



FREE TO TAKE HOME!

DECEMBER - JANUARY 2020 EDITION

BULK BILLING MEDICAL CENTRE



Safe this summer



Child Obesity



Bowel Cancer Screening



Eczema treatment

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 Ravi Jayalath MBBS, FRACGP

Dr Charles Hayes MBBS

Dr Greg Cesco MBBS

● ALLIED HEALTH PROFESSIONALS

Trish Orr Physiotherapy

Adrian Theseira 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

● CHRISTMAS HOURS

Christmas Eve 7am – 6pm

Christmas Day 8am – 12 midday

Boxing Day 8am – 6pm

New Year's Eve 7am – 6pm

New Year's Day 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.**



 <http://www.kidsafewa.com.au>

Keep your child safe while having fun this summer

Summer holidays are a fun time for children but can be a bit stressful for parents. It is a bit easier to get them off screens when it is warm outside. Evidence increasingly shows that helicopter parenting can prevent children from gaining independence yet equally the days of “be home by dark” are long gone. So, what are the key issues to ensure that your child has fun and remains safe.

Children are at risk of dehydration so make sure they are drinking plenty of water, especially when outdoors. Whilst slip, slop, slap should go without saying, it is important to remember sun screen may only last a few hours and needs to be reapplied. Playgrounds today are far safer than in the past but falls can still occur. Age appropriate

supervision and choice of equipment can minimise this. Psychologists point out that allowing some risk taking enables the child to build resilience and also learn their limitations.

Knowing how to swim is important in Australia as is knowing basic water safety swimming is a great activity for children.

Make sure your child swims between the flags at the beach and watch them at all times around water. Fences and gates do not replace vigilance.

Use insect repellent especially at dusk. Insect bites and stings are usually annoying rather than serious but if you have any concerns – see your GP.

Child & Adolescent Obesity

One in four Australian children are overweight or obese. Why? Firstly, children tend to snack on high calorie foods and drinks and second is the replacement of physical activity with time on screens. We can't turn back time but it is not all bad news. There is much you can do as a parent or guardian to help a child get and maintain a healthy weight.

Substitute water for sweet drinks. Eliminating liquid calories reduces calorie intake without leaving a child hungry. Allow soft drinks only on special occasions or no more than once a week. Replace fruit juice with a piece of fruit and a glass of water. This gives them more fibre and fewer calories.

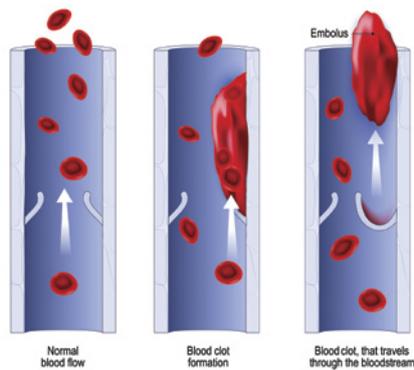
Research shows that we eat more when distracted so ban the screen while eating. And it has also been shown that children who eat at the table with others are 40% less likely to be overweight. This is partly the “screen effect” mentioned before but also it means the child is more likely to be eating a proper meal instead of snack foods.



Teach your children about cooking. Children who get active in the kitchen will eat less junk food and learn about healthy eating.

Limit screen time and get your child active. This can be in an organized sport or a play in the park or back yard. Get a ball or Frisbee and join in as exercise is good for parents too.

Good habits from childhood will serve your child well in adult life.



Deep Vein Thrombosis

A thrombus is a blood clot. The ability of the body to form clots is critical as this stops bleeding when we cut ourselves. However, a blood clot forming in a blood vessel can cause serious problems. A deep vein thrombosis (DVT) occurs when a blood clot forms in the deep veins in the calf. Risk factors include smoking, family history, being overweight, prolonged sitting (e.g. plane travel), and surgical procedures.

Typical symptoms are pain and swelling in the calf. It may be hot or red. There may be pain on flexing the ankles. Diagnosis may be apparent by history and examination. However, usually a doppler study will be ordered to confirm diagnosis and reveal the extent of the thrombus.

Treatment is with anticoagulant medication. This does not remove the existing clot but reduces the risk of it extending or spreading. The length of time of treatment depends on individual circumstances.

The main complication of a DVT is spread to the lungs - pulmonary embolism (PE). This is a serious condition generally needing hospitalisation.

Reduce your risk by maintaining a healthy weight and not smoking. Other preventative measures depend on circumstances. For example, you may be advised anticoagulant medication before an operation together with compression stockings. When flying, stretch your legs frequently and try to avoid crossing them. Taking aspirin has not been shown to reduce the risk of DVT.

 <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/deep-vein-thrombosis>



Bowel Cancer Screening

With 5375 deaths in 2016, bowel cancer is the second highest cause of cancer death in Australia. Lifelong risk by age 85 is one in 11 for men and one in 16 for women. Risk factors include being over age 50, a positive family history, smoking, excess alcohol consumption, inflammatory bowel disease and obesity.

Early stage bowel cancer has an excellent outlook and as it grows slowly early detection is key. For those with a first degree relative with bowel cancer, colonoscopy is advised starting age 40 and then every five years (or sooner depending on findings). Polyps, if found will be removed. The type of polyp found determines when the next colonoscopy should be done.

The Federal government runs the national bowel cancer screening program. Each citizen is sent a faecal occult blood test (FOBT) kit from age 50. Currently this is four yearly till 58 and then two yearly to age 74. From 2020 this will be every two years till age 74.

The kit is easy to use and a result is sent to your nominated GP. A positive result is not a diagnosis of cancer (blood may be in the stool for various other reasons including benign polyps and haemorrhoids) but is an indication to proceed to colonoscopy.

Diagnosis of bowel cancer is through biopsies taken on colonoscopy. The most important message is that bowel cancer is treatable if detected early and screening can allow early detection. Don't ignore your kit in the mail and talk to your GP.

Eczema – Prevention & Treatment

Eczema is a red itchy rash, which often starts in infancy or early childhood.

The commonest places are the face, neck and "flexures" which are the skin creases at the knees and elbows. It can be a few scattered areas or may be widespread. It ranges from the mild to the severe and may weep or be crusty.

Mainstays of treatment are moisturizers and steroid based creams

Avoiding known triggers can reduce the frequency and severity of episodes. Unfortunately, it is not always possible.

Dust mite allergy can worsen existing eczema. Contact occurs via bedding, carpet or soft furnishings. Shake sheets daily to remove skin scales (the food of dust mites!). Change sheets twice-a-week after a hot water wash. Put a

special dust mite cover on the mattress.

Soaps and detergents remove natural skin oils and worsen dryness and itch. Wash with aqueous cream. Showers are better than baths. Reverse dry skin by frequent application of a simple moisturizer.

Avoid wool and synthetic fabrics and wear cotton.

Both cold and heat can worsen itch.

Both natural foods and food additives can worsen eczema in some children. Unfortunately, skin or blood testing for food allergies is not accurate in uncovering which foods. Instead, strict avoidance of a food (two to three weeks) followed by a deliberate



 <https://www.allergy.org.au/patients/skin-allergy/eczema>

challenge with the food (three serves a day for four days) will usually highlight any food allergies. Common ones are dairy, soy, fish, eggs, wheat, citrus, yeast extract or nuts.



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



BARBECUED PRAWN WITH GINGER AND MANGO MAYONNAISE

Ingredients

- 3kg green tiger prawns, tail intact
- 1 stalk lemongrass, white part only
- 3 kaffir lime leaves, shredded
- 2 tblspn peanut oil

Mayonnaise

- 1 mango, peeled and stoned
- 1 tblspn finely grated fresh ginger
- 1 tblspn lime juice
- 2 egg yolks
- 1 tspn mustard powder, or horseradish cream
- 250ml light olive oil

Method

1. Marinate the prawns with the lemongrass, lime leaves and peanut oil in the fridge for at least 1.5 hours
2. For the mayonnaise, place mango flesh, ginger, lime juice and mustard powder in a food processor and process until smooth. With motor running, add oil in a thin, steady stream until mixture is thick and pale. You may not need all the oil. Taste and season with salt and pepper.
3. Preheat barbecue to high. Add prawns and cook until prawns curl and change colour.
4. Transfer prawns to a serving plate with mayonnaise and garnish with baby cos lettuce leaves that can be used as wraps.

HELP SANTA FIND HIS WAY!

