



Hughes Family Practice

3 McNicoll Street, Hughes ACT 2605
Tel 6281 5060 Fax 6260 3594
hughesfamilypractice.com.au

FREE TO TAKE HOME!

OCTOBER-NOVEMBER 2016 EDITION



Falls prevention



Childhood Discipline



Hot flushes in menopause



Male Hormone Deficiency

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 Michelle Barrett
BMBS, DRANZCOG, FRACGP
Family Medicine
Monday 2:30pm - 6:00pm
Wednesday 1:30pm - 5:30pm

Dr Patrick O'Callaghan
MBChB, BAO (NUJ), 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 Ambreen Ali
MBBS
Monday 9:30am - 12:30pm
Wednesday 9:30am - 5:00pm
Thursday 9:30am - 12:30pm
Friday 10:00am - 6:00pm

Dr Ying Chow
MChD
Monday 8:30am - 12:30pm
Tuesday 8:30am - 12:30pm
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

Dr Kath Cummins
MBBS, Dip Child Health
Monday and Thursday 8:30am - 5:00pm

PRACTICE STAFF

Practice Manager: Graeme Sellar

Practice Nurses: Jane & Danielle (RN)

Reception Staff: Debbie, Ashley, Samantha, Nikki & Brenton

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 spring edition of Health News. Isn't great to have the nice warm sunny Canberra days back again? After a wet winter it's great to see everything in full bloom and the countryside so green.

It has been a very busy period for the practice, not only with some pretty intense viruses spreading in the local community but us having to undergo reaccréditation and some significant staff changes.

Firstly I would like to address the staff changes at reception. We have recently lost a couple of our long term receptionists to retirement and a new career opportunity. We have been lucky to recruit Nikki who has recently arrived in Canberra from Hawaii (Yes, I agree why would you ever leave??). Nikki will be working four days a week and be ably supported by our existing team of Deb, Samantha, Ashley and Brenton.

On the GP side of things we have Dr Kath Cummins who started in August in the sessions that Hayley had been doing before going on maternity leave. Dr O'Callaghan has been on extended leave in September and early October and Dr Chow will be away for October getting married and on a honeymoon. Please accept our apologies if you cannot see your choice of doctor as quickly as normal.

As mentioned previously, we recently had our reaccréditation visit. We were delighted when the two assessors at the end of the visit remarked that we were not only fully compliant but one of the "best practices they had ever surveyed". This a great vote of confidence for both the clinical and admin teams. As part of the process patients provided detailed feedback which we value and will use to make further improvements to our operations.

Our end of the year and Christmas opening hours have been confirmed. As usual we will close for the Christmas break, this year from Friday the 23rd December and reopen on Monday the 2nd January. During this period cover is provided for the practice by CALMS 24/7. CALMS is our after-hours service that deputises for all our doctors here at Hughes and is available on 1300 422 567 from 6pm weekdays and all day weekends and public holidays should you require urgent care that cannot wait till the next day.

Don't forget to check out the practice website at: hughesfamilypractice.com.au We are looking to trial online appointments before year end and will update through the website and the newsletter when available.

As always we value your feedback, do not hesitate to ask at reception if you have any queries, alternatively 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.**



Falls prevention

Falls seem to be a part of getting older - one in three Australians aged 65 or more each year, sometimes causing injury severe enough to require hospital admission. Women make up 70% of these admissions.

Bruising, head injuries and bone fractures can all result from falls - 12 times more likely than a motor vehicle accident in the elderly. Hip fractures are a particular concern.

The good news is that much can be done personally to prevent falls: regular exercise keeps the muscles and bones stronger and improves balance; tai chi is excellent; properly fitting shoes with slip resistant soles; avoiding alcohol and medications that cause sedation; getting a doctor or pharmacist to review all your regular medications; an annual eye test; and a podiatrist's opinion on any foot problems.

Around the home some simple measures can help prevent falls: adequate lighting; handrails in bathrooms and at stairs; clutter removed from corridors; ensure mats or rugs won't slide when stepped on; fix uneven walking surfaces; and wipe up any spills immediately.

Have an adequate intake of vitamin D and calcium, with supplements sometimes. Some people may need medication to improve bone density. Talk to your doctor about a test for osteoporosis. ■

 Weblink www.betterhealth.vic.gov.au/health/healthyliving/falls-prevention-for-older-people

Childhood Discipline

All children behave differently. The College of Australasian Physicians says smacking a child to discipline them may teach them instead that violence may be a solution to a problem! Back in 2006, 69% of Australian adults disagreed somewhat, saying it was sometimes necessary to smack a naughty child. Clearly, this is something all parents need to think about.

The truth is children seek the approval of parents, so rewarding wanted behaviours works strongest. While there is a place for "consequences" in disciplining children, any consequences are designed to guide and teach children the two most important things – how to stay safe and use self-control.

Can a parent unknowingly undermine a child's self-control? The parent who disciplines too much can sound like a nag while the child shows limited self-control, the unwanted behaviours continue, and discipline is required more often – things can feel a bit of a disaster!

Here is the suggested way of tackling things:

| CHILD'S BEHAVIOUR | PARENT'S RESPONSE |
|-------------------|--|
| Very wanted | Reward – with attention, approval and appropriate praise |
| Wanted | Reinforce – by just noticing or acknowledging |
| Unwanted | No reaction |
| Very unwanted | Consequence |

The good news is most children's behaviour falls into the middle two rows – parents simply have to learn to reinforce wanted behaviour and ignore unwanted behaviour most of the time. And both parents should apply the same rules for this to work.

The very unwanted behaviours should be decided on by both parents, so the child is only getting consequences every few days and doesn't feel the world is ganging up on them. These family rules, decided by parents, should include any child over five while setting them, as a

way of improving how you relate to your child. Done at family chats, they can feel a bit artificial, like workplace reviews – prior warning, no distractions around, done in a neutral environment (like the back lawn), and the child is seriously listened to.

Let's face it, most kid's unwanted behaviour is irritating rather than antisocial and can be safely ignored.

If consequences are needed they can flow naturally (refusal to have dinner, means going to bed hungry), be related (cleaning up after making a mess, so the child sees the link), or loss of privilege (with prior warning for an older child; time out for a 2-3 year old).

A good parent can separate their own childhood 'baggage' from what they need to do with their own child – disciplining baggage are things that don't work include screaming, constantly explaining, repeatedly warning, threatening, pleading, arguing, bribing and giving in.

Most parents fall into the trap of doing some of these things at times! ■





 Weblink www.thewomens.org.au/health-information/menopause-information/managing-menopause/

Hot flushes in menopause

Menopause literally means cessation of periods and is a normal part of life. However, it can cause distressing symptoms. For most women, natural menopause occurs around the age of 50. Sometimes menopause comes earlier (younger than 40) such as when the ovaries are removed surgically.

Symptoms range from mild to severe. They include tiredness, sleep disturbances, loss of libido, vaginal dryness, irregular periods hot flushes and night sweats. These symptoms may persist for weeks to a few years (occasionally longer).

Generally the diagnosis can be made based on symptoms. Testing of hormone levels can confirm that you are menopausal or close to it.

Treatment depends on the severity of symptoms. Lifestyle measures of regular exercise, adequate sleep, managing stress, not smoking and eating a sensible diet all help with a feeling of wellbeing.

Before 2002, many women were treated with hormone replacement therapy (HRT) upon reaching menopause. This lost favour when researchers found that the risks of cancer and heart disease were increased with HRT and benefits did not justify its use.

Hot flushes can be helped by: dressing in layers that can be easily shed; avoiding triggers if known (alcohol, caffeine and stress are three common ones), and drinking cold water, and herbal remedies such as red clover, primrose oil and St John's wort help some women. Low dose antidepressants and clonidine (a blood pressure medication) can be used.

Hormone replacement can be prescribed with caution but is now recommended at lower doses and for a shorter period. ■

Male Hormone Deficiency

Low testosterone levels in men, called andropause or "male menopause", is controversial and often not clear-cut (unlike women where menopause is marked by the cessation of periods).

Full-page newspaper ads tell us that there is a market for male hormones. Some operators have charged men substantial amounts of money up front for long-term treatment

The symptoms of low testosterone include tiredness, irritability, and grumpiness, loss of focus and motivation, muscle weakness, and low sex drive (libido). All of these are not unique to low testosterone so it is best to get the opinion of your GP if you have these symptoms. Blood tests can help also.

In 2015, the diagnostic criterion for subsidised replacement treatment of age-related low testosterone was changed to two morning blood samples showing a testosterone below 6mmol/l in a man over the age of 40. Under the subsidised Pharmaceutical Benefits Scheme (PBS) system, men who qualify on blood testing need a urologist or endocrinologist to give the 'green light' to hormone supplements. These come in the form of cream or gel applied to the skin each day,



or injections given every few weeks or months.

Outside the PBS, prescribed treatment done privately costs between \$60 and \$100 per month.

Weight loss, regular exercise, reducing stress and alcohol together with better sleep can all help raise the body's production of testosterone.

Talk to your doctor before any self-treatment with hormones, as this can be costly and potentially dangerous. ■

Drug-induced liver injury

The liver can be injured by many prescription drugs, over-the-counter and herbal medications, as well as some dietary supplements. Usually the damage is mild and reversible. However, drug-induced liver damage accounts for 20% of liver transplants for liver failure in Australia.



There may be no symptoms. You may experience nausea, abdominal pain, itching or jaundice (yellowing of the skin). Blood tests will show the extent to which the liver has been affected.

It is vital to disclose to your doctor all medications you have been taking, including any non-prescription medications, supplements and herbal formulations. Sometimes combining drugs is the problem.

People with pre-existing liver disease are at greater risk, as are those with fatty liver, cirrhosis or alcohol related liver damage.

Any new symptoms commencing after you start a medication should be reported to your doctor. Most side effects of medications are mild and self-limiting but not all are.

You may require testing, need to cease the medication and avoid it in the future. Some drug reactions require treatment with steroids.

Preventative measures include always taking the correct dose of any medication and being particularly careful with any self-administered medication, especially paracetamol. Avoid combining alcohol and medications. Be honest with your doctor about any non-prescribed formulations you take. ■



MINUTE STEAKS WITH ROMESCO-DRESSED SALAD

Ingredients

- 4 (x 100g) beef minute steaks
- 1/2 teaspoon smoked paprika
- 1/4 cup (60ml) olive oil
- 1kg chat potatoes – wash and cook with skin on
- 200g green beans, trimmed
- 1/2 red onion sliced - optional

Dressing

- 3 chargrilled capsicums – or jar of chargrilled capsicum
- 4 cloves garlic
- Pinch of dried chilli flakes (optional)
- 1 tablespoon red wine vinegar
- 3 vine-ripened tomatoes or Roma tomatoes - sliced or quartered
- 50g whole roasted almonds, chopped (can substitute with hazelnuts)

Method

Steaks: Rub steaks with paprika and 1 tablespoon oil, then season. Set aside.

Potatoes: wash and put in a saucepan of cold water. Cover and bring to the boil. Reduce heat to medium and cook for 12-15 minutes until tender. Drain, quarter potatoes and set aside.

Beans: add beans for the final 2 minutes of the potatoes cooking. Drain and set aside.

Tomatoes & red onion: slice and set aside.



Dressing: Place capsicums, garlic, chilli (optional), vinegar, one-third of the tomato, 30g almonds/hazelnuts and remaining 2 tablespoons oil in a food processor and blend.

Season to taste.

Preheat a chargrill or frypan over medium-high heat. Cook the steaks for 30 seconds each side or until just cooked through. Remove from the pan and rest, loosely covered with foil, for 2 minutes.

Toss the beans, potato and remaining tomato and almonds with the dressing and season. Divide the Romesco salad among 4 serving plates and serve with steaks.

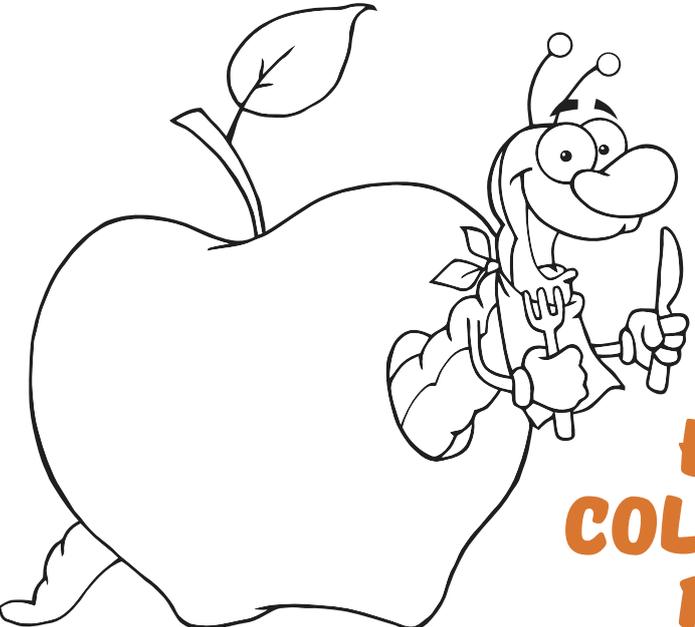
COOK'S NOTE: This dressing makes a lovely dip for parties or sandwiches.

SUDOKU

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Sudoku Solution



KIDS COLOUR FUN!

Hughes Family Practice

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Monday – Friday 8.00am – 6pm

● **AFTER HOURS & EMERGENCY**
For after hours care please phone:
1300 422 567.

● **SPECIAL PRACTICE NOTES**

Communication policy.
Our GP's cannot routinely take phone calls during consultations. A message can be left with staff and the GP may call back or arrange a staff member to book an appointment where appropriate. We don't communicate by email.

Test Results.
You will be contacted where there is an abnormal result or if your GP requests follow up. You can call the practice nurse between 12.30 and 1.00 pm for information.

Recalls and Reminders.
Our practice operates a recall and reminder system for a range of health issues and in response to test results as appropriate. Patients wishing to opt out of our recalls system should discuss this with their GP.

Patient Privacy.
The practice takes the privacy of your personal health information very seriously. If you have any questions please ask at reception for a copy of the practice privacy policy.

Repeat Scripts. You need to make an appointment for Repeat Scripts. Fees apply.

