



FREE TO TAKE HOME!

APRIL - MAY 2019 EDITION



Otitis Media



Sleep deprivation



Warts and all



Hepatitis C

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 Paul Klemes MBBS, FRACGP
General Medicine

Dr John Cooper MBBS
General Medicine

Dr Lakshmi Kadaba MBBS
General Medicine

Dr Ravi Jayalath MBBS, FRACGP

Dr Charles Hayes MBBS

Dr Azadeh Sahebian MD FRACGP

Dr Joseph Besser MBBS B MedSci, 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.**

Warts and all

Warts, extremely common, especially among children, can appear anywhere and are most often found on the hands, knees and feet. These small eruptions on the skin are caused by the Human Papilloma Virus (of which there are at least 70 types).

Warts are almost always pain free and do not itch. They may be single or in clusters, raised, have a rough appearance and the same colour as surrounding skin.

The exception is plantar warts on the feet, also called verrucae, which may be flattened. The main problems on the soles of the feet are cosmetic (appearance), and pain due to the pressure from weight on them. Warts can be spread by direct contact to other people or to other parts of your own body.

Left alone most warts will disappear after months to years. The immune system overcomes the infection which can remain dormant in the skin for many years. However, many people do not want to wait months to years. Treatment is simply burning the wart. This can be done chemically with ointments or paints, by freezing with liquid nitrogen or dry ice, or via cautery with a hot wire under local anaesthetic.

Freezing is the most popular method, done a few times over weeks. The warts may

swell and change colour in response. Your doctor will advise care of the area between treatments.

There is no "right or wrong" approach with otherwise harmless warts. Chat with your GP about the options before deciding.



 Weblink www.mydr.com.au/skin-hair/warts



Hepatitis C – Avoiding Damage

Hepatitis C virus was first "discovered" in 1989. Catching the virus was associated with blood transfusions before 1990 but today the main risk factors are sharing intravenous drug needles, tattooing and body piercing (if not sterile). Hepatitis C is no longer officially classed as a sexually transmissible disease but its spread via sexual contact is still possible if there are cuts or open wounds. Needle stick injuries carry a very small risk. The virus is not spread by hugging or through sharing food.

At the end of 2017 it was estimated that 200,000 Australians had Hepatitis C.

There may be no symptoms of infection. Symptoms include tiredness, fatigue, nausea, fever, itchy skin and loss of appetite. Some people only get symptoms many years after contracting the virus.

Long term the virus can damage the liver leading to cirrhosis and /or liver cancer.

Diagnosis is by blood testing. A liver scan

may also be advised. Since 2016 there have been new and successful treatments for hepatitis C that can cure the condition in 95% of cases, with few side effects. Treatment before 2016 was less effective and side effects were a major problem for many people.

If you think you are at risk of Hepatitis C talk to your doctor. If diagnosed, treatment can be through your GP or a specialist.

 Weblink www.hepatitisaustralia.com/how-do-you-get-hep-c/



 Weblink www.thewomens.org.au/health-information/continence-information/urinary-incontinence

Urinary Incontinence

Urinary incontinence means no amount of voluntary effort stops the flow of urine. The two main forms of incontinence are *urge* where one cannot hold on when feeling the need to pass urine and stress where coughing, sneezing or movement can cause urine flow. Incontinence is far more common in women than men (affecting up to 50% of women) and while not age-specific, it is more frequent in later years.

The exact cause of incontinence is not always known but damage to the pelvic floor is a factor e.g. after childbirth. Chronic constipation, a prolapsed bladder and dementia are other risk factors.

Diagnosis is generally based on history and pelvic examination. You may be asked to record a "bladder diary" to document urine flow and the circumstances leading to it. Your doctor may refer you for urodynamic testing which assesses the workings of the bladder.

In days gone by women were often told "don't worry about it dear". Today we know better. There are many treatments options. Losing excess weight and quitting smoking can help (if relevant to you). Physiotherapy and pelvic floor exercises are very beneficial. Some women may require medication and, in some cases, surgery is recommended. Surgery has generated controversy lately but there are options.

The key is to discuss the problem with your doctor. Do not feel embarrassed or that you should "live with it". Proper diagnosis is the first step to treatment and improvement.



If you suffer from any of the following symptoms you may require a thorough bio-mechanical assessment by our consultant Podiatrist to determine a solution to treat the cause and eliminate the symptoms.

- Muscle pain, tension or spasm?
- Pain and grinding in the knee? (Patello-Femoral Tracking Syndrome)
- Low back or sacroiliac pain? (Sciatica)
- Leg length inequality?
- Ball of the foot pain? (Metatarsalgia)
- Bunions? (Hallux valgus)
- Foot arch pain? (Plantar fasciitis / heel spur)
- Shin splints / calf pain? Posterior Tibial Tendon Disorder
- Hypermobility causing joints and ankle pain?

Symptoms that...

- Increase with running, walking or standing?
- Do not responding to rest / stretching?
- That improve with care but return with activity?

Muhammad Maarj (Mo)

BPod. MAPoda.

Gateway Medical Centre - Consultant Podiatrist

Hyperformance Physio@ Gateway Medical Centre

The experienced physiotherapy team at Hyperformance Physiotherapy located inside Gateway Medical Centre are well equipped at managing sports injuries, back and neck pain, fractures, arm and leg injuries. They also offer dry needling, acupuncture, pelvic health management and tailored exercise programs to suit your needs. 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.

Complete Hearing Care are proud to be one of the very few selected Authorised Lyric Providers in NSW to offer Lyric- the world's first 100% invisible extended wear hearing device. Visit www.phonak.com/lyric for more information.

Neeti Chadha Audiologist

THAI CHICKEN SALAD – SERVES 4

Ingredients

- 2 x 180gms Chicken Breast Fillets – halve the chicken breasts lengthways to create 4 fillets
- 1 tsp sesame oil – for basting chicken
- 2 Lebanese cucumbers – thinly sliced into ribbons
- 2 carrots – thinly sliced into ribbons
- 200gm punnet Perino tomatoes - halved
- ½ red onion thinly sliced
- ½ cup coriander leaves
- ½ cup basil leaves
- 1 long red chilli, thinly sliced diagonally
- ½ cup roasted peanuts, coarsely chopped

Dressing - combine the following

ingredients:

- ¼ cup lime juice (60ml)
- 2 tbs brown sugar
- 1 ½ tbs fish sauce
- 2 tsp soy sauce
- 1 lemongrass stem finely chopped (pale section)
- 1 tbs finely grated ginger
- 1 garlic clove – crushed

Instructions

Marinate the chicken fillets with half the dressing and put in fridge for 30 mins.



Heat a barbeque or chargrill pan on medium. Drain chicken and discard marinade.

Brush chicken with sesame oil.

Chargrill chicken until golden brown and cooked through.

Once cooked, set aside to rest.

Combine the cucumber, carrot, tomato, onion, mint, coriander, basil and chilli in a bowl.

Drizzle with the remaining dressing and toss to combine.

Place salad on a large platter. Thinly slice the chicken and arrange on the top of the salad.

Sprinkle with peanuts to serve.

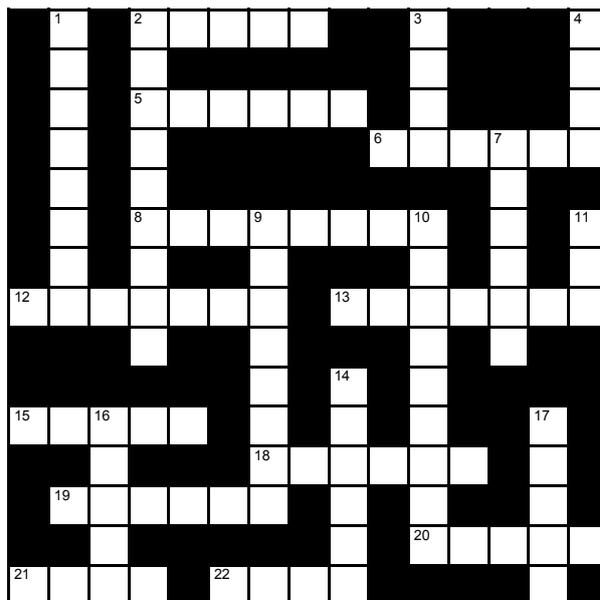
CROSSWORD

Across:

- Warts are mainly found on ____, knees and feet (5)
- Elvis Presley made this part of the body famous (6)
- Shedding excess ____ can help sleep problems (6)
- ____ ears can cause pain (8)
- Extreme tiredness (7)
- Urge incontinence is due to an overexcited ____ (7)
- A ____ can be the first sign of mesothelioma (5)
- Strain felt by someone (6)
- Otitis media affects what part of the human ear? (6)
- Deprivation of ____ can send you crazy (5)
- Footballers and netballers get ____ pain often (4)
- Caused by the Human Papilloma virus (HPV) (4)

Down:

- Disease of old age (8)
- Inflammation of the liver (9)
- Bottom of the foot (4)



- They take 215 million steps by the time we are 80 (4)
- An ear infection can enlarge ____ in the neck (6)
- ____ is good for you in so many ways (8)
- Identification of an illness (9)
- Hearing sense organ (3)
- At the top of the windpipe (6)
- Waste fluid made by the kidneys (5)
- Human organ that can lose 90% before it fails (5)