



FREE TO TAKE HOME!

FEBRUARY - MARCH 2017 EDITION



Reduce Dementia Risk



Travelling Peace of Mind



Finding the Balance



Toddlers' Picky Eating

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

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.**

Exercise Reduces Dementia Risk

Good news out of the United States is that adults with dementia over age 65 has decreased 25% between 2000 and 2012 (with similar reductions recorded in the UK and Europe). The reason for the decline is not exactly known but better education (keeping the brain active from an early age), better nutrition and living conditions are thought to have helped.

Another helpful thing is regular exercise. We know that, at all ages, regular exercise helps our thinking and memory capability. Trials in older people found that 150 minutes of moderate exercise a week led to improved mental functioning and this lasted for over 12 months even if the person stopped exercising!

Resistance training is thought to improve executive functions (higher thinking and abstraction) while aerobic exercise helps verbal memory. So it is good to do a mix of resistance and aerobic exercise.

In addition to exercise, mental stimulation (crosswords, puzzles, reading, etc.) and social activities also reduce dementia risk as does eating a brain-health diet, such as the Mediterranean diet.

A Finnish study of 1260 people found a 40% improvement over two years in cognition scores for those who combined regular exercise, good diet, mental stimulation and social engagement.

This is impressive. All these measures are simple and inexpensive. You can do much to reduce your chances of dementia – start today! ■



Travelling With Peace of Mind

There is an old saying that travel broadens the mind and loosens the bowels! Whenever we travel, the change of environment can affect our gut bacteria. However there is a difference between gastroenteritis (an illness) and having slightly looser stools.

Travellers' diarrhoea is an infection where you typically get diarrhoea, abdominal cramps and sometimes aching, headache and fever. Some may get vomiting but this is not common in true travellers' diarrhoea. It can be due to either a virus or bacteria. It is more common in tropical and less developed countries.

While complete immunity from travellers' diarrhoea cannot be guaranteed there are simple things you can do to make it less likely. Eat well-cooked foods. Always wash your hands before eating and after going to the toilet. Antimicrobial wipes are helpful but soap and water are OK too. Do not drink tap water unless you are in a developed country where it is safe to do so. This includes brushing your teeth. Also avoid drinks with ice. Beware of buffets - how long has the food been sitting in the open?

Certain foods such as shellfish, washed salads (better to eat cooked vegetables) and unpasteurised dairy are higher risk foods.

Initial treatment is to stop dehydration which is best done by drinking bottled electrolyte mix. Use simple pain killers, anti-nausea and anti-diarrhoea medicine in your travellers' first aid kit. Of course, make sure you are vaccinated before travelling against more serious food-borne infections like hepatitis A.

If symptoms do not settle or worsen, wherever you are, seek medical attention. ■



Legionnaires' disease – gardeners take care!

A severe form of pneumonia is caused by the Legionella bacteria – a few 100 cases are identified to authorities each year – and it usually requires hospital admission. In some cases it can be fatal.

You get Legionnaires by breathing in water droplets that hold the bacteria. Typically warm water sources are the culprit such as air conditioning systems (cooling towers or evaporative systems), spa pools or water fountains. It can also be contracted from potting mixes, mulch and compost.

Simple gardening tips reduce the chances of infection. Always wear gloves. Keep any soil mix damp while you are using it, avoid inhaling any garden mix and wash your hands after use.

Other risk factors for Legionnaires are smoking, being over 50 and having a chronic disease.

Typical symptoms are a fever, muscle soreness, headache, tiredness, cough and shortness of breath. Symptoms can worsen rapidly, so if you think you may have this disease seek medical advice urgently. Diagnosis is by blood and sputum testing as the symptoms and signs are not specific.

Treatment is with antibiotics, generally in hospital. Most people improve within five days but some take two weeks.

After recovery from Legionnaires, the development of antibodies makes a second infection unlikely, although how long this natural protection lasts is unknown. ■

 Weblink http://healthywa.wa.gov.au/Articles/J_M/Legionnaires-disease

Finding the Balance

Vertigo and dizziness, affecting about 1 in 10 people throughout their life, needs an accurate diagnosis as treatment depends on it.

Vertigo is usually when the inner ear (or balance centre) is affected – conditions such as benign paroxysmal positional vertigo (BPPV), vestibular neuritis (inflammation of the inner ear), Meniere's disease and migraines.

Symptoms described are a feeling of spinning (like when you stop after spinning on a merry-go-round), unsteadiness on the feet, or a light headedness. Other symptoms can be headache, nausea and vomiting, incoordination, unusual eye movements and a ringing in the ears.

Diagnosis starts with a history and examination. Your doctor will look for clues – the frequency and duration of episodes, how they progress and if there are any triggers. Examination includes assessing balance, a look at the ears and blood pressure.



Tests include a CT or MRI scan of the brain and inner ear. Blood testing is often not helpful, except perhaps to rule out important causes.

Treatment starts with rest and medication to ease the dizziness. Some people benefit from specific exercises to 'retrain' their balance system; or remove inner ear crystals in BPPV.

Treatment can be long term (e.g. Meniere's) or short-term (e.g. vestibular neuritis) and underlying causes, such as migraine, need specific treatment. Some require referral to an ENT specialist and surgery is sometimes best. ■

 Weblink www.betterhealth.vic.gov.au and search "vertigo"



Swat Pesky Ross River

This viral infection, spread by mosquitos, typically causes joint inflammation, muscle pain and fatigue. These symptoms generally start 3-21 days after being bitten and can include rash and enlarged lymph glands. For some, symptoms are so mild or can mimic a flu-like illness, that they do not even know that they have it!

It is common in most areas of Australia, particularly at inland waterways and coastal regions. Outbreaks can occur if high rainfall or floods cause increased mosquito breeding.

As a virus there is no specific treatment. Symptomatic measures such as rest, maintaining hydration and simple analgesics are recommended. With no specific features, diagnosis is by blood testing. While everyone makes a recovery, some people are left with intermittent aching symptoms for a year or more. You can't pass it on to other people.

You can reduce your chances of getting Ross River Virus by avoiding mosquito bites. Wear long, light-coloured, loose-fitting clothes, especially in mosquito-prone areas. Use effective insect repellents and where possible avoid being outside in mosquito-prone areas at dusk and dawn. If camping, use insect nets and screens. Reduce the number of potential mosquito breeding grounds around your home by getting rid of stagnant water around pot plants and refresh pet water bowls daily. Ensure your pool or spa is well chlorinated. ■

 Weblink www.betterhealth.vic.gov.au and search "ross".

Toddlers' Picky Eating

Does your baby eat enough? Parents often worry about this. In truth, babies and young children tend to regulate their food intake well – they eat when hungry and stop when full. Their appetite also varies with growth spurts, so eating more gives them the fuel for rapid growth. This is why sometimes children eat the house down while at other times they pick over their food.

'Picky' eaters often get into fights with parents over what they eat. Of course, children have their own tastes and preferences but many are acquired as part of growing up.

It is important to keep offering children a wide range of foods and tastes, starting when solids are introduced. Sugar is appealing to most taste buds, so limit sweet foods or it will be harder to get children to eat other things.

You may also need to offer encouragement. When introducing new foods to youngsters, especially vegetables, present them appealingly. Lead by example and show them that you eat it too!

Importantly, remember who the parent is. The days of going to bed without supper may be behind us but children will think twice if you hold the line at dinner time – there is nothing else except the food on their plate!

If in doubt, rather than get into fads or fights, discuss meal times with your doctor or dietitian, who can help you decide if your child is a variation of 'normal'. ■



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.

FRENCH LENTIL SALAD

Ingredients

- 400g French (Puy) Lentils
- 1 litre chicken stock
- 1 clove garlic, peeled & smashed
- 1 sprig thyme
- ½ red onion, thinly sliced
- ½ punnet cherry tomatoes, halved
- 1 red chilli, seeded and chopped finely
- Big handful of rocket leaves
- Seedless red grapes, halved
- 1 small jar marinated artichoke quarters (optional)
- 100g fetta (goat or cow)
- Store-bought or homemade tossed salad dressing

Method

Put lentils, stock, garlic and thyme in a saucepan, bring to the boil then lower to a simmer and cook for 15 minutes. Check lentils that they are cooked but not mushy. When



they are done, drain, removing garlic and thyme then cool.

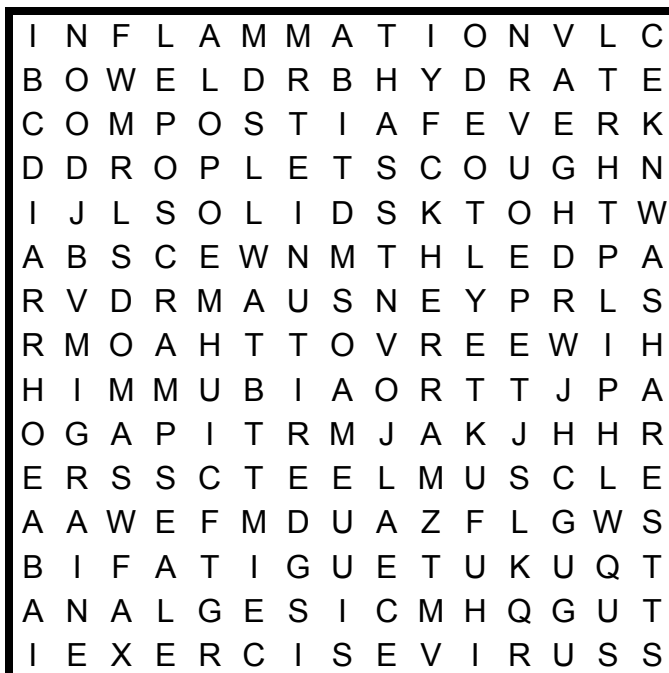
Make salad dressing with olive oil, white wine vinegar, chopped thyme and Dijon mustard.

Add the onion, tomatoes, chilli, grapes, rocket and artichoke quarters (if using) to the lentils, dress and toss gently.

To serve, crumble fetta over the top of the salad.

Excellent with grilled or barbecued meat.

WORD SEARCH



- | | | | | |
|-----------|-----------|--------------|----------|--------|
| Analgasic | Cramps | Gut | Mulch | Teeth |
| Bacteria | Diarrhoea | Hands | Muscle | Tired |
| Blood | Droplet | Hydrate | Regulate | Travel |
| Bowel | Exercise | Infection | Rest | Virus |
| Breath | Fatigue | Inflammation | Risk | Vomit |
| Compost | Fever | Memory | Solids | Wash |
| Cough | Food | Migraine | Sputum | |

QUIZ

- Is Legionella a virus or bacteria? What infection is it renowned for causing?
- Can you prevent traveller's diarrhoea and if so, how?
- What types of vertigo or dizziness are particularly helped by exercises?
- Is dementia in the elderly on the increase or decrease, and why?