



FREE TO TAKE HOME!

DECEMBER 2016 - JANUARY 2017 EDITION



Fun in the Sun



Swimmer's Ear



'I Don't Want to go to School'



Finding Your Ho-Ho-Ho

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

● 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 Paul Klemes – MBBS, FRACGP
General Medicine

Dr John Cooper – 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 Vivienne Miller
MBBS, FRACGP, DRACOG, DCH, MAPM, MWAME

Dr Guang Qin - MBBS

● ALLIED HEALTH PROFESSIONALS

Trish Orr Physiotherapy

Alana Pearce Physiotherapy

Neeti Chadha Audiologist

Lynda Hamilton Dietitian

Joanne Schmidt Psychologist

Available for appointment Monday to Saturday. Please call **9998 3400** for appointments.

● SURGERY HOURS

Monday to Friday 7am – 9pm

Saturday 7am – 8pm

Sunday 8am – 6pm

Public Holidays 8am – 6pm

● PHARMACY 9998 1900

Monday to Friday 7.30am – 9pm

Saturday 8am – 8pm

Sunday 8am – 6pm

BULK BILLING MEDICAL CENTRE

● APPOINTMENTS

Privately billed 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.

● AFTER HOURS & EMERGENCY

National Home Doctor Service Ph: **13 74 25**

Bulk billed home visits are available. Patients can call from 4pm weekdays, Saturday from 10am and all day Sunday & public holidays.

● OTHER SERVICES OFFERED

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

● BILLING ARRANGEMENTS

The Centre bulk bills all patients who present with a Medicare Card. Private appointments are available. Fees are displayed 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.**

● 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.

Trish Orr is the 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.



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

Fun in the Sun

Summer time is great fun for children and with a few handy safety tips it can be fun for parents as well. Children love being outside but they can overheat, so ensure they drink plenty of water through the day.

Get them to play in the shade or come inside in the hottest part of the day. If travelling, be aware that cars can heat up and children may feel the effects before you do. Do not leave children in a car on a hot day.

Remember to slip, slop and slap.

Kids love a romp in the park. Playgrounds are much safer than they were, but there is never a substitute for supervising your children and guiding them to age-appropriate play equipment. Similarly, water activities are great fun on a hot day but pool fences do not replace watching your child. Floatation devices are helpful for young children but, again, cannot replace your vigilance. Teach your children to always swim between the flags at the beach.

Summer offers good opportunities to connect with your children. You can enjoy splashing around with them in the pool or catch a ball or Frisbee in the park. You can go bike riding together or simply lie down at night and watch the stars. Outdoor activities are good for both your health (reducing stress and improving sleep and fitness) and your children's wellbeing. ■



Back-to-School Nutrition

Holidays are over and thoughts will turn to getting children back to school and what to put in that dreaded lunchbox. While lunch boxes can be a difficult problem for parents, they needn't be.

Before considering lunch, ensure your child eats breakfast every day. This can be an egg, or some fruit with yoghurt or toast. Many breakfast cereals are high in sugar and food colouring, so read the labels carefully. The best drink for your child at breakfast is water.

The sandwich remains a popular lunch. Choose wholegrain or multigrain bread in preference to white. Fillings can be cold meats, vegetables or cheese or whatever

your child likes. Wraps are another option. Pack some carrot or celery sticks, a hard-boiled egg and fruit – and you have a nutritious and inexpensive lunch!

If allergies are not a concern a small pot of mixed seeds, nuts and dried fruit is a healthy recess snack. Just as at breakfast, the best drink during the day is water. Fruit juices are high in sugar so it is better children eat a piece of fruit and drink a glass of water than have fruit juice. ■



Swimmer's Ear

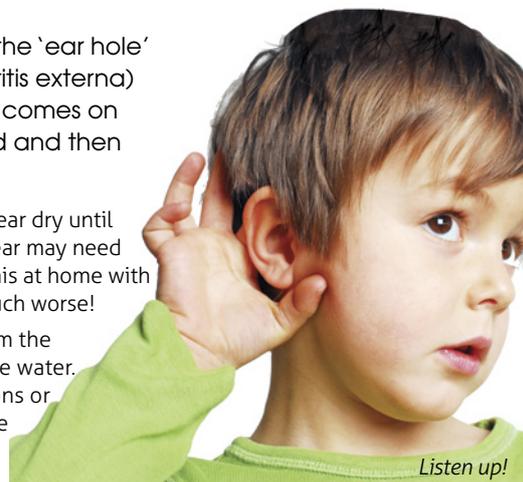
The ear has three parts – outer, middle and inner. The outer ear or ear canal is the 'ear hole' we can feel and leads to the eardrum. If this gets infected (technical name, otitis externa) it is called swimmer's ear or tropical ear. While not caused by water, it typically comes on if water remains in the ear canal. This can cause the lining to become inflamed and then bacteria or fungi multiply in the moist environment.

The hallmark symptom is a painful ear and the pain can be quite intense. There may be a fever but not commonly. It is rare to get 'cold'-like symptoms of runny nose or cough as is common in middle ear infections. The ear canal may become red and swollen.

See your doctor. Swimmer's ear is easily differentiated from a middle ear infection on examination of the ear. Treatment is antibiotic

drops and it's important to keep the ear dry until the infection clears. Sometimes the ear may need cleaning by your doctor. Do not do this at home with cotton buds as it can make things much worse!

Prevention includes using drops from the chemist after swimming to evaporate water. For those prone to repeated infections or who swim regularly, earplugs may be helpful. ■



'I Don't Want to go to School'

School refusal is serious and emotional. It is hard to stay detached. But finding a solution early can prevent unnecessary school absence.

Watch for things such as tantrums or tears about going to school; not wanting to leave mum or dad; refusal to leave the car or home; repeated visits to the school nurse; and feelings of physical sickness like nausea, headache and stomach cramps.

The causes can be simple or hard to find. We look for bullying, change of school, transition from primary to high school, separation anxiety, family stress, problems with teachers, academic pressures, moving house or changes in home life.

It may not be a condition of itself but a response to anxiety or fear, often because things are seen through a child's eyes.

It is serious when a child gets behind in their education or misses out on friendships.



Early recognition is vital. Discussing possibilities with your GP and school teacher can help, rather than guess what might be affecting your child. A psychologist can sometimes help.

Simple measures include being clear and direct about school attendance, offering incentives for going to school, or banning toys and electronic devices if the child is at home. It is important for the parents and teachers to be in regular contact and to 'be on the same page'.

State education departments have programs that help in difficult cases. ■



Getting into the spirit

Finding Your Ho-Ho-Ho

Kids can't wait for Christmas and a good number of adults can't wait for it to be over.

Christmas can be stressful for some. This might be because you dread 'enduring' family members who you have carefully avoided since last Christmas, or it might be you've just got your credit card under control from the last festive season. It might be that you feel obligated to everyone.

There are simple things you can do to reduce Christmas stress.

- Practise slow deep breathing every day. This reduces stress and anxiety.
- Cull the present list to those you genuinely care about and you don't have to spend a fortune.
- Cut up the credit card and buy your Christmas presents with cash. That way you buy what you can afford and there won't be nasty surprises on the January credit card statement.
- Close down. Many businesses close over Christmas. You can do the same. Switch off the phone and go away.
- Be a kid again. Pop crackers, enjoy unwrapping presents and give yourself to the silliness of the season. This will make you laugh and you can't stress when you are laughing.

Not all these tips suit everyone. Do what works for you. Do remember that Christmas (whether you are religious or not) can be a time for joy and relaxation. ■

Alcohol and the Festive Season

Christmas is a time we can overindulge in food and drink but there are simple ways to avoid this. There is no need to accept every invitation – everyone knows it's a busy time, so you can politely decline.

When you do go out, alternate your alcoholic drink with a glass of water. This means that you can always have a drink in your hand but will only consume half the number of alcoholic drinks. Taking this one step further there is no problem drinking water or mineral water all night. An increasing number of people choose not to drink alcohol at all. Claim a medical cause if you feel the need for an excuse but you needn't feel any need to justify abstinence.

Drink a big glass of water before leaving for the event, that way you won't arrive thirsty and eager for the first offering. If you are consuming alcohol, it is important to eat. This slows the alcohol absorption and also helps to fill you up.



'Frogs need water and so do we'

Know when you've had enough. It's OK to be sociable and in an hour or so, leave.

Family gatherings at Christmas should be enjoyable but too many drinks can fuel tension. If you are hosting, be aware of responsible serving of liquor and if you are a guest, remember to enjoy festive cheer in moderation. ■



SEASONED ROLLED PORK SERVED WITH SPICED APRICOTS



Ingredients

- 1.7kg boned loin of pork
- 1 small handful fresh rosemary, leaves picked
- 3 heaped tablespoons fennel seeds
- Sea salt
- freshly ground black pepper to taste
- 500g sourdough or rustic bread
- 2 red onions, peeled and finely sliced
- 4 garlic cloves, peeled and finely sliced
- 1 small handful fresh sage leaves, torn
- 2 handful pine nuts or pistachios kernels roughly chopped
- extra virgin olive oil
- 4 tbsps balsamic vinegar

Spiced Apricots:

- 6 ripe apricots
- Chilli flakes
- Dark brown sugar
- Knob butter

Method

1. Preheat your oven to 220C.
2. Score across the pork skin – about 5cms wide and 1cm deep.
3. Pound the rosemary and fennel seeds in a pestle and mortar with approx 1 tbspn flaked sea salt until fine, then rub into all the score marks on the pork. Remove the crusts from the sourdough bread and toast until lightly golden.
4. Slowly fry the onions, garlic, sage and



pine/pistachio nuts in a little olive oil for 10 minutes until the onions are sweet and soft. Season with salt and pepper, add the balsamic vinegar and put the mixture in a bowl. Tear your bread into smallish pieces and add to the bowl. Mix everything together really well. Put to one side and allow to cool.

5. Place pork rind side down. Spread seasoning in centre, then roll the pork over and tie it with a few pieces of string. Place the pork on a roasting tray and cook in the preheated oven for 30 minutes then lower the temperature to 190C for a further 50-60 minutes until skin is crisp and golden.

Serve with spiced apricots: Halve and stone ripe apricots. Dot each with a little butter, then sprinkle with a pinch of dried chilli flakes and dark brown sugar. Place apricots around the pork for the last 5-10 minutes of cooking.

Gateway



Medical Centre

Hyperformance Physio@ Gateway Medical Centre

The physiotherapy services now available at Gateway Medical Centre are expanding. In addition to already catering to: general, sports and work related injuries, upper and lower back pain problems, the following services will NOW also be available. Health fund rebates apply and EPC plans are accommodated.

Pelvic Health Assessment & Treatment

Do you suffer from any form of urinary incontinence?

Do you need to wear daily pads to manage your bladder?

Do you suspect you may have a prolapse that is causing you concern?

Are you afraid to go out because you are concerned about having accidents?

If any of these issues are concerning you, we now have a female physiotherapist available at Gateway Medical Centre who specialises in this area. Should you have any needs in this area you would like to have assessed, treated and properly managed do not hesitate to make an appointment.

Clinical Pilates & Core Strengthening

Do you suffer from poor posture?

Do you have pain at the end of the day due to poor ergonomic set up?

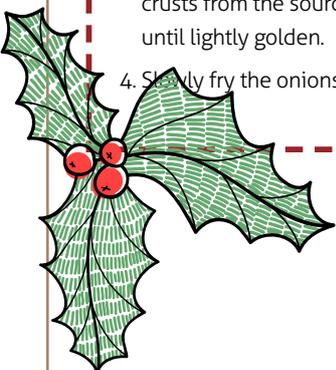
Do you suffer from back or pelvic pain and would like to know how to strengthen properly?

If any of these issues are concerning you, we now have a female physiotherapist available at

Gateway Medical Centre who specialises in clinical Pilates. Classes will be run from after Easter both on an individual and group basis with group numbers limited to 4 clients at a time.

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.



CHRISTMAS COLOUR FUN!