

FREE TO TAKE HOME!

JUNE - JULY 2017 EDITION



Be Wary of Croup



Wee Problem, Big Solutions



Heartburn in Pregnancy



Dizzy Days

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

BULK BILLING MEDICAL CENTRE

● 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

● 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.**



Wee Problem, Big Solutions

Being unable to control the bladder remains silent because most people don't talk about it. Yet it affects about 13% of Australians.

Severity ranges. Stress incontinence is when urine leaks in response to (for example) movement or any pressure in the pelvis. Urge incontinence is when you need to go to the toilet quickly or else!

Many people don't raise the issue of incontinence with their GP because they are embarrassed or believe it is "a normal part of life" or nothing can be done. Let's be clear. It is not a normal part of ageing, you do not need to be embarrassed and there are ways to prevent and manage it.

Risk factors include pregnancy, obesity, recurrent urinary infections, certain types of surgery (e.g. prostate), constipation and some medications. Step one is to raise the issue with your GP. Some tests may need to be done to rule out contributing medical causes (e.g. diabetes). You may need referral to someone who specialises in this area or be sent for urodynamic testing (to test bladder function).

General helpful tips include spreading fluid intake through the day (and cutting back on alcohol and caffeine), doing regular exercise, and maintaining a healthy weight.

For women after childbirth, pelvic floor exercises are critical. Talk to your GP or physio about this. Once any predisposing things are excluded or treated, bladder training is very effective. Programs are run through Continence Australia and some physiotherapists. In the short-term, planning your day is helpful. There are also products to help you get around the problem.

The most important step is the first one – raise it with your GP. ■



Help at Hand for Dementia

Dementia scares many people about getting older. Alzheimer's is most common and affects over 400,000 Australians with that number increasing. It is now the second leading cause of death of Australians and the single greatest cause of disability in over 65s. Over half of those in residential care have dementia.

Risk factors include age, family history, being a smoker and excess alcohol use. There is no absolute prevention but research suggests that healthy eating, regular exercise and keeping the brain active may help reduce the chances of dementia. There is no cure and medications can, at best, only slow progress.

Your doctor probably has a standardised questionnaire for detecting dementia, if you are curious.

An ageing population is increasing the absolute numbers of Alzheimer's disease but rates are actually declining! Figures from the USA and UK show that the proportion of those over 65 years with the



condition, fell by about 25% over the 15 years to 2013. (Australian figures are likely to be similar.)

We do know that dementia affects surrounding family and friends, who often become carers too. Support for them is at hand and with early diagnosis, comes better long-term planning. Talk to your GP about what services can assist you and your family. ■

Questions for home

- What female hormone predisposes to reflux in pregnancy?
- How would you distinguish a seizure from a simple faint?
- Can dementia be treated and screened for?
- Is Croup a viral or bacterial infection?



Be Wary of Croup

Croup is a viral infection of the throat and windpipe (trachea) and typically affects children under five years though children up to eight years can contract it. The hallmark symptom is a harsh, dry, barking cough, mostly at night.

Croup generally starts with a 'cold-like' runny nose, cough and perhaps a low-grade fever. The symptoms that distinguish croup from a cold are noisy breathing (stridor), the harsh barking cough, and a hoarse voice. In severe cases, if there is difficulty breathing, seek urgent medical attention.

Most cases of croup are mild and need only symptom relief. Croup is viral so antibiotics do not help. Simply comfort your child (it can be scary for small children) and make sure they take adequate fluids. You can use paracetamol or ibuprofen for sore throat or fever as needed (according to weight and directions on the bottle). Traditionally, a vaporiser to humidify the surrounding air was advised but perhaps not these days.

If there is no improvement, or if you have any concerns, see your GP. In more severe cases, a short course of steroid can be effective. There is no specific way to prevent croup apart from general hygiene measures. ■



For the Fainthearted

People may feel dizzy or pass out for many different reasons. Some matter, most don't.

A true faint (vaso-vagal episode) leads to brief unconsciousness because blood pressure drops, blood vessels dilate, or the heart rate slows. When blood pressure to the brain is not maintained we lose consciousness, usually for only a few seconds, go pale, and perhaps feel a bit unwell for a time afterwards. Some people will go through life never fainting whereas others are prone to it.

Risk factors for fainting include prolonged standing, extreme heat (leading to dehydration), stress or emotional distress, intense pain and certain medications. Typical lead-up symptoms are a feeling of anxiety, nausea and feeling

lightheaded. At this point it is best to sit or lie down but realistically events often overtake you and you find yourself on the floor.

After a faint you have full memory of events and there is no true convulsing but sometimes jerky movements may lead an experienced person to ask further questions to rule out a seizure. Recovery is usually quick if the person can lie flat and elevate their legs above the level of the heart.

It is important to consult your GP if you suffer faints. While the condition is, of itself, harmless (excluding the potential for injury when falling), it is important to exclude other reasons for loss of consciousness. Your doctor will do a physical examination and may recommend blood tests. ■

Heartburn in Pregnancy

Reflux – or gastro-oesophageal reflux disease (GORD) as doctors call it – occurs when acid from the stomach goes up the gullet (or oesophagus) and causes symptoms.

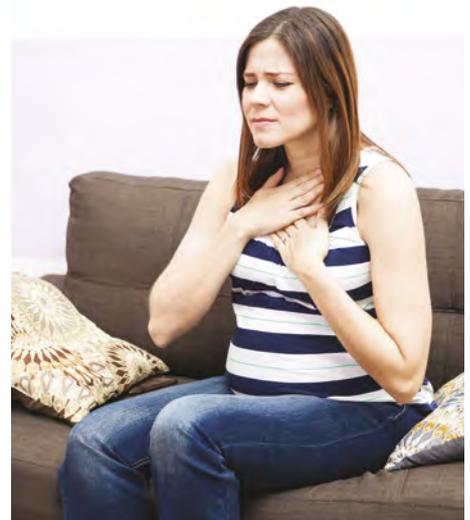
The lining of the stomach is designed to cope with acid (which we need to digest food) but the oesophagus lining is not. The typical symptom is a burning sensation in the lower chest or upper abdomen – hence the name heartburn. The pain can be mild to severe and most people get it at some point in their lives.

Pregnancy can bring on or aggravate reflux. In pregnancy, the hormone relaxin is produced to "relax" joints and ligaments and ease the

delivery but it can also slow digestion and relax the sphincter that prevents acid rising. And, as the baby grows, pressure in the stomach increases, which can also predispose to acid reflux.

So what can help?

Not smoking and avoiding alcohol help (no-no's in pregnancy anyway!). Eat smaller meals more frequently. Avoid those foods you know bring on reflux (unfortunately no one-size-fits-all here, however, carbonated drinks, caffeine, acidic and spicy food are common culprits). Avoid eating for at least three hours before going to bed. Antacids can be used but discuss this with your doctor. ■



CHICKEN & LEEK SOUP



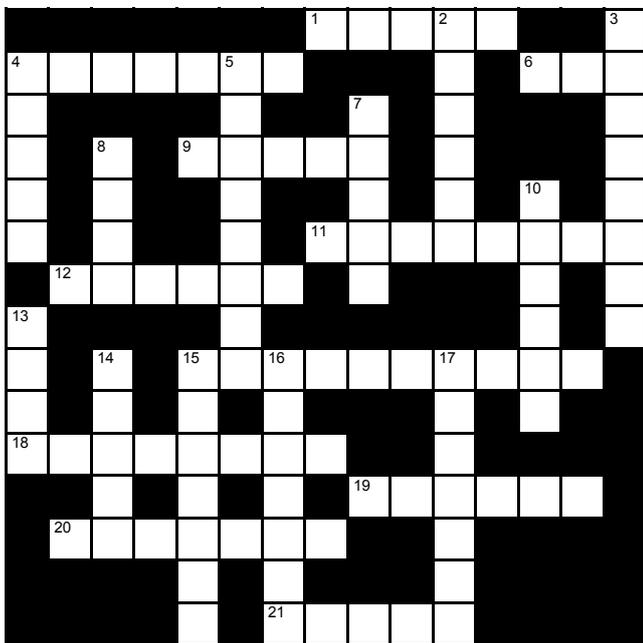
Ingredients:

- 8 chicken drumsticks or a small whole chicken
- 3 carrots peeled & diced
- 3 celery stalks diced
- ½ brown onion roughly diced
- ½ bunch parsley, plus extra, to serve
- 30ml olive oil
- 2 leeks trimmed & finely sliced
- 1 clove garlic, crushed
- 1tspn dried tarragon
- 2 large potatoes unpeeled & diced
- ½ cup risoni
- Squeeze of lemon juice also enhances the flavour – your choice.

Method:

1. Place chicken, 1 carrot, celery stick and onion in a large saucepan and cover with water. Bring to the boil and then reduce heat to low and simmer for 1½ hours, until chicken meat falls from the bones.
2. Strain broth and set aside. Remove meat from chicken and discard skin and bones. Shred the chicken meat and set aside.
3. Heat oil in a large saucepan on medium heat. Add leek and garlic and cook for 4-5 minutes until softened. Stir in remaining carrot, celery and tarragon. Add potato and cook for 5 mins. Add risoni and reserved broth and bring to boil. Reduce heat to low and simmer for 15 mins. Add reserved chicken meat and simmer for another 5 mins until risoni is cooked and soup thickens.
4. Serve in bowls and sprinkle with chopped parsley or fresh tarragon.

CROSSWORD



Across

1. What we do when our blood pressure drops
4. Organ that holds urine
6. To come of ...
9. A high temperature
11. Tough tissue connecting body parts.

12. Bones connecting legs and spine.
15. Another word for the gullet
18. The problem where there is a lack of insulin
19. ___(6) are where body parts bend

20. Noisy breathing
21. A false feeling of moving

Down

2. Going to vomit
3. ___ (8) brings on memory loss in older people
4. What we bleed!
5. ___ (8) maintains physical and mental fitness
7. The ___ (5) is our thinking organ
8. You breathe through
10. Another word for heartburn
13. Made by the stomach
14. Pumps blood
15. BMI greater than 30
16. Anti-inflammatory drug
17. A feeling of worry

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.