



FREE TO TAKE HOME!

APRIL-MAY 2017 EDITION



Teething Babies



Influenza Vaccination



Thyroid Tests



Sports Drinks

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 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.**



Teething Babies

During teething an infant's first teeth (the deciduous teeth, often called "baby teeth" or "milk teeth") sequentially emerge or 'erupt' through the gums. They typically arrive in pairs, the lower two incisors come first at 6-8 months of age, before all 20 teeth take a few years to erupt. This is sometimes called "cutting teeth", but emerging teeth don't in fact cut through the gums but hormones released cause some cells in the gums to die and separate, allowing the teeth to come through.

The level of pain varies remarkably. Some babies are not even bothered by teething. Some appear to suffer more than others - soreness and swelling of gums before a tooth comes through, starting 3 to 5 days before the tooth shows, and disappearing as soon as the tooth breaks through.

Common symptoms include drooling or dribbling (perhaps causing a rash around the mouth), increased chewing, mood changes, and irritability. Babies might also refuse to eat or drink due to the pain. Crying, restless sleep, and mild fever may come with teething, especially when the first larger molars erupt around age 14 months.

Symptoms generally fade on their own.

Teething may cause a slightly elevated temperature but does not cause high fever (temperature over 38.3 °C) or diarrhoea. Think about other illness, particularly infection by human herpes viruses.

Find out what is going on. Rub a finger gently along the gums in search for swollen ridges or the feel of a tooth below the gums.

If unsure, see your doctor or child nurse for guidance.

A teething ring or a wet washcloth in the freezer for a few minutes can help as can drawing water into a pacifier and freezing it. The cold pressure on the gums gives relief without making the child's fingers cold. Some children respond well to chilled foods like applesauce, yoghurt, and pureed fruits. Perhaps something firm like a sugar-free rusk

In cases where the infant is in obvious pain your doctor or pharmacist can help by prescribing a numbing or teething gel or suchlike.

About half of all 6-year olds have decay in their baby teeth. Use a soft cloth or infant tooth brush at least twice a day (but no toothpaste until after 18 months). Healthy eating and drinking also reduces tooth decay. Keep sugary food and drinks like fruit juice and biscuits out of the diet. And don't put your baby to bed with a bottle and never give a dummy dipped in honey or sugar. ■

Helping with Learning Difficulties

There are many possible reasons why your child may fall behind in their schoolwork—anything from not getting on with the class teacher to ADHD or a hearing problem. Learning problems need to be detected and remedied early.

Here is a useful checklist for any child experiencing learning problems:

- Have a meeting with the class teacher or year coordinator to get their ideas on your child's problem.
- Get your child formally tested (e.g. by the school psychologist) to find out their strengths and weaknesses for learning (in literacy and numeracy skills).
- Get your child checked over by your GP, especially if they have physical complaints. Arrange an eyesight and hearing test.
- If your child is unusually impulsive, easily distracted, has poor attention or communication (at school and home), consider a formal assessment for ADHD or autism.
- If your child shows signs of distress, anxiety, insecurity or uneasiness about going to school, take time to talk to them about the things that are happening in the classroom, playground and around home. ■



Body Facts...

- Skin cells only last about a week before they die. Red blood cells live for about 4 months. Bone cells last 10-30 years.
- Hair is very strong. A rope made from just 1000 hairs could lift the average adult.

- Scattered throughout the skin are millions of nerve endings which can detect pain, touch, heat, cold and pressure. The most sensitive part of the body as far as touch is concerned is the lips; the least sensitive is the small of the back. The most sensitive

for pressure is the fingers, and the least sensitive is the bottom. This is rather important; otherwise it would be agony to sit down!

- The average brain is 80% water. The average adult has about 75 km of nerves throughout the body.

Influenza Vaccination: Key Points

Annual vaccination prevents influenza and its complications and is recommended for any person ≥ 6 months of age who wishes to reduce the likelihood of becoming ill with influenza.

Quadrivalent influenza vaccines (QIV) only are available in 2017. They protect against one completely new virus strain.

Vaccines are free on the National Immunisation Program in 2017 for:

- Aboriginal and/or Torres Strait Islander children aged 6 months to <5 years and persons aged ≥ 15 years
- Everyone aged ≥ 65 years
- All persons aged ≥ 6 months at risk of influenza complications; e.g. severe asthma, lung or heart disease, low immunity or diabetes.
- Pregnant women (any stage of pregnancy).

Influenza vaccination is also strongly recommended, but not funded, for other groups who are at increased risk of influenza and its complications.

People with egg allergy can be safely vaccinated, with precautions taken in some cases. ■



Thyroid Tests Serve a Function

The thyroid gland in the front of the neck controls the metabolism of the whole body. Sometimes the gland becomes overactive or underactive. This happens most often in women over 50 who have a family history of thyroid problems or pernicious anaemia (vitamin B12 deficiency).

Failure of the thyroid to produce enough thyroid hormone usually comes on slowly. Symptoms are excessive tiredness, coarse or dry skin, hair loss, weight gain, poor memory and intolerance of cold weather.

An overactive thyroid speeds up the body—anxiety, rapid heartbeat, weight loss, trouble sleeping, and menstrual changes.

All these symptoms can be mimicked by other health disorders, so it can be hard for a doctor to spot thyroid problems. If you feel it may be a problem for you, discuss it with your doctor.

The problem shows up on blood test. Any lack of thyroid hormone can be easily replaced with a daily tablet. After that, the correct dose is monitored with regular blood tests.

Unfortunately, thyroid problems cannot be remedied with a change in diet or lifestyle. The problem comes about because the body, by some quirk of Nature, produces antibodies against the thyroid gland, slowly destroying its function. Taking kelp or iodine supplements can make the problem worse. ■

Profile: Sports Drinks

Highly fashionable sports drinks offer improved sports performance and recovery but is this at the expense of your teeth!?

Athletes who regularly sip on sports drinks are bathing their teeth in sugar and mild acid, just the recipe for dissolving tooth enamel and promoting tooth decay. The risk is greater if a mouth guard is used after consuming a sports drink.

To prevent this problem, rinse the mouth with water immediately after your sports drink.

And you can make your own sports drink, as well as the commercial ones.

During strenuous exercise, especially in hot

weather, the body needs more than just water replacement. After an hour of heavy exercise, taking some carbohydrate helps the body conserve glycogen stores in muscle, maintain blood sugar levels and delay fatigue. A little sodium and potassium is also beneficial.

Try this recipe. Dissolve 1 tablespoon of sugar and a pinch of salt in a little hot water. Add 1 tablespoon of 100% orange or lemon juice. Add 250 ml of iced water. Bingo!—your own effective sports drink. ■



ANZAC BISCUITS

Ingredients

- 1 cup plain flour
- 1 cup rolled oats
- 1 cup brown sugar
- 1/2 cup coconut
- 125 g butter
- 2 tbs golden syrup
- 1 tbs water
- 1/2 tsp bicarbonate of soda

Method

- Sift the flour into a bowl. Add the sugar, rolled oats and coconut.
- Melt the butter in a saucepan and add the golden syrup and water.
- Stir the bicarbonate of soda into the liquid mixture.

- Add the liquid to the dry ingredients and mix thoroughly.
- Place walnut-sized balls of mixture on a greased tray and bake at 175C for 15-20 minutes.
- All biscuits to cool a little to harden before transferring to a wire rack to cool completely.



SUDOKU PUZZLE

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HAPPY EASTER!



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.