



APRIL-MAY 2015

Your next appointment:



> Shin splints



> Memory Loss



> Asbestos Exposure



> Puberty – Normal or Not?



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

● PRACTICE DOCTORS

Dr Roland Ark – MBBS, FRACGP
 Family Medicine, Counselling, Diabetes & Heart Disease, Emergency Medicine & Dermatology

Dr Zohaib Pervaiz – MBBS, FRACGP
 His main interests are acute Surgical & Medical Emergency Medicine

Dr Sukanya Selvarajah – MD
 She has worked in Colombo, Sri Lanka for 7 years. Her main interest are Child & Women's Health.

Dr Cherrilyn Zablan-Salazar
 MD, MSC, CFP
 She has worked in the Philippines for 6 years. Her main interests are Child, Women's & Mental Health

● VISITING SPECIALIST
Professor Richard Bittar

MBBS (Hons)PhD, FRACS
 Professor Bittar joins our team in April 2015 he specializes in complex and keyhole spinal surgery, surgery for brain tumours, and deep brain stimulation. Professor Bittar will be available for face to face consults at the Practice every 8 weeks or via Telehealth as needed. Please speak to our reception staff for more information.

● PRACTICE STAFF
Practice Manager: Meg O'Mara

Practice Nurses: Meg (RN), Sally (RN) & Darlene (EN)

Office Manager: Wendy

Reception Staff: Gillian, Andrea, Sharon, Dannielle & Darlene

● SURGERY HOURS OPEN 7 DAYS
 Monday to Friday 8am – 8pm
 Saturday 9am – 12pm
 Sunday 10am – 12pm

● AFTERHOURS & EMERGENCY
 For after hours Urgent Medical Advice please ring **1 800 022 222**.

In a Medical Emergency please ring **000**.

● BILLING ARRANGEMENTS
 We provide a private, personal medical service for which we charge fees not exceeding AMA rates. This practice may bulk bill patients who are on a Pension Card, Health Care Card, Veterans Affairs Card or children under 16 years. It is up to each practising GP's discretion. Payment at the time of consultation is required. Our practice has "Medicare Easy Claim Facility" which means your rebate will be deposited into your nominated bank account straight away. Payment can be made by cash, cheque, credit card or EFTPOS.

Open 7 days - New Patients Welcome

● SPECIAL PRACTICE NOTES

Our practice philosophy is to provide thoughtful medical care to families by keeping up-to-date with medical innovations and bringing you efficient personal service.

Referrals. Doctors in this practice are competent at handling common health problems. When necessary, they can use opinions from specialists. You can discuss this openly with your doctor.

Despite our best intentions, we sometimes run late! This is because someone has needed unexpected urgent attention. Thank you for your consideration.

Telephone advice. Most problems are best dealt with in consultation. A doctor is available during normal surgery hours for emergency advice. Our staff are experienced in deciding the appropriate response to any phone request.

Reminder System. Because our practice is committed to preventive care, you may receive an occasional reminder from the practice, state or federal reminder register regarding health services appropriate to your care. If you wish to opt out of this, please let us know.

Home Visits during consulting hours are provided as needed basis by individual GPs on your requests. These are advisable to be organised directly with your doctor.

Nursing Home Visits are provided by individual Drs to local nursing homes on a weekly basis and as required.

Test results. Test results are followed up by the doctor. You are required to make a follow-up appointment for a further face to face discussion to ensure the safest & highest quality health care management.

This practice has a no smoking policy.

● APPOINTMENTS

Appointments available for walk in patients.

Consultation is by appointment. Urgent cases are seen on the day.

Booking a long appointment is important for more complex problems – insurance medical, health review, counselling, a second opinion, etc. This may involve a longer wait. Please bring all relevant information.

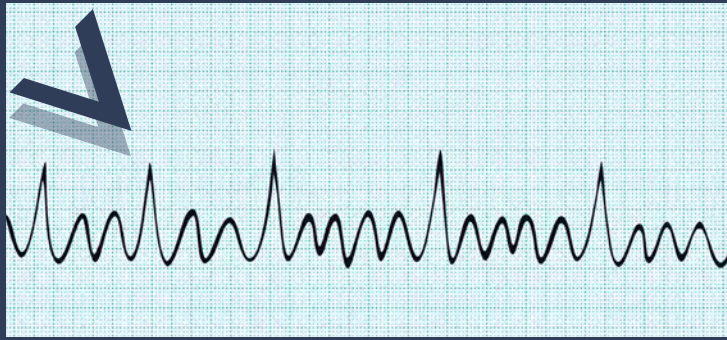
Cancellation Policy. A cancellation fee of fifteen dollars (\$15) will be charged for non-attendance or failure to notify the practice within 24 hours of your scheduled appointment. The fee may be waived on individual doctor's discretion based on valid grounds.

If **more than one person** from your family wishes to see the doctor at the same time, please ensure a separate appointment is made for each family member.

Translator. Please notify the receptionist if you require a translator to be present for your consultation.

▷ **Please see the Rear Cover for more practice information.**





Atrial Fibrillation

Our hearts beat over 100,000 times a day, mostly in a regular fashion, because the heart's electrical pacemaker sends an amazing electric signal each beat for the heart muscles to contract and pump blood.

During arrhythmias the heart beats irregularly. In atrial fibrillation (AF), the top two heart chambers can beat very fast in an un-coordinated way, which distorts the electrical message to the rest of the heart. The contractions of the heart become less efficient and the body knows it.

Typical symptoms include palpitations, shortness of breath, fluttering of the heart, dizziness and sometimes fainting. The fast and irregular heart beat of AF affects about 2% of people overall and 10% of those over age 75. Contributing factors include high blood pressure, established heart disease, trauma to the chest and certain drugs such as caffeine and alcohol.

Your doctor will take a history and physical examination. Diagnosis can be made with plain ECG test or if the AF is intermittent, a holter monitor (a 24-hour ECG).

Treatment with medication slows the heart rate and makes the beat more effective and regular. Prescribed blood thinners may decrease the risk of stroke from AF. Cardioversion (electric shock therapy) can jolt the heart out of AF and back to normal. In severe cases surgery (ablation) is an option.

Lifestyle changes like quitting smoking, reducing alcohol and caffeine, attaining a health weight and regular exercise all help to prevent and manage AF.



Web link www.betterhealth.vic.gov.au search 'atrial fibrillation'

Memory Loss

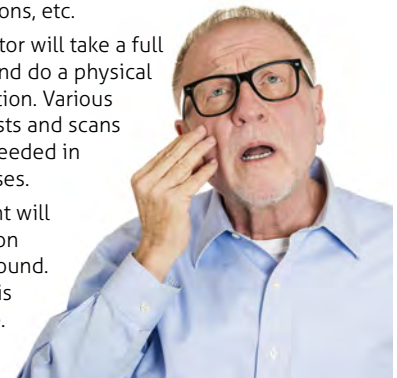
Potential loss of memory scares a lot of ageing people. We rely on memories, but have limited understand about how memory is maintained or lost. Memory may be short or long term. We may remember a phone number for a few minutes while other things we remember for a lifetime, often triggered by emotions, music or scents.

Memory loss may be temporary or permanent, limited in time, and limited to particular things or generalised. Some memory loss comes with ageing so it is normal for us to take longer to remember certain things. The brain is thought to "prioritise" memory so some memories we regard as less important or needed less often are "archived". There are many websites that encourage people to use their brains more ('use it or lose it!').

Memory loss together with loss of other brain (cognitive) functions is more serious. Doctors can test for dementia like Alzheimer's but remember there are some other treatable causes of memory loss – low vitamin B 12, under active thyroid, depression or anxiety, some medications, etc.

Your doctor will take a full history and do a physical examination. Various blood tests and scans will be needed in many cases.

Treatment will depend on what is found. Support is available.



Web link <https://fightdementia.org.au>



Shin Splints

'Shin splints' are common in runners and those who play sports involving running and rapid acceleration. The exact cause is not known but is thought to be due to repeated stress on the shinbone and its attaching connective tissue. It is more common in females and in those with a previous leg injury and also more likely in those running often on hard or uneven surfaces.

The typical symptom is pain in the shin with running. There may be swelling too. At first, the pain starts at the beginning of a run and eases after warm up but then pain persists for longer and can even continue after ceasing exercise.

Diagnosis is from the story as there is no diagnostic test. X-rays (or rarely an MRI scan) may be done to rule out other causes such as a stress fracture.

Treatment aims to relieve symptoms – ice

packs and simple painkillers, along with rest and avoiding activity that worsens the pain. However you don't need to stop all exercise. Swimming or walking in water are two options to maintain fitness.

Attention to training techniques is helpful in some cases. Use of orthotics or insoles may also help as can change of shoes. For the more serious athlete, having a biomechanical assessment of their running style may lead to technique changes that are beneficial.



Web link www.betterhealth.vic.gov.au

Asbestos – the 3rd Wave of Exposure

Asbestos importation and use in Australia has been banned for some years. Before this, hundreds of occupations including manufacturing, construction, ship building and mining were affected. Asbestos was included in many construction products that home renovators can now be exposed to. It is how we disturb asbestos products that can create the tiny fibres that when inhaled can cause cancer (mesothelioma) 20 or 30 years later.

From carpet underlay to fencing, asbestos products can create risk. Houses built before 1988 are most likely to contain asbestos materials. Undisturbed asbestos cement materials are not a problem while the fibres are bound together.

Chest x-ray has led to a greater understanding of the conditions associated with asbestos, such as mesothelioma, lung cancer, asbestosis and pleural plaques, and how they progress.

Asbestosis causes lung damage, is not a cancer, and can be managed medically.

Asbestos exposure at least doubles the risk of developing lung cancer, independent of risk from smoking. Work in the USA showed that annual screening with low dose CT scanning reduced lung cancer



mortality in high risk cigarette smokers. This has led to a trial of this screening method for mesothelioma, in place of a plain x-ray, knowing that 0.7% of those with prior asbestos exposure may have an early stage lung tumour, without warning symptoms. The hope is that early detection will improve cancer survival.

If you think you have had prior exposure to asbestos, discuss what to do with your doctor.



Puberty – Normal or Not?

We think of puberty as the start of children becoming adults but technically it is the development of the capacity to reproduce (sexual maturation). Some 95% of children start puberty between the ages of eight and 14 (girls) or nine and 14 (boys) and it goes on for about three or four years. What actually starts it, nobody knows.

Rapid growth often accompanies changes in the appearance of sexual organs. Emotional changes are common too. Parents often worry about their daughters' first periods, which usually start about two years before breasts develop. In boys, they may worry about a late puberty and short stature before the usual growth spurt. Knowing what is normal, helps.

The appearance of pubic hair does not indicate the onset of puberty. It comes from an increase in androgens (male sex hormones) by the adrenal gland – a separate process that may happen up to two years before puberty.

Precocious (or abnormally early) puberty is signalled by breast development (girls) and enlarged testes (boys) before the age of eight or nine, respectively. It warrants a medical check. So does puberty delayed to age 14.

Many of the problems of puberty are about changes in the adolescent's life than about puberty itself. Have a chat with your doctor about supporting your child or about any concerns you have. An x-ray for bone age and blood tests may be required.



Menstrual Problems in Female Athletes

Three things to watch out for in female athletes are low energy, minor menstrual problems and low bone density. Without early intervention, the periods can stop (amenorrhoea), anorexia develop (an eating disorder) and serious thinning of the bones occur (osteoporosis).

Menstrual irregularities are common in female athletes – almost all elite gymnasts, ballet dancers and light weight rowers, and less so in team sports, swimming and cycling.

Factors include diet (inadequate or weight loss diets), "excessive" exercise, altered hormone levels and psychological stress, all of which can affect the brain's regulation of periods. And being biologically prone can make things worse.

We know that reducing energy intake (food) by just 30%, while continuing exercise, can alter periods within five days!

Because about 70-80% of a woman's final bone density is formed during adolescence and peaks in their 20's, preventing thinning of the bones in athletes is important to prevent later stress fractures and premature osteoporosis.

Is further investigation necessary? Ask your doctor. Periods that don't develop by age 16 or stop for six months, are strong warnings. Taking the combined oral contraceptive pill can help as can the assistance from others such as a psychologist or dietician.



LAUGHTER the Best Medicine

- A mate of mine recently admitted to being addicted to brake fluid. When I quizzed him on it he reckoned he could stop any time....
- I was at an ATM yesterday when a little old lady asked if I could check her balance, so I pushed her over.
- The wife was counting all the 5c's and 10c's out on the kitchen table when she suddenly got very angry and started shouting and crying for no reason. I thought to myself, "She's going through the change."

SUDOKU Solution

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

SUDOKU

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

Questions to Ask Others...

What are "shin splints"?

How old are homes that present most risk to home renovators?

What happens when the heart beats irregularly?

Memory decline may not mean dementia. How can your doctor help?

Wynyard Medical Centre

● OTHER SERVICES OFFERED

- Care Coordination Program
- Audiogram (hearing test)
- ECG (heart tracing)
- Spirometry (lung function test), Asthma Education
- Point of Care Testing such as Blood Sugar, INR and Ketone Tests
- Children and Adult's Immunisations
- Corporate Immunisations
- Men's Health
- Women's Health
- Family Planning
- Sexual Health Screening
- Pre-Employment medicals
- Drivers Medicals
- Scuba Divers Medicals
- Foster Care Medicals
- Medical Emergency
- 4 Year Old Health Check
- 45-49 Year Old Health Check
- 75 Year Old Health Check
- Aboriginal Health Check
- Travel medicine advice & vaccinations
- Work Injury/Workers compensation & Rehabilitation
- Diabetes Education & Assessment
- Focused Psychological Counseling
- Home Visits
- Minor General and Skin Surgery
- Telehealth
- Cardiovascular Clinic

● ALLIED HEALTH PROFESSIONALS

The practice has the following Health Professionals visit on a regular basis. Ask receptionist for an appointment.

- AudiologistSteven Hooper
- Dietician..... Shen Mee Chia
- Airways technician.... Patrick Salter

● SPECIAL PRACTICE NOTES

Your comments on our medical services are always welcome. We strive to improve for your benefit. Please direct any queries or concerns to the Practice Manager. If your concern is unresolved contact the Health Complaints Commission on Ph 1800 001 170.

Medical record confidentiality.

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.



WINTER VEGETABLE SOUP

INGREDIENTS

- 1 tablespoon olive oil
- 2 brown onions or 1 leek, trimmed, halved, washed & thinly sliced
- 1 red capsicum, finely chopped
- 4 shortcut rindless bacon rashers, chopped
- 1 medium zucchini, halved lengthways & chopped
- 1 medium carrot, peeled & finely chopped
- 1 Desiree potato (about 250gms), peeled & finely chopped
- 3 celery stalks, finely chopped
- ½ cauliflower, cut into small florets
- 400gm can diced tomatoes
- 1 litre vegetable or beef stock
- 1 cup dried mini penne pasta or risoni
- ¼ chopped fresh basil leaves
- 1 cup canned red kidney beans, rinsed
- 2 cloves garlic, crushed
- 2 cups water
- Salt & freshly ground pepper
- Grated parmesan

METHOD

Saute the onions, capsicum & add bacon. Cook bacon until golden brown.

Recipe for health



Add diced vegetables. Cook until vegetables start to brown, stirring occasionally.

Add tomato, stock and water. Cover & bring to boil.

Reduce heat and simmer for approx 30 mins – until vegies are just tender.

Add risoni or pasta and kidney beans. Season. Simmer uncovered until risoni/pasta is tender.

Sprinkle with grated parmesan & chopped basil and serve with crusty bread.