

FREE TO TAKE HOME!

JUNE - JULY 2019 EDITION



Post-Traumatic Stress



Parkinson's disease



Headaches



Whooping cough

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 Greg Cesco MBBS

● **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 www.beyondblue.org.au/the-facts/anxiety/types-of-anxiety/ptsd

Post-Traumatic Stress (War Veterans)

First described in the 1970's in Vietnam War Veterans, Post-Traumatic Stress Disorder (PTSD) is a reaction that people can develop after being through or witnessing a traumatic event which threatened life or safety of themselves or others. This includes war, natural disaster, assault or serious accident. It is estimated that 12% of Australians may experience it during their life. Risk factors, aside from trauma include a past history of other mental health problems and stress.

Symptoms include feelings of fear, flashbacks, sleep disturbances, anxiety, sweats, heart palpitations, being on high arousal, irritability, anger, emotional numbness and withdrawal from usual activities. They can start straight away or some weeks after the event and persist for weeks to years. PTSD can co-exist with other mental health issues such as depression or anxiety.

Diagnosis is by history (there are no specific examination findings or diagnostic tests). Bloods may be ordered to rule out other conditions.

Treatments mainly involve psychological

counselling of which there are different forms. Medication may be advised but not in the first four weeks of symptoms and usually not until psychological treatments have been started.

Lifestyle measures which can help include meditation and mindfulness, regular exercise, avoiding alcohol, getting adequate sleep (have a regular sleep routine). For most there will be improvement over time and full recovery. Some may have relapses and need further treatment. Some will need long term treatment.

If you have been subjected to any trauma or have any concerns talk to your GP.

Parkinson's disease

A progressive degenerative condition that affects body movements, Parkinson's disease affects around 40,000 Australians. It is more common in men and it is more common in older people. It is caused by a loss of dopamine production in the brain but why this happens is not known. Genetic factors, some toxins and head trauma may be involved.

The condition may start six years before the onset of symptoms, which typically are trembling of the hands and arms, stiffness of the muscles, a shuffling with walking and loss of facial expression. Not all symptoms are present in all people and they don't all start concurrently.

Diagnosis is based on history and examination. There is no specific diagnostic test to diagnose Parkinson's. However, you may be sent for tests to exclude other causes of tremor. Most instances are referred to a specialist neurologist for an opinion. It can take some time to diagnose as in mild cases the diagnosis is not clear. Paradoxically this does not matter



Weblink <https://brainfoundation.org.au/disorders/parkinsons-disease/>

as use of medication is generally delayed till symptoms are severe enough to warrant them. This is because effectiveness can wane over time.

Lifestyle measures such as not smoking, maintaining a healthy weight and exercise can help. Physiotherapy can play a role. There are a number of potential medications which can be used and surgery is an option in selected cases. There is no one size fits all treatment regime.

**SUDOKU
SOLUTION**

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3	4	1	5	8	7
9	6	2	3	1	4
8	7	5	9	2	6
5	3	9	6	4	8
4	1	7	2	5	9
2	8	6	1	7	3

Headaches

Headache is one of the commonest symptoms we experience. Virtually everyone will get a headache at some stage, but some people get them often. Whilst there are serious causes, the vast majority are not and treatments are generally successful.

The commonest form of headache is the "tension type headache" felt as a band around the head. It can last from half an hour to an entire day, occur rarely or be as often as 15 days per month. Stress can be a factor but not necessarily. Treatment is with simple analgesia. Ensure you drink adequate water.

Eye strain can lead to headache. They will come on with reading or watching screens. Treatment is getting your eyes checked and appropriate glasses if need be. Neck strain can cause headaches as can arthritis of the neck. Heat treatments on the neck and physiotherapy may help.

Sinuses can cause headaches due to infection or congestion. It can be seasonal. Treatment depends on cause.

Migraines are a particular type of headache, more common in females and usually one sided, and which can be associated with nausea or vomiting and sometimes an aura. Avoiding known triggers helps.



Headaches can be part of a viral illness or various other medical conditions.

Accurate assessment by your GP is important. This is through history, examination and in some instance's investigations. Treatment is directed towards the underlying cause so is variable.

General preventative measures for headaches include getting enough sleep, drinking enough water, managing stress and avoiding any known specific triggers. Simple analgesics have a role but should not be relied upon.



 Weblink www.mydr.com.au/respiratory-health/whooping-cough-overview

Whooping cough

Whilst rare these days due to vaccination, there are still over 1000 cases of the infection "whooping cough" in Australia each year. It is caused by the bacteria *Bordetella pertussis* spread from person to person. The infection causes irritation of the lining of the airways and increased mucus.

Although any age group can be infected, the elderly and those under age one, are at particular risk of secondary pneumonia. Symptoms start about a week after exposure and may be non-specific with runny nose, low grade fever and cough. The paroxysmal stage starts 7 to 14 days later with the hallmark cough on spasms ending with the "whoop". Later vomiting may also occur.

Diagnosis is not always straight forward. In the early stages there are no specific features. Swabs from the nose or throat can be diagnostic. Blood tests are not always reliable and can take some weeks to turn positive.

Treatment is directed to easing the cough and other symptoms. Steam inhalation helps. A course of antibiotics may be needed. Young children may need to be hospitalised. Those with infection need to stay away from school or work. Exclusion times vary according to circumstances.

Prevention is the key so make sure you and your family are fully vaccinated. The whooping cough vaccine is part of the childhood schedule and is also recommended for pregnant women between weeks 28 and 32.

Haemorrhoids

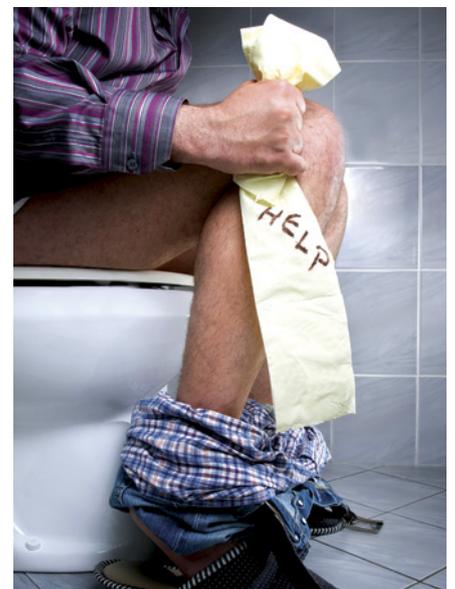
One of the most common health problems are haemorrhoids, affecting about 300,000 Australians each year. Haemorrhoids are essentially a "varicose vein" at the anus and can be internal (inside the rectum) or external. Risk relates to repeated pressure in the abdomen which may be from pregnancy, constipation or heavy lifting. Sitting on hard surfaces for prolonged periods is another risk factor. There may be a genetic tendency.

Symptoms include itching or pain at the anus, discomfort when opening the bowels, bleeding at the anus and a "dragging sensation". The severity ranges from mild to severe.

Diagnosis is based on the history and examination of the area. There is no need for tests to diagnose haemorrhoids. However, bleeding from the bowel in the absence of haemorrhoids will need investigation. If you experience bleeding (haemorrhoids usually cause fresh blood on the toilet paper) consult your GP.

Treatment is about relieving symptoms while waiting for things to resolve, which often takes a few days. There are a number of ointments and suppositories, most of which do not require prescription. Some people find sitting in a lukewarm bath helpful. Drink adequate water and eat enough fibre so as the stools are not hard. Stool softeners may help. In rare cases the haemorrhoid may need lancing and if infected, antibiotics.

If recurrent and troublesome, haemorrhoids can be treated surgically. Today this is usually by injection or banding rather than formal removal. Prevention measures include avoiding constipation by drinking enough fluid and having plenty of fibre in the diet. Be careful with heavy lifting.



 Weblink www.betterhealth.vic.gov.au/health/conditionsandtreatments/haemorrhoids



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

THICK VEGETABLE SOUP – PERFECT DISH FOR A COLD DAY

Cook time: approx 35 mins.

Serves 6-8

Ingredients

- 1/4 cup olive oil
- 1 large brown onion (diced)
- 3 stalks celery (diced)
- 3 cloves garlic (minced)
- 1 tspn kosher salt or salt of your choice
- 1/2 tspn coarse ground black pepper
- 2 large potato (peeled and diced)
- 2 carrots (sliced)
- 1 cup corn
- 1 cup peas
- 1 cup green beans (chopped)
- 2 vine tomatoes (diced) or 1 can drained diced tomatoes
- 4 cups chicken broth
- 2 cups vegetable juice (V-8) or use the juice from drained can tomatoes - add brown sugar to help with the acidity.
- Fresh oregano, parsley & thyme or add 1 tspn Italian seasoning

Add a dash of Tabasco or Chilli sauce if you like your spice.

Instructions

In a large stock pot add the olive oil over medium heat and sauté the onions, celery and garlic for 4 -5 minutes until translucent. Add the remaining ingredients and bring to the boil. Then reduce and simmer for about 30 minutes. Can cook in a slow cooker on low for around 8 hours, just put all ingredients in and stir to mix together. Top the bowl with a little shredded or Parmesan cheese. Serve with toasted garlic bread. This recipe is great for using up leftover veggies



from the night before or use whatever veggies are in season.

Other ideas –

- Add a pkt of frozen vegetables if you don't have sufficient fresh vegetables.
- Add browned ground beef, left over chicken etc!
- Add some al-dente pasta shells right before serving if you are wanting some carbs.
- Add 1 can coconut milk for a creamy vegetable soup or a sachet of tomato puree (3-4 tablespoons)
- If you're going to add leafy greens to the soup, like kale or spinach, add them about 20 minutes before you're ready to serve.

SUDOKU

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