

FREE TO TAKE HOME!

APRIL-MAY 2016 EDITION



Heart Attack Warning



Crohn's Disease



Taking the Load



Hearing Loss in the Elderly

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](http://www.healthnews.net.au)

● PRACTICE DOCTORS

**Dr Michelle Barrett**

BMBS, DRANZCOG, FRACGP  
Family Medicine

Monday ..... 2:30pm - 6:00pm  
Wednesday ..... 1:30pm - 5:30pm

**Dr Patrick O'Callaghan**

MBChB, BAO (NUI), FRACGP

Monday ..... 9:00am - 4:30pm  
Tuesday ..... 9:00am - 4:30pm  
Wednesday ..... 9:00am - 4:30pm  
Thursday ..... 9:00am - 12:30pm

**Dr Kate McCallum**

MBBS, DRACOG, DCH  
Family Medicine

Tuesday ..... 9:30am - 5:00pm  
Friday ..... 9:30am - 5:00pm

**Dr Caroline Luke**

MBBS, Dip Sports Medicine, Mast Occ Medicine

Monday ..... 1:00pm - 4:00pm  
Wednesday & Friday ..... 9:00am - 12:00pm

**Dr Hayley Clifford**

MBBS, Dip Child Health

Monday ..... 8:30am - 4:30pm  
Thursday ..... 9:30am - 6:00pm

**Dr Ambreen Ali**

MBBS

Wednesday ..... 9:00am - 5:00pm  
Friday ..... 10:00am - 6:00pm

**Dr Ying Chow**

MChD

Monday ..... 8:30am - 12:30pm  
Tuesday ..... 8:30am - 6:00pm  
Thursday ..... 8:30am - 11:30 am  
Friday ..... 2:00pm - 5:00pm

**Dr Mathew Lewis**

MBBS (Hons), Bsc (Hons)

Monday ..... 9:00am - 2:00pm  
Tuesday - Friday ..... 9:00am - 5:30pm

● PRACTICE STAFF

**Practice Manager:** Graeme Sellar

**Practice Nurses:** Jane & Danielle (RN)

**Reception Staff:** Jo, Dana, Debbie & Natasha

● SURGERY HOURS

Monday – Friday ..... 8.00am – 6pm

● AFTER HOURS & EMERGENCY

For after hours care please phone:

**1 300 422 567.**

● BILLING ARRANGEMENTS

Please pay all fees on day of consultation.

All children below the age of 5 are bulk billed.

● APPOINTMENTS

**Home Visits.** If you need your doctor to make a home visit, please call the surgery first thing in the morning.

**Booking a long appointment.** Long appointments are available when required. They are not to be booked routinely, please ensure if you think you need a long appointment that you book one with reception. If a standard appointment is booked and there are many issues to discuss or resolve the doctor will require you return for another appointment rather than run very late in their session. Thank you for your co-operation.

**Please notify us if you are unable to attend an appointment,** well in advance. 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.

● SPECIAL PRACTICE NOTES

Welcome to the Autumn edition of Health News. After a very hot March we are all hoping for some more decent rain prior to winter. Apparently the summer set many records though we were lucky with some regular rain albeit usually by way of storms!!!

At the time of writing we expect flu vaccines to be available from early April. Please don't forget to ask your doctor if you are eligible for a free vaccine. The practice will run sessions during April and May to ensure everyone receives their vaccine before winter commences. Private vaccines for those without government programs are also available via script. Whilst the worst of the flu season is a couple of months away it is never too early to increase your protection.

Staff changes – Dr Lewis has fitted in well and is proving very popular, thank you to everyone for making him feel welcome. Dr Lewis is accepting new patients and is available four days a week. Aristeia has left our reception to take up new opportunities and we are delighted to welcome Natashsa all the way from Canada to join the team!

Should you require medical treatment after-hours whilst the surgery is closed please contact CALMS our medical deputising service on 1 300 422 567. The service is owned and operated by the Practices of Canberra and feedback on your consult to your regular GP.

The start of a new season for the sporting teams of the Capital including the Brumbies and the Raiders is looking very promising for both though injuries are already rearing their head. Let's hope both teams continue to prosper and they bring us home a championship or at least an extended finals run!!

We value your feedback, should you have any queries or complaints please do not hesitate to speak with one of our staff or ask for the practice manager. Otherwise the Health Complaints Commission can be contacted on 6205 2222.

**Thanks again**

**Graeme Sellar, Practice Manager.**

▷ Please see the Rear Cover for more practice information.



## Heart Attack Warning

Angina is heart pain when heart muscle is under strain and starved of oxygen. Heart attack is severe angina that is not relieved with anti-angina medication (if you carry it) or rest, usually because blockage of heart arteries has reached a critical point. It is a medical emergency.

Those people prone to problems often smoke, are overweight or have high blood pressure, diabetes, high cholesterol or a family history of heart attack or stroke.

### Classic Warning Symptoms

- Uncomfortable pressure, fullness, squeezing or pain in the centre of the chest, lasting more than a few minutes.

- The pain spreads to the shoulders, neck, arms or jaw.
- Chest discomfort comes with light-headedness, tiredness, sweating, nausea or shortness of breath.

### Less Common Signs and Symptoms

- Chest pain of a different sort or abdominal pain.
- Nausea or dizziness.
- Difficulty breathing.
- Unexplained anxiety, weakness or fatigue.
- Palpitations, cold sweats, or paleness.

Heart pain can be confused with indigestion, muscle aches or anxiety so get it checked out by your doctor!

 Weblink [www.heartfoundation.org](http://www.heartfoundation.org)

## Crohn's Disease

This is one of a group of conditions called inflammatory bowel disease (IBD). It typically affects the end of the small intestine, called the ileum but can affect the large intestine too.

The exact cause is not known but some reaction of the immune system against the intestinal cells is the leading theory. There is a genetic tendency as Crohn's, particularly some forms, tend to run in families. Ongoing symptoms are not due to an infection or true food allergy.

Common symptoms are abdominal pain and diarrhoea, which may be bloody. Tiredness, nausea, weight loss and fever may occur. Of course, none of these symptoms are specific to Crohn's.

It is slightly more common in women than men and generally starts in people under the age of 30. The condition is usually life-long.

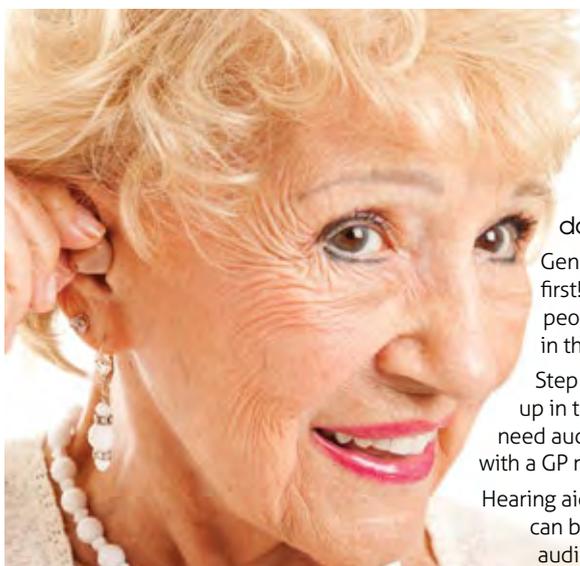
The symptoms may wax and wane and some people can go into remission.

As the symptoms are non-specific, diagnosis requires testing. Blood and stool testing will be done to exclude other conditions such as infection. You will likely be referred to a gastroenterologist. Definitive diagnosis is from a biopsy taken on colonoscopy.

Treatment is usually with medications – these include steroids and disease-suppressing agents. Anti-diarrhoeal medication may be needed to ease symptoms. In severe cases surgery may be needed to remove part of the bowel.

There is no specific "Crohn's" diet to follow but it is important to eat a healthy balanced diet. Due to absorption problems some people need dietary supplements such as vitamin B 12.

 Weblink [www.gesa.org.au](http://www.gesa.org.au)



## Hearing Loss in the Elderly

Age-related hearing loss (presbycusis) is common, affecting at least one in three older adults. We identify three types of hearing loss: conductive, where sound is blocked in the middle and outer ear; sensorineural, where the nerve receptors in the ear, which pick up sound, are damaged or worn down; and a mixed pattern of both.

Generally both ears are affected. Hearing loss also affects family and friends, who often notice it first! It can be isolating and even though there is no need for it to be so, embarrassing for some people. Unfortunately, it tends to get slowly worse with time. It can affect anyone – those with it in the family or who have had past exposure to loud noise are at greater risk.

Step one is to discuss the problem with your doctor to see what can be easily fixed. Wax build up in the outer ear or congestion in the middle ear can be easily identified and treated. Most cases need audiology (hearing) testing – Pensioners and Veterans with a gold card can get this done for free with a GP referral.

Hearing aids are not what they used to be! They are smaller, can plug into the TV or phone with Wi-Fi, can be directional, and are programmable for many different situations (e.g. background noise). An audiologist can match your budget with the right hearing aid and health insurance may chip in.

# Protect Against Influenza!

Every year, new strains of the highly contagious influenza ('flu') virus emerge and must be mirrored by the influenza vaccine if it is to provide protection. From time to time, the flu virus undergoes major change, people have less natural resistance and we get severe worldwide epidemics. This happened last year so a stronger vaccine has been produced against four strains of the virus.

Virus spread between people is by a simple sneeze or cough. Influenza emerges a few days later and is usually more severe than the common cold. Typical symptoms include fever, cough, sore throat, fatigue, muscle aches, headaches, runny noses and watery eyes. Those with weakened immunity or pre-existing illness are at risk of severe complications such as pneumonia.

The government has put \$40 million towards providing the vaccine's 70% protection free to vulnerable people under the National Immunisation Program. These include children under three years of age, people aged over 65, Aboriginal and Torres Strait Islanders, pregnant women and those with certain medical conditions.

Influenza vaccine is also recommended (but not free) for people under 65 with chronic medical conditions such as respiratory problems, diabetes, heart problems, or any illness that requires regular hospital admissions or intervention (e.g. immune suppression).

Caregivers and household contacts of high-risk children or adults should also be vaccinated (to try and prevent spreading influenza).



## Taking the Load

The backpack may have been a 'kid-safe' answer to the old grey school bag but it can present a problem for growing bodies. Too great a load over an extended period can lead to neck, back and shoulder pain and headaches. Here are some simple ideas to keep your children 'back-safe'.

- First, weigh the full backpack. It should not be more than 10% of the child's weight.
- Remove unnecessary items and put the heaviest closest to the body. Ensure your child wears the backpack over both shoulders to evenly distribute the load.

And while you are at it, check the weight of your own briefcase or backpack!

# Hepatitis A Travel Risks

Liver infection (hepatitis) is usually caused by one of one of a number of viruses. The severity and mode of transmission are not all the same. As well as Hepatitis B, C, D and E to think about, travellers also have HIV to worry about.

Hepatitis A is usually caught from consuming sewerage-contaminated food or water (faecal-oral spread).

About 2-7 weeks later, typical symptoms are nausea, vomiting, abdominal pain, fever and lethargy. There is no specific treatment other than rest and fluids, which is not what holidaymakers want to hear! The illness is rarely fatal, can cause jaundice, but is often mild.

In 2015, cases in Australia were linked to imported frozen berries. It can be caught anywhere but is more common in developing countries where almost 100% of people may have had past infection. So risk varies according to where you travel and your activities while there.

A vaccine is available (often combined with hepatitis B vaccine) that offers high protection, virtually 100% with a booster dose. Hepatitis A vaccine is now recommended for all non-immune travellers older than age one, going to lesser-developed countries.



Immune Globulin (IG) is a mixture of antibodies against a variety of infections, particularly hepatitis A. It gives short-lived immunity against hepatitis A (3-5 months) and is suitable for older people, immunocompromised travellers, those with chronic liver disease and people with other chronic illnesses (i.e. those who may not respond to vaccination).

Because some types of infective hepatitis are severe and cannot be vaccinated against, it is good practice to follow rules that reduce your risks of infections from contaminated food and water:

- Drink only boiled, commercially bottled, carbonated, or chemically treated water, soft drinks, fruit juices, beer, or wine.
- Don't put ice cubes in drinks unless you can vouch they come from safe water.
- Eat only well-cooked foods. Avoid raw or undercooked meat, fish and shellfish, and raw fruits and vegetables, unless you peel them yourself.

- Avoid salads

Hand washing before meals or using a hand sanitizer gel not only reduces gastrointestinal disease, but also reduces the transmission of respiratory viruses.

## CHICKEN CACCIATORE

### Ingredients

- 8 chicken legs, cut into thigh and drumstick
- ¼ cup extra virgin olive oil
- 1 large brown onion, peeled and chopped
- 2 garlic cloves, crushed
- 200gms button mushrooms - trimmed
- 1 ½ cups white wine
- 1 ½ cups chicken stock
- 6 pancetta slices
- 1 x 400g can whole tomatoes and juices – chopped
- 1 cup kalamata or black olives
- 1 bay leaf
- ¼ cup oregano leaves
- 2 sprigs fresh rosemary leaves
- 2 tbsps white wine vinegar
- Sea salt
- Fresh ground black pepper

Heat oil in a large deep frying pan over medium to high heat. Add half the chicken and cook, turning occasionally to brown evenly. Transfer to a plate and repeat with the remaining chicken. Add mushrooms and cook, stirring occasionally (for 2-3mins) or until golden.



Transfer to plate. Add onion, pancetta, garlic and sea salt and cook, stirring occasionally until soft (about 6 - 10 mins). Return chicken and mushrooms to pan. Pour over the wine and cook until wine reduces to a couple of tablespoons. Add tomatoes with their juice, chicken stock, olives, bay leaf, ½ of oregano and rosemary. Reduce heat and simmer for 30-40 minutes or until the chicken is cooked through and sauce thickens slightly. Add a good grind of pepper and fold the vinegar through. Sprinkle with remaining oregano and serve.

## SUDOKU

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## Laughter - the Best Medicine!

One morning, Peter went to see his doctor and told him that he hadn't been feeling well at all.

The doctor examined Peter, left the room, and came back with three different bottles of pills.

Looking at Peter he says, 'Take the green pill with a big glass of water when you wake up. Take the blue pill with a big glass of water after you eat lunch. Then just before going to bed, take the red pill with another big glass of water.'

Startled to be put on so much medicine, the man stammered, 'Doc, exactly what is my problem?'

The doctor replied, 'Peter, you're not drinking enough water.'



## Hughes Family Practice

### ● APPOINTMENTS

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### **Please notify us if you are unable to attend an appointment,**

well in advance. 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.

### ● YOUR PERSONAL HEALTH INFORMATION

### **Your medical record is a confidential document.**

It is the policy of this practice to maintain security of personal health information at all times and to ensure that this information is only available to authorised members of staff.

## Healthful Hint

### CAFFEINE ADDICTION

This natural substance is found in coffee, tea, cocoa, cola soft drinks, energy drinks, chocolate bars, energy bars and some cough syrups and slimming tablets. While it may give energy and brain power a boost, regular use builds tolerance, so that ever-greater doses are needed to achieve the same effect. Stopping caffeine suddenly can bring on tiredness, crankiness, a persistent headache, sweating and muscle pain. The easiest way to break caffeine dependence is to cut down gradually, giving your nervous system time to adapt.

