

FREE TO TAKE HOME!

**AUGUST-SEPTEMBER 2016 EDITION**



Nocturnal Enuresis



Restless Legs Syndrome



Men Reaching Out



Hay Fever

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**

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**Dr Mathew Lewis**

MBBS (Hons), Bsc (Hons)  
Monday ..... 9:00am - 2:00pm  
Tuesday - Friday ..... 9:00am - 5:30pm

**Dr Cummins**

MBBS  
Monday - Thursday ..... 8:30am - 5:00pm

● PRACTICE STAFF

**Practice Manager:** Graeme Sellar  
**Practice Nurses:** Jane & Danielle (RN)  
**Reception Staff:** Dana, Debbie, Natashsa, Ashley & Samantha

● SURGERY HOURS

Monday – Friday ..... 8.00am – 6pm

● AFTER HOURS & EMERGENCY

For after hours care please phone:  
**1300 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 winter edition of Health News, so far whilst we have had a couple of very cold snaps, overall the days have not been too bad. There have been a few nasty viruses doing the rounds and as usual Flu has been prevalent. Please do not forget to cancel any unwanted appointments to allow others who may be in need to see the doctor. Our SMS reminders are working well if you don't have your mobile registered with us please give the number to reception to receive appointment reminders.

We are both delighted and sad to confirm Dr Clifford will be finishing practice at Hughes in August. Delighted as Dr Clifford is going on maternity leave and about to start an exciting new chapter in life and sad as we won't be working with her for the foreseeable future.

We are able to confirm that Dr Kath Cummins is joining our team just as Dr Clifford is leaving. An experienced Canberra doctor Dr Cummins is studying for her post graduate fellowship in General Practice. Dr Cummins will be working Mondays and Thursdays from the start of August and will be happy to accept new patients. With an interest in minor surgical procedures, occupational health and Women's and Child Health Doctor Cummins will be a welcome member of our team.

Talking of our team we are losing one of our excellent young receptionists Dana to a Graduate entry career position. Whilst we would love to keep Dana here at the practice we encourage our staff to embrace any opportunities that come their way and like Aristeia before her we wish Dana all the best in her new role. We will be welcoming new members to our admin team. Watch this space for more detail. Some Drs and staff are taking a well-earned break in the coming months please accept our apology if your usual doctor is unavailable or friendly face at reception is missing.

The Federal election is over with the incumbents successful, ACT election is next on the radar with again the incumbents as favourites. Health policy in both spheres presents challenges for general practice, we continue to monitor proposed changes.

We use CALMS as our Medical Deputising Service, owned and operated by Canberra GP's including ours CALMS has looked after our patients after hours since 1975. Call 1300 422 567 if you need to see a doctor urgently when we are closed.

As I write the Brumbies are to play in the semi-finals this weekend, a good achievement in itself but the aim was higher at the start of the season. Fingers crossed. The Raiders are doing well currently sitting in fifth with seven rounds to play.

As ever we value your feedback. If you have any concerns please ask for our practice manager or contact the Health complaints Commission on 6205 2222.

**Thanks again**

**Graeme Sellar, Practice Manager.**

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

# Fibroids of the uterus

Fibroids are non-cancerous growths of the muscle of the wall of the uterus, the same muscle that contracts to 'squeeze' the baby out during childbirth. Fibroids are usually multiple, anything up to the size of a grapefruit. Although the reason they occur is poorly understood, fibroids are relatively common—about 50% of women over 30 have them. But only half of these women will show symptoms from them, such as menstrual problems, pressure on the bladder or bowel and abdominal pain.

Menopause, with its reduction in female hormones, usually causes fibroids to shrink. Fibroids do not turn into cancers.

Fibroids in women of childbearing age can cause problems with infertility. They can distort the cavity of the fallopian tubes or uterus and interfere with sperm transport or embryo implantation, as well as predispose to miscarriage, premature labour and excessive bleeding after birth.

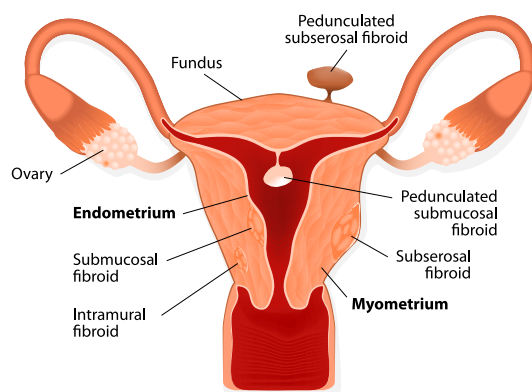
Treatment of fibroids is unnecessary where there are no symptoms but regular check-ups track their growth – usually physical examination and ultrasound scan.

Symptoms from uterine fibroids are the most common reason for hysterectomy in women aged under 50.

An operation that avoids hysterectomy (e.g. in women who want more children), is to remove individual fibroid(s) from the uterus (called *myomectomy*).

For women close to the menopause, drug treatment can be prescribed to bring on an early menopause and shrink fibroids – but drug side effects are best discussed with your doctor.

A procedure called fibroid embolisation is available to shrink fibroids. This procedure is



suitable for some women who do not wish to have children or a hysterectomy. It involves cutting off the blood supply to fibroids to cause them to shrink by 60-80% over the next two months. It is done by passing a very fine tube (or catheter) via the artery in the groin into the main artery of the uterus. Here, fine synthetic particles about the size of sand are injected where they travel to the fibroids to block their blood supply. There is some pain (like period cramps) after the procedure. ■

 **Weblink** [www.britishfibroidtrust.org.uk/embolisation.php](http://www.britishfibroidtrust.org.uk/embolisation.php)

# Nocturnal Enuresis

Some 10% of 10-year-old children are not fully dry at night. This is not common knowledge because it is not discussed. In some cases it is a structural problem with the bladder or kidneys but generally it is because the child is not waking up when the bladder is full. It is not laziness.

Most children will get bladder control during the day between the ages of two and three and at night by age five. There is no 'correct' age to act; if nature has not sorted itself by age of seven it is more likely help will be needed.

Talk to your GP about the problem, who has heard it lots of times. There is no need for your child to be embarrassed or lack self-esteem – it may be important in the family to gently focus instead on sleep disruption, laundry workload and costs.

Diagnosis is on history. A general examination may be done and also a urine test ordered. Simple first-up measures are restricting fluids after six o'clock and emptying the bladder before bed.



Star charts can help depending on the child but take care they don't cause stress, which can worsen the problem.

Night alarms, which trigger as soon as the sheets get wet, wake the child thus reinforcing

the connection between waking and the need to pass urine. These can be hired through chemists or at continence centres.

Medications to reduce urine production or strengthen the bladder sphincter can also be used but are rarely needed. ■

 **Weblink** [www.continence.org.au/pages/bedwetting.html](http://www.continence.org.au/pages/bedwetting.html)

## Questions for the Other Person

- What brings on sinus infections in people with allergy?
- Men more often complain of physical symptoms of depression – true or false?
- What is 'fibroid embolisation'?
- About what age is it worth seeking assistance with bedwetting?



# Restless Legs Syndrome

As many as one in 10 people may have trouble getting to sleep because of restless legs syndrome (RLS). This condition causes unpleasant sensations in the legs, often described as 'tingling', 'creeping' or 'pulling'.

Although RLS can happen any time, it occurs most often when trying to get off to sleep, and is more common in women and older people. One in four pregnant women get RLS during their third trimester.

The unpleasant sensations are relieved by movement so, not surprisingly, people with RLS move their legs around a lot,



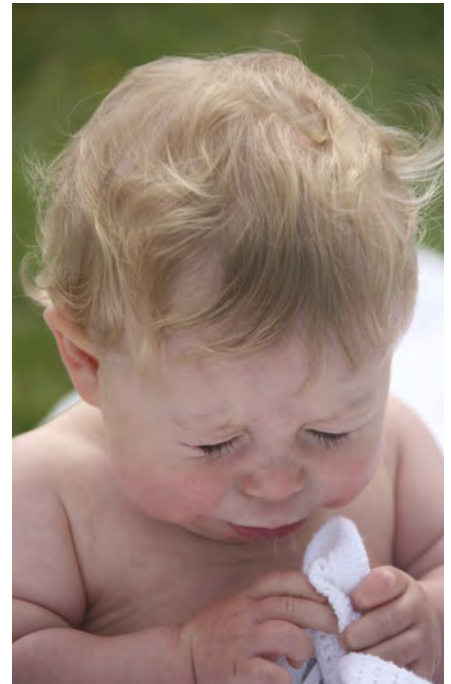
often to the annoyance of the person sharing their bed!

There is no known cause, although we see RLS more often in some medical conditions, including iron deficiency anaemia, kidney disease, diabetes and arthritis. Certain drugs can increase leg restlessness in some people.

The first step in managing RLS is to correct any problems that may be making it worse.

Iron supplements help some people, and your doctor might review your medications.

Reducing caffeine, nicotine and alcohol may help. Some people respond to stretching exercises after regular exercise, or to relieving stress. Some medications may help – ask your doctor. ■



# Hay Fever

Springtime is when grass and tree pollens, along with mould spores, can flood the air we breathe and cause allergy symptoms for some allergic people.

The classic "hay fever" is a springtime runny nose, sneezing and itchy watery eyes, all worse outdoors and especially on windy days. (People with symptoms all year round may be allergic to non-seasonal things like household pets or dust mite.)

This combination of nose, eye and perhaps sinus symptoms is because the body is overreacting due to allergy. Allergic antibody (IgE) binds to allergen (e.g. pollen), which starts a reaction that releases hormones into the lining of the nose and eyes (e.g. histamine).

Chronic allergic reactions cause eventual swelling of the mucous membranes – the end result is excess mucus, a blocked nose, sinus congestion and sometimes an itchy throat. Chronic sinus congestion can bring on infections.

Treatments are many, most available over the counter from the pharmacy. Many focus on blocking the effects of histamine or stopping its release (e.g. antihistamines). Nose sprays or eye drops may contain mild cortisone. Some need a prescription.

There are ways of being tested for allergies and in some instances being 'desensitised' to what you are allergic to. If symptoms are mild there is nothing wrong with using a tissue and riding it out until the season passes.

Talk to your doctor about what is best for you. ■

# Men Reaching Out

Men who find themselves without a partner, friends or parents in middle-age often lack the social support to help them cope. This means the impact on their physical and mental health can be big.

BeyondBlue research has linked social isolation and loneliness to high blood pressure, heart disease, stroke and depression – the risk to life can be up to five times higher from these things.

We know that social networks are vital to protect against depression – so men with lower social supports are more vulnerable to psychological distress.

BeyondBlue's Dr Stephen Carbone said while socially isolated men can get by, they do better in the long run with some friends in their life because humans are social creatures and they do better together.

However, men can be their own worst enemies. They might crave greater openness with friends to talk about personal problems but many admit they lack the skills to start these conversations, or don't know how to respond when a friend opens up to them.

Some believe men should be silent, resilient, unemotional and self-reliant. If they follow this lead, it makes it harder for them to engage with others, especially other men. For whatever reason, they may stop making the effort, when in truth, social networks need to be nurtured and kept active. ■





## ZUCCHINI PIZZA BASE

### Ingredients

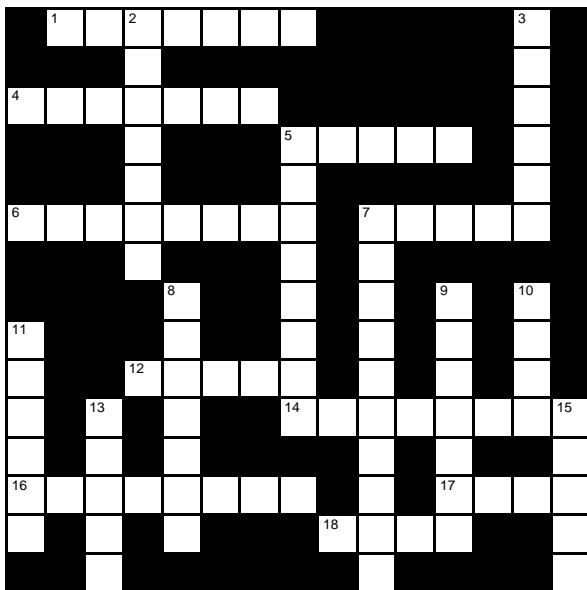
- 4-6 zucchini, grated (4 cups in total)
- 1 tsp Sea salt
- 1/3 cup parmesan cheese, grated
- 1/4 cup chickpea flour
- 1/3 cup goat cheese, grated
- 1 clove garlic, minced
- 1 tsp dried oregano
- 1 tsp dried basil
- 1 egg, lightly beaten
- Olive oil for greasing
- Preferred pizza toppings



1. Preheat fan-forced oven to 230C. Put pizza stone in the oven.
2. In a large bowl, toss the shredded zucchini with the salt and set aside for 10-15 minutes.
3. Squeeze the excess moisture out of the zucchini by wrapping it up in a clean kitchen towel or cheesecloth. Discard the liquid.
4. Place the zucchini into a bowl and add the parmesan, flour, goat cheese, garlic, oregano, basil, and egg and mix well.
5. Put the zucchini mixture on a piece of baking paper on a tray. Spread the

- zucchini mixture to form a circle about 1/3 inch thick. Form the edges up so that it forms an outer 'crust'.
6. Transfer to the heated pizza stone in the oven. Bake for 8-10 minutes or until the crust starts to brown.
  7. Top the pizza with a tomato-based sauce and your preference of toppings. Transfer the pizza back onto the heated pizza stone and bake in the oven for an additional 4 minutes until topping and cheese bubbles.

## CROSSWORD



### Across

- 1 Intoxicating drink (7)
- 4 Fibrous tissue uterus (7)
- 5 Pumps blood around the body (5)
- 6 Fights infection, an \_\_\_ (8)
- 7 Mucosal-lined skull cavity (5)
- 12 Excreted by the kidneys (5)
- 14 Constantly moving (8)
- 16 Bed-wetting medical term (8)
- 17 What you breathe through (4)
- 18 Stand on your own \_\_\_ (4)

### Down

- 2 \_\_\_ illness lingers (7)
- 3 Womb (6)
- 5 Means sneezing around pollens(3,5)
- 7 Confidence in yourself (4-6)
- 8 A person involved with someone else (7)
- 9 Produced by grasses in Spring (7)
- 10 Used to see (4)
- 11 Filter waste products from the blood (6)
- 13 Spores can come from \_\_\_ (5)
- 15 Everyone needs enough \_\_\_ (5)

## Laughter - the Best Medicine!

■ There are two types of guests: those who want to stay longer, and those who want to go home asap. Strangely enough, both types are normally found in married couples.

■ The organisers complain to the concert choir master:

"What happened to the mixed choir, there are only men here?"

"But it is a mixed choir" he replied, "half can sing, and the other half can't".



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