



FREE TO TAKE HOME!

AUGUST-SEPTEMBER 2018 EDITION

BULK BILLING MEDICAL CENTRE



Not a dry eye ...



Febrile fits in kids



Emphysema



Managing hayfever

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 Paul Klemes MBBS, FRACGP
General Medicine

Dr John Cooper MBBS
General Medicine

Dr Lakshmi Kadaba MBBS
General Medicine

Dr Robert Barron MBBS

Dr Ravi Jayalath MBBS, FRACGP

Dr Justine Hester MBBS, FRACGP, DCH

Dr Charles Hayes MBBS

Dr Ross Unwin MBBS, RACGP

● 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.**

Not a dry eye ...

The eyes need constant lubrication which is provided by the tear glands. Eyes become dry for two main reasons. Firstly, tears can evaporate too quickly. This can be on aeroplanes, in air conditioning, in dry air or smoky conditions. It is temporary and is improved by use of lubricant drops and removing yourself (where possible) from the situation. Secondly, it can be due to reduced tear production. This can be because of advancing age, various medical conditions (e.g. diabetes, lupus, Sjogren's syndrome, scleroderma), certain medications (e.g. antihistamines, antidepressants, blood pressure tablets) and tear gland damage through trauma.

Other risk factors include being female, use of contact lenses and having low vitamin A levels.

Symptoms are a burning, itching, stinging or dry feeling in the eye. The eyes may become red and sensitive to light. Blurry vision can follow.

Diagnosis is largely on symptoms and a thorough eye examination. Blood tests would be done to rule out underlying conditions. You may be referred to an ophthalmologist.

Complications include eye infections and damage to the eye surface. Fortunately these can be mostly avoided.

Treatment depends on cause. In most cases you will be recommended eye drops to keep the eyes moist. These may be used multiple times a day.

Avoiding situations where dryness would be aggravated (where practical) is important. Try staying inside on windy days or when there is smoke in the air. Wear sunglasses when



outside. Take breaks when using screens for long periods of time and position your screen below eye level so you tend to look downwards. This can reduce evaporation.

Breathless with emphysema

Emphysema is a form of chronic obstructive pulmonary disease (COPD). Inheritance plays a part, however, most cases are related to smoking or long-term exposure to dusts or pollutants which damage the air sacs in the lungs where oxygen enters the blood stream.

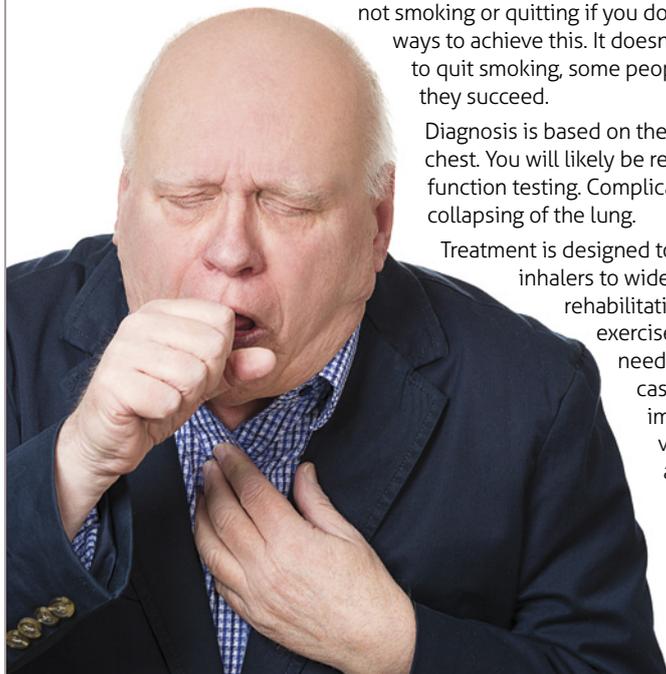
The symptoms develop slowly and include shortness of breath, fatigue, cough and phlegm and recurrent chest infections. In more advanced cases there can be cyanosis (a blue colouration) of the skin. There is no cure for emphysema but it is largely preventable, the most important one being

not smoking or quitting if you do smoke. Talk to your doctor about ways to achieve this. It doesn't matter if you have tried and failed to quit smoking, some people need multiple attempts before they succeed.

Diagnosis is based on the history and examination of the chest. You will likely be referred for chest imaging and lung-function testing. Complications include pneumonia and collapsing of the lung.

Treatment is designed to minimise symptoms. This includes inhalers to widen airways and reduce sputum, lung rehabilitation programs, quitting smoking, exercise to increase lung capacity (this needs to be gentle) and in advanced cases oxygen may be helpful. It is important to have an annual flu vaccination and to see your doctor at the first sign of any respiratory infection.

It is worth restating that while there is no cure for emphysema it can be largely prevented by not smoking. Your doctor can help you in your campaign to quit.



Weblink http://healthy.wa.gov.au/Articles/F_1/Febrile-convulsions

Febrile fits in kids

These are seizures in children (generally between six months and five years) due to a rapid rise in temperature. Up to one in 20 children will experience these. While frightening to watch, they do not cause brain damage and are not a prelude to epilepsy.

The exact cause is unknown but is thought to relate to the young brain being more sensitive to fever and rapid rise in temperature. The underlying infection does not need to be severe. There are no specific preventative measures but the vast majority of children who have had one will not have another.

Typical symptoms are brief loss of consciousness, jerky movements and possibly redness of the face. Febrile fits usually last a few minutes and stop by themselves. Your child will likely be sleepy and irritable. If a fit continues for over five minutes you must call an ambulance.

Immediate treatment is to lay your child on their side and remain calm. Do not try to restrain the child or place them in a bath while fitting. Other treatments are directed to lowering the fever with ibuprofen or paracetamol. Tepid bathing or sponging can help. Get your child checked by your GP to find the underlying cause of the fever. If, as is common, it is due to a virus then no antibiotic will be needed.



Managing hayfever – why, what & how

Runny or blocked noses, sneezing, congestion, watery eyes and headache are just some of the symptoms of allergic rhinitis (hayfever) which affects nearly one in five Australians. It is not necessarily caused by hay and you don't get a fever. The symptoms can range from mild to severe and can last days or months.

It is caused by a reaction to atmospheric allergens. Some people are able to identify specific triggers like grass or dust, others are not.

There are numerous treatment options. Avoiding triggers is helpful if you can identify them but, even then, it's not always practical. However, if grass sets you off, then mowing the lawns is best avoided. Don't sweep the garage if you are sensitive to dust.

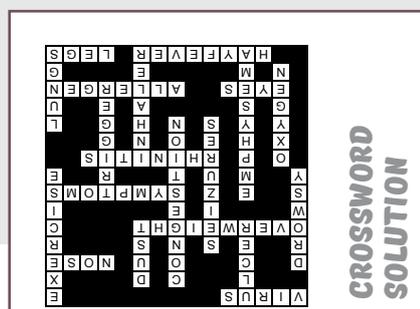
Antihistamine medications can ease the symptoms. While some can make you drowsy, others do not. Corticosteroid-based nasal sprays do not work as quickly but have a preventative effect and last longer. Talk to your doctor about treatments that might suit you.

Decongestants are best avoided as they dry the nose but wear off quickly and can even worsen the situation. If your allergy is severe, talk to your GP about referral for allergy testing.

For some people, a course of desensitising injections (where you are 'immunised' against what affects you) is beneficial. Be aware that the treatment can go on for two years but can also last a lifetime.

Fortunately for most of us, hayfever is a transient inconvenience in spring which can be treated until it passes.

Weblink <https://www.allergy.org.au/patients/allergic-rhinitis-hay-fever-and-sinusitis/allergic-rhinitis-or-hay-fever>



V is for varicose veins

Widened, often twisted, veins near the skin surface are called varicose veins. They are most common on the lower legs.

Risk factors include advancing age, being female, a positive family history, being overweight, pregnancy and prolonged sitting or standing. They will appear as blue, twisted cords on the legs.

Whilst often painless, they can cause aching and a heavy feeling in the legs. Itching and skin rash (varicose eczema) can also occur. If ruptured there can be significant bleeding. In more severe cases there can be ulceration.

However, they are not associated with deep vein thrombosis.

Treatment depends on severity. There are no specific medications, though Painkillers may ease symptoms but should not be relied on.

Previously formal surgical stripping was performed and this required some days in hospital. Surgical treatments have advanced and most commonly they are now injected to close down the vein. When varicose, the vein is no longer working effectively so it is not a problem to remove or close it. This can be done as an outpatient and recovery is quite rapid.

People seek treatment either for cosmetic reasons or due to symptoms. Talk to your doctor about what might be the best option for you.

To help avoid developing varicose veins, maintain a healthy weight, do regular exercise and change position regularly.



Weblink <https://www.healthdirect.gov.au/varicose-veins>



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.



ZUCCHINI, FETA & MINT FRITTATA - SERVES 4

Ingredients

- Olive oil
- 2 medium zucchini - grated
- Handful of fresh mint plus some for garnish
- 1 medium onion - finely chopped
- 8 medium-large eggs
- 60gms feta - crumbled
- Cayenne pepper
- Fresh chilli to serve if desired

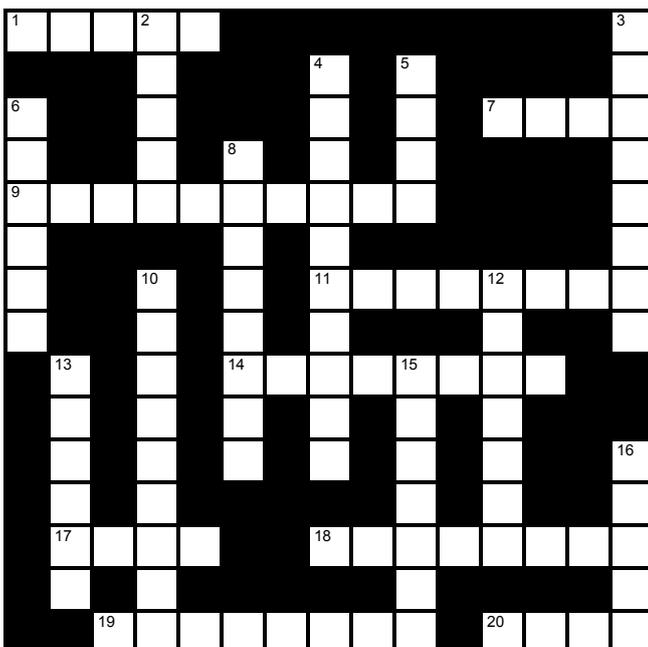
Method

Combine zucchini, mint, onion and seasoning. Heat a large frypan with a little olive oil. Cook zucchini, mint and onion until softened.

In a mixing bowl, add eggs, cayenne pepper and a little seasoning and beat. Add about 2/3 of the crumbled feta to mixture. Pour into the pan, letting the egg flow evening through the zucchini mixture. Cook for 4-5 minutes on med-high heat – until the egg begins to just set on the base. Then put under the hot grill and cook until just cooked through and golden. Garnish with the remaining crumbled feta, mint leaves and thinly sliced fresh red chilli if desired. Serve with a Greek salad or fresh garden salad



CROSSWORD



Across:

1. A is the cause of the common 'cold' (5)
7. We smell with it (4)
9. Obese (10)

11.clues to an illness (8)

14. Inflammation of the mucous membrane inside the nose (8)
17. Used to see with (4)
18. An allergy trigger? (8)

19. An allergic reaction to pollens (8)
10. Varicose veins are most commonly found in the (4)

Down:

2. A slow-healing sore generally found on the legs (5)
3. Necessary to maintain good health (8)
4. Blocked nose (10)
5. A common allergen (4)
6. Sleepy (6)
8. Febrile fits (8)
10. Lung disease worsened by smoking (9)
12. Stimulus that sets off an action (7)
13. Odourless gas that gives life (6)
15. Device used to breathe in medicine (7)
16. Breathing organs (5)