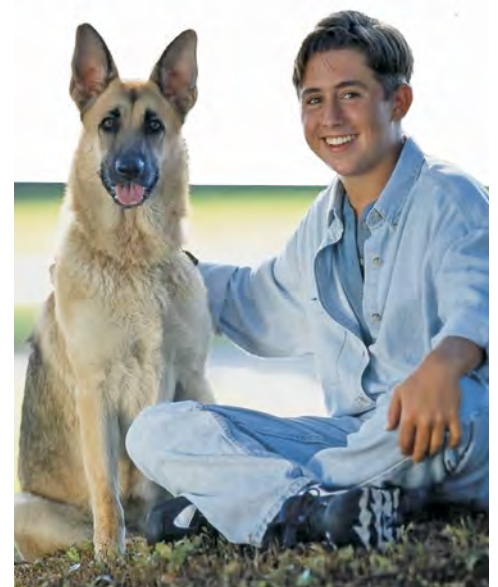
The main way this happens is if you are bitten or scratched by a pet. Dog bites can easily be infected because there are so many bugs in the mouth. See your GP if you are concerned. Bites are commonest in young boys, most often from pets than stray dogs. Cat bites are commonest in older women and most often on the hand.

Superficial wounds can be managed with cleaning and local antiseptic. Deeper or larger wounds may need a course of antibiotics as deep spread of infection can be painfully damaging.

In rare cases, if the tendon or muscles are involved, then referral to a hospital may be needed.

Other infections that may be transmitted by pets are worms. This affects children most often and is generally easily treated with worm medicine from the chemist. Fungal skin infections such as ringworm can also be caught from pets. This can be treated with an antifungal cream.

After you have handled a pet make sure you wash your hands. This minimizes the chances of getting an infection.



www.australianprescriber.com/magazine/29/1/6/8/



Domestic Abuse

Around 95% of domestic assaults are men against women. It can take many forms, including physical violence, sexual abuse, emotional abuse, intimidation, economic deprivation or threats of violence. Abusing men tend to hold rigid views of how males and females should interact; that men have the right to dominate and control relationships. Despite cultural differences, this is slowly changing, rather than support the view that "real men" show strength and aggression.

A high percentage of abusers come from homes where they saw or were victims of physical, sexual or other abuse themselves. Hence breaking the cycle of domestic violence between generations is very important. Attitudes can get passed down so that men who were abused are six times more likely to become abusers themselves.

Sadly many women feel trapped in violent relationships. They stay there, silent, for different reasons—financial insecurity, to keep a roof over their children's head, a hope they can change their man for the better, fear of reprisal and lack of support.

We know that domestic violence is unacceptable. Community awareness programs have helped so that

women in violent relationships seek help from the many services, such as helplines.

Once domestic violence is in the open, effective policing with priority response is available. Anger management programs can be offered to offenders (even by the courts, as an alternative to jail).

Of course, for these programs to work and people to stay together, there must be desire to change.

Hopefully, stronger women will encourage their men to face their shame, take responsibility for their behaviour, and stop destroying family relationships.

The domestic violence helpline 1800RESPECT (1800 737 732). Interpreter services are available as well on 131 450.



www.1800respect.org.au/



Managing Sun Damaged Skin

Australians generally enjoy the great outdoors. But skin sun damage is a problem leading to the highest rates of skin cancer in the world. A step before some skin cancers is solar keratoses, commonly known as 'sunspots', areas of redness and roughness in sun damaged skin. Due to the potential for cancerous change, solar keratoses are usually treated.

The commonest treatment is cryotherapy, better known as freezing. This is applying liquid nitrogen (or dry ice) on the area in a "freeze thaw" sequence. It can cause redness and some loss of pigment. It is usually successful, and most people have no complications. It can be used on most keratoses and is particularly good for scattered individual spots.

There are also creams that treat solar keratosis, available on prescription. Which one, and the duration of treatment depend on the individual case. They are most suited to areas on the skin where there are multiple spots.

Salicylic acid applied topically can reduce roughness and retinoid creams can help with skin rejuvenation.

Laser resurfacing and photodynamic (light) therapy are newer options but are less widely available and are more expensive.

The key remains prevention. As you enjoy the summer sun, remember to always slip on a shirt, slap on a hat and slop on sunscreen. See your doctor about any skin spots of concern and ask your doctor about an annual skin check, particularly if skin cancer runs in your family.



Head Lice

Common in school age children but potentially affecting anyone, lice are annoying but not serious. The head louse is a tiny wingless insect. It can only live on humans (lice die within 24 hours if not on the body) and feeds on miniscule amounts of blood drawn from the scalp. They cannot jump or fly but only crawl – hence spread is by direct hair to hair contact.

The typical symptom is an itchy scalp. A note from school saying head lice have been found and requesting all parents to check the hair of their children will often first alert parents.

Adult lice are grey or tan insects the size of a sesame seed on the scalp. Nits (lice eggs) are tiny white or brown dots usually attached to hair near the scalp. They can look like dandruff but cannot be "shaken" off.

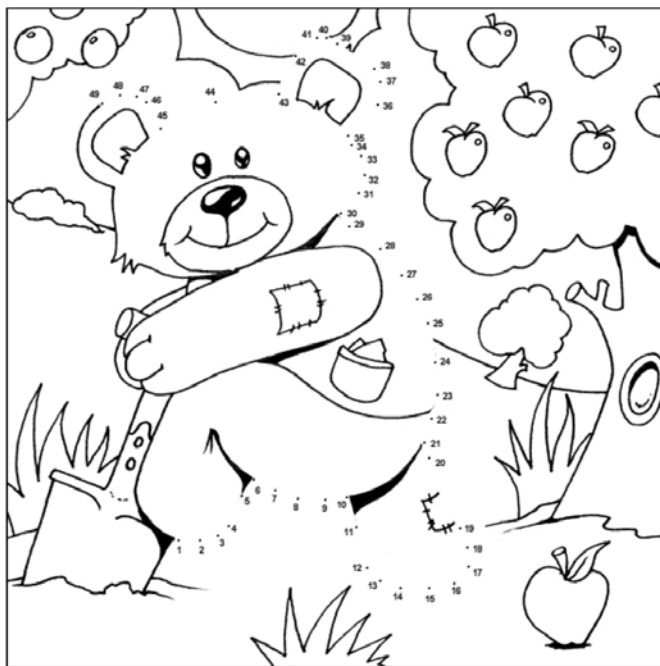
To find them, comb hair with any conditioner and then comb with a fine tooth comb. Wipe the conditioner from the comb onto a paper towel. Look for eggs or lice. Do this through all the hair a few times.

Treatment is to remove lice and nits from the hair. You can use the conditioner method (described above) every other day till none have been found for ten days. There are also specific head lice treatments (both synthetic and organic) that can be used. Follow the directions on the pack. Wash the pillowcase in hot (60C) water. Family members need only be treated if lice or nits are found on them.



<http://health.vic.gov.au/headlice/>

Kids activity!



LAUGHTER the Best Medicine

- Why does Snoop Dogg carry an umbrella? FO DRIZZLE!
- Why can't you hear a pterodactyl in the bathroom? Because it has a silent pee.
- What did the Zen Buddhist say to the hotdog vendor? Make me one with everything.
- I never make mistakes...I thought I did once; but I was wrong.

Thought Provokers...

- What steps do you take to prevent 'swimmer's ear'?
- Solar keratosis in sun damaged skin can lead to what?
- Animal bites can quickly infect deeper tissue. Why?
- An abusive relationship isn't necessarily violent.

SWEET POTATO, CORN & ZUCCHINI SLICE

INGREDIENTS

- 350g coarsely grated sweet potato
- 300g grated zucchini (moisture removed)
- 125g tin sweet corn (drained)
- 2-3 cloves crushed garlic
- 1 large finely chopped brown onion or 2 medium onions
- 2 tblspns chopped fresh parsley
- 2 tblspns chopped fresh chives
- 2 tspns olive oil
- 4 eggs
- 2 egg whites
- ½ cup plain flour
- ½ cup fresh ricotta
- Season with salt and pepper if desired
- Slice tomatoes and arrange on top of slice.

METHOD

- Preheat oven to 180°. Grease lamington tin.
- Heat the oil and add onion and sweet potato and cook until soft. Stir in garlic and cook for approx 1 minute.
- Whisk eggs, egg whites and flour until smooth.
- Add ricotta. Stir in onion, sweet potato, zucchini, corn, chives & parsley.
- Pour into tin and bake for approx 30 minutes or



A great school or work lunch box idea!

until golden brown and cooked through. Slice tomatoes and arrange on top of slice. Remove from oven and allow to sit to set. Delicious served warm with a cherry tomato & Rocket salad.

Gateway Medical Centre

● FACTS AND FIGURES ON HEARING LOSS

About 800 million people around the world are affected by hearing loss. It is estimated, that this number will rise to 1.1 billion by 2015 – about 16% of the world's population. Several different studies show that approx. 65% of people with hearing loss experience a mild hearing loss, 30% a moderate and 5% a severe or profound hearing loss. Only about a third of all people with hearing loss are of retirement age. The majority is of school or working age. Studies also showed that only one in five people who would benefit from a hearing aid actually uses one. On average, people with hearing loss wait almost 10 years before they do something about it. At the same time, more and more young people experience hearing loss, which is mainly due to excessive noise levels and listening to music much too loudly.

Complete Hearing Care can help people improve the quality of their lives in Mona Vale and surrounding areas. We provide excellent service to our patients by diagnosing your hearing problem providing you with the best solution for your lifestyle. Conveniently located within Gateway Medical Centre. Complete Hearing Care are here to assist with all your hearing concerns. Please contact us on 9999 6314.

● SPECIAL PRACTICE NOTES

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.

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.

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.