



FREE TO TAKE HOME!

JUNE-JULY 2018 EDITION



**Osteoarthritis**



**Flash burns to the eye**



**Tonsillitis – say argh!**



**Cold and Flu Prevention**

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](http://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 Paul Klemes** MBBS, FRACGP  
General Medicine

**Dr John Cooper** MBBS  
General Medicine

**Dr Lakshmi Kadaba** MBBS  
General Medicine

**Dr Robert Barron** MBBS

**Dr Vivienne Miller** MBBS, FRACGP, DRACOG, DCH, MAPM, MWAME

**Dr Ravi Jayalath** MBBS, FRACGP

**Dr Justine Hester** MBBS, FRACGP, DCH

**Dr Charles Hayes** MBBS

**Dr Ross Unwin** MBBS, RACGP

**Dr Campbell Howitt** MBBS, FRACGP

● **ALLIED HEALTH PROFESSIONALS**

**Trish Orr**..... Physiotherapy

**Alana Pearce**..... Physiotherapy

**Neeti Chadha**..... Audiologist

**Joanne Schmidt**..... Psychologist

**Mo Maarj**..... Podiatrist

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**

SYDNEY MEDICAL CO OP LTD: Ph **1300 466 347**

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

In case of a medical emergency dial **000** and ask for an ambulance.

● **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.**



 Weblink <http://www.arthritisaustralia.com.au>

## Coming to grips with **osteoarthritis**

As we get older our joints show wear and tear. The cartilage (lining) of the joints is affected most, though bones, ligaments and muscles can also be involved. This is known as degenerative osteoarthritis. It affects almost everyone over 40 but the severity and the joints involved varies. Risk factors include age, being overweight, positive family history and injuries to joints. Knees, hips, hands and the spine are the most commonly affected areas.

Symptoms include pain and stiffness and swelling in the joint. It develops gradually over many years. Pain may be worse with activity although stiffness is usually worse in the morning. Symptoms may be intermittent at first and may become constant.

Diagnosis is generally on the clinical findings. X-rays can help assess the extent of cartilage degeneration.

Treatment depends on severity. Weight loss (if overweight) reduces load on the joint. Heat packs help some people as does strapping or taping the joint. Regular exercise helps preserve function but needs to be

tailored for individual circumstances and a physiotherapist can assist. Water-based exercise puts less load on the joints.

Medications do not cure osteoarthritis but analgesics such as paracetamol can ease symptoms. Anti-inflammatory medications can be useful but may have side effects so talk to your GP, they are not suitable for everyone. Braces, walking aids and shoe insoles play a role too.

In more severe cases, injections into the joint can ease symptoms and surgery including joint replacement can be beneficial when non-surgical treatments have failed.

## Chickenpox is not child's play

Caused by the varicella-zoster virus, chicken pox is a highly contagious illness. It can affect any age but is more common in children. The number of cases has declined since the addition of a vaccine against chicken pox onto the childhood immunisation schedule in the early 2000s. Fortunately most cases are mild.

The main symptoms are low-grade fever, and 'cold'-like symptoms of sore throat, headache and runny nose together with feeling generally unwell. The hallmark symptom is an itchy blistery rash which appears after a few days. This can be anywhere on the body but is mostly on the trunk and head. Some may get mouth ulcers.

Diagnosis is in the clinical appearance once the rash starts. If you suspect chicken pox,

inform your doctor's surgery as they may ask you to wait away from others. Newborn babies and those with weakened immune systems are at greater risk and pregnant women are also vulnerable as the virus can have a potential impact on her baby.

Anyone with chickenpox should stay home and away from others till the rash has dried out. The virus spreads by airborne droplets.

There is no specific treatment. General measures include bed rest, fluids and paracetamol or ibuprofen for symptoms. The rash, if scratched, can leave scars so use soothing creams. Antihistamine medications may ease the itch as can wearing mittens. Discuss this with your doctor.

Chickenpox is preventable via immunisation. Most children born after 2001 will have been immunised. Talk to your GP.



 Weblink <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/chickenpox>



# Flash burns to the eye

Flash burns occur when a strong light burns the surface of the eye (cornea). Causes include skiing without glasses or sun lamps. Symptoms include pain and burning in the eye, watery or bloodshot eyes, and blurred vision and can start up to 12 hours after exposure.

Diagnosis is on the history and examination of the eye. Investigations are not needed. Fortunately, most cases are mild and will resolve over a few days with no permanent damage. Treatment can include pain killers, use of antibiotic and anaesthetic eye drops, dilating drops to relax eye muscles and padding the eye. If you have contact lenses these will need to be removed. Artificial tear drops can be soothing.

You should not drive or operate machinery while being treated and you need a follow-up examination after 24-48 hours.

We only get one set of eyes so if there is any concern about your sight, seek immediate medical attention either at your GP or at an emergency department.

Flash burns can be prevented. Protect your eyes in the snow by wearing dark glasses with both UVA and UVB protection. When working use safety goggles that are made to Australian Standards. Most importantly, remember to wear them.

Weblink [http://healthywa.wa.gov.au/Articles/A\\_E/Eye-injury-corneal-flash-burns](http://healthywa.wa.gov.au/Articles/A_E/Eye-injury-corneal-flash-burns)

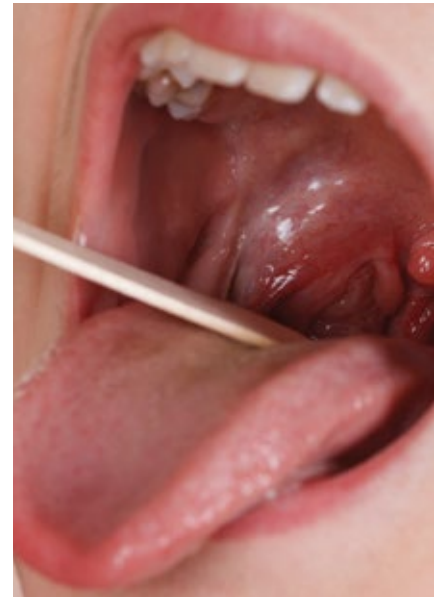
# Tonsillitis – say argh!

The tonsils are located half way to the back of the throat and help 'trap' infections. They are particularly important for young children with less-developed immune systems. Unless they became enlarged or infected, we generally don't even know they are there.

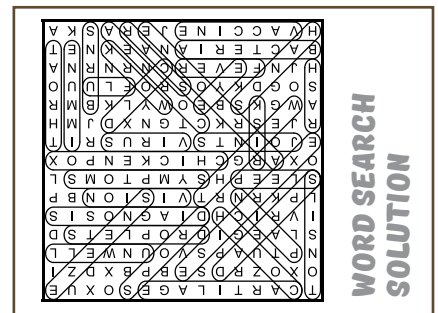
Tonsillitis is an infection of the tonsils caused by a virus (80%) or bacteria. The symptoms are a sore throat, fever, headache, tiredness, feeling generally unwell, pain on swallowing and loss of appetite. The tonsils may enlarge and have white or yellow spots on them. They may have a 'coated' appearance.

If you suspect tonsillitis see your GP. Treatment for the viral form is bed rest, fluids, gargling (if possible) or lozenges to ease pain and paracetamol or ibuprofen for fever and pain. Bacterial tonsillitis (usually a streptococcus) will be treated with antibiotics. Penicillin is first choice but there are other options for those allergic to it.

Some people get recurrent tonsillitis, which is when the question of having tonsils removed arises. Tonsillectomy is performed far less frequently than in the past. The rule of thumb is four or more episodes per year for two or more consecutive years. Severity, response to treatment and time off school or work are also factored in. You may be referred to an ENT surgeon, so talk to your GP.



Weblink <http://www.mydr.com.au/respiratory-health/tonsillitis>



# Cold and Flu Prevention

Viruses are present all year round but more people get unwell with them in winter. It could be a case of less sunshine and spending more time indoors but, whatever the reason, we can do a lot to reduce the spread. Viruses spread by airborne droplets so covering your mouth when you cough makes a big difference, as does sneezing into a hanky or tissue. AND washing hands is imperative.

Many people try to soldier on with a virus even though staying at home not only helps you get better quicker but also makes it less likely you will pass it on to others. Air-conditioning makes it easy for viruses to spread, so don't contribute yours to the office pool.

Many workplaces offer flu vaccination

for employees and certainly is something to consider but it will not prevent a cold. Regular exercise has been shown to strengthen the immune system but it is wise to cease or at least reduce exercise while unwell. Eating a healthy diet with adequate fruits and vegetables and getting enough sleep also helps. Managing stress (e.g. meditation, guided relaxation and herbal teas) has been shown to benefit immunity as does having adequate vitamin D.

It is worth repeating, if you get sick, stay home, the world will keep spinning.





**Tips to protect your feet – from a Podiatrist.**  
**Check both feet daily:** Look over

both feet carefully every day, and make sure you check between all of your toes. Look for skin damage, hard skin, the ball of the foot, places where bones stick out or where shoes or socks may rub. If it's difficult for you to check your own feet, ask a family member to help.

**Wash with warm - not hot - water:** Wash both of your feet briefly each day with warm - not hot - water. You may not be able to feel heat with your feet, so test the water with your hands first. Avoid soaking too long in water, since waterlogged sores take longer to heal. Dry your feet straight away, and remember to dry gently between all of your toes.

**Make sure your shoes fit well:** It's an investment worth making. Even the slightest rubbing or poorly fitting shoe can cause a blister that turns into a sore that becomes infected and may never heal. Buy better-fitting shoes, or try different socks, even at the most minor signs of redness or irritation, since you may not be able to feel when it's getting worse. Before buying or putting on the shoes check them for rough seams, sharp edges or other objects that could hurt your feet. In addition, break your shoes in gradually.

**Muhammad Maarj (Mo)**  
BPod. MAPoda.  
Gateway Medical Centre - Consultant Podiatrist

**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.

**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**.

## VEGIE SOUP WITH SPINACH & PARMESAN DUMPLINGS

### Ingredients

- 1 tablespoon Extra Virgin olive oil
- 1 large leek, trimmed, thickly sliced
- 4 garlic cloves, peeled
- 2 teaspoons mixed spice
- 2 teaspoons sweet paprika
- 2 Desiree potatoes, peeled, cut into 2cm pieces
- 1 medium size sweet potato cut into 2cm pieces
- 2 parsnips, peeled, thickly sliced
- 2 small white turnips
- 2 baby fennel, trimmed, cut into wedges or 2 medium size onions cut into wedges
- 2 sprigs fresh sage
- 400g can whole peeled tomatoes
- 3 cups vegetable stock
- 500g Kent pumpkin, cut into 3cm pieces

### Spinach and parmesan dumplings

- 1 ½ cups self-raising flour
- 250g packet frozen spinach, thawed
- ½ cup grated parmesan
- ⅔ cup milk
- 50g butter, melted

### Method

Heat oil in large heavy-based saucepan over medium-high heat. Add leek and garlic. Cook, stirring, for 4 minutes or until leek

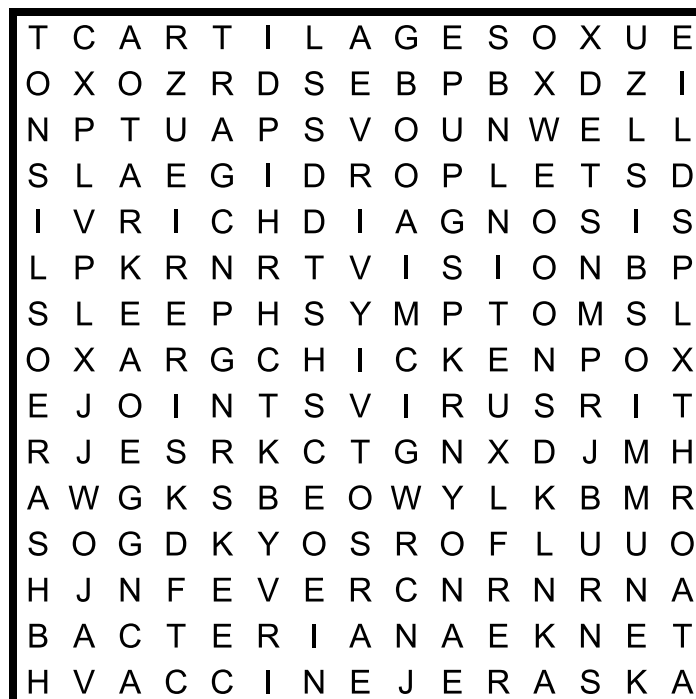
has softened. Add mixed spice and paprika. Cook, stirring, for 30 seconds or until fragrant. Add potato, parsnip, fennel and sage. Stir to combine. Add tomatoes, stock and 1 cup water. Bring to a simmer. Cook covered for 10 minutes. Add pumpkin. Cook for a further 5 minutes or until vegetables are almost tender. Remove and discard sage sprigs.

### Spinach and parmesan dumplings

Sift flour into a bowl. Make a well in the centre. Squeeze excess moisture from the spinach. Add spinach, parmesan, milk and butter to flour. Stir to form a soft dough. Roll into 12 balls. Top soup with dumplings. Reduce heat to medium. Cook covered for 20 minutes or until dumplings are cooked through. Serve.



## WORD SEARCH



- Droplets
- Drops
- Exercise
- Eye
- Fever
- Flu
- Hands
- Immune
- Joints
- Pain
- Rash
- Risk
- Scar
- Sleep
- Sneeze
- Spread
- Symptoms
- Throat
- Tonsils
- Unwell
- Vaccine
- Virus
- Vision
- Weight
- Work

- Airborne
- Bacteria
- Burns
- Cartilage
- Chickenpox
- Cold
- Cornea
- Cough
- Diagnosis