

FREE TO TAKE HOME!

DECEMBER 2016 - JANUARY 2017 EDITION



Fun in the Sun



Swimmer's Ear



'I Don't Want to go to School'



Finding Your Ho-Ho-Ho

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

● PRACTICE DOCTORS

Dr Michelle Barrett

MBBS, 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 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

Dr Jaclyn Moss

Tuesday 8:00am - 11:30pm
Wednesday 8:00am - 11:30pm
Thursday 8:00am - 11:30pm

● 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:
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 summer edition of Health News. So far whilst we have had a few warm days, overall, summer has been mild with continued good rain. It is nice to see the green paddocks and dams full for once.

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.

One or two of the doctors and staff are taking a well earned break over the coming Christmas period; please accept our apologies if your usual doctor is not available or friendly face at reception is missing. However we are delighted to confirm that Dr Jacki Moss has joined us to work a few sessions per week initially, building up in 2017. Jacki is an experienced Canberra GP having worked many years in private practice. We welcome Jacki to the team and look forward to working with her.

The ACT election is over with the incumbents successful; Health policy by both parties was puzzling in respect to General Practice and we continue to monitor proposed changes.

A quick note to confirm our closing times over Christmas. We close at midday on the 23rd of December, re-opening on Tuesday the 3rd of Jan at 8am. During this period the practice uses CALMS as our Medical Deputising Service - owned and operated by Canberra GP's including ours, CALMS has been looking after our patients after hours since the practice started. Call 1 300 422 567 if you need to see a doctor urgently when we are closed.

All that remains is for me to wish you all a merry Christmas and a happy and safe New Year. May 2017 be all that you hope it will be and a special shout out to the members of our defence force working overseas away from family at this time.

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.

Fun in the Sun

Summer time is great fun for children and with a few handy safety tips it can be fun for parents as well. Children love being outside but they can overheat, so ensure they drink plenty of water through the day.

Get them to play in the shade or come inside in the hottest part of the day. If travelling, be aware that cars can heat up and children may feel the effects before you do. Do not leave children in a car on a hot day.

Remember to slip, slop and slap.

Kids love a romp in the park. Playgrounds are much safer than they were, but there is never a substitute for supervising your children and guiding them to age-appropriate play equipment. Similarly, water activities are great fun on a hot day but pool fences do not replace watching your child. Floatation devices are helpful for young children but, again, cannot replace your vigilance. Teach your children to always swim between the flags at the beach.

Summer offers good opportunities to connect with your children. You can enjoy splashing around with them in the pool or catch a ball or Frisbee in the park. You can go bike riding together or simply lie down at night and watch the stars. Outdoor activities are good for both your health (reducing stress and improving sleep and fitness) and your children's wellbeing. ■



Back-to-School Nutrition

Holidays are over and thoughts will turn to getting children back to school and what to put in that dreaded lunchbox. While lunch boxes can be a difficult problem for parents, they needn't be.

Before considering lunch, ensure your child eats breakfast every day. This can be an egg, or some fruit with yoghurt or toast. Many breakfast cereals are high in sugar and food colouring, so read the labels carefully. The best drink for your child at breakfast is water.

The sandwich remains a popular lunch. Choose wholegrain or multigrain bread in preference to white. Fillings can be cold meats, vegetables or cheese or whatever

your child likes. Wraps are another option. Pack some carrot or celery sticks, a hard-boiled egg and fruit – and you have a nutritious and inexpensive lunch!

If allergies are not a concern a small pot of mixed seeds, nuts and dried fruit is a healthy recess snack. Just as at breakfast, the best drink during the day is water. Fruit juices are high in sugar so it is better children eat a piece of fruit and drink a glass of water than have fruit juice. ■



Swimmer's Ear

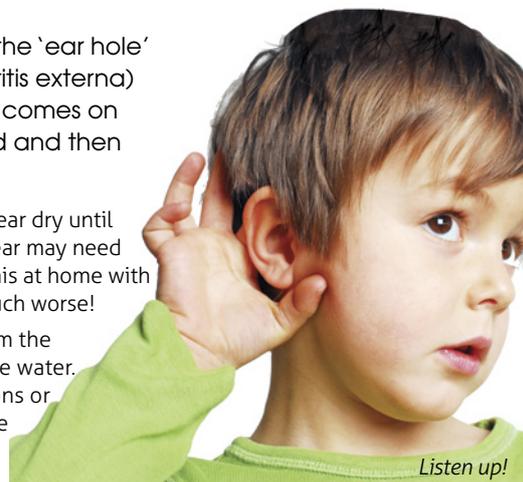
The ear has three parts – outer, middle and inner. The outer ear or ear canal is the 'ear hole' we can feel and leads to the eardrum. If this gets infected (technical name, otitis externa) it is called swimmer's ear or tropical ear. While not caused by water, it typically comes on if water remains in the ear canal. This can cause the lining to become inflamed and then bacteria or fungi multiply in the moist environment.

The hallmark symptom is a painful ear and the pain can be quite intense. There may be a fever but not commonly. It is rare to get 'cold'-like symptoms of runny nose or cough as is common in middle ear infections. The ear canal may become red and swollen.

See your doctor. Swimmer's ear is easily differentiated from a middle ear infection on examination of the ear. Treatment is antibiotic

drops and it's important to keep the ear dry until the infection clears. Sometimes the ear may need cleaning by your doctor. Do not do this at home with cotton buds as it can make things much worse!

Prevention includes using drops from the chemist after swimming to evaporate water. For those prone to repeated infections or who swim regularly, earplugs may be helpful. ■



'I Don't Want to go to School'

School refusal is serious and emotional. It is hard to stay detached. But finding a solution early can prevent unnecessary school absence.

Watch for things such as tantrums or tears about going to school; not wanting to leave mum or dad; refusal to leave the car or home; repeated visits to the school nurse; and feelings of physical sickness like nausea, headache and stomach cramps.

The causes can be simple or hard to find. We look for bullying, change of school, transition from primary to high school, separation anxiety, family stress, problems with teachers, academic pressures, moving house or changes in home life.

It may not be a condition of itself but a response to anxiety or fear, often because things are seen through a child's eyes.

It is serious when a child gets behind in their education or misses out on friendships.



Early recognition is vital. Discussing possibilities with your GP and school teacher can help, rather than guess what might be affecting your child. A psychologist can sometimes help.

Simple measures include being clear and direct about school attendance, offering incentives for going to school, or banning toys and electronic devices if the child is at home. It is important for the parents and teachers to be in regular contact and to 'be on the same page'.

State education departments have programs that help in difficult cases. ■



Getting into the spirit

Finding Your Ho-Ho-Ho

Kids can't wait for Christmas and a good number of adults can't wait for it to be over.

Christmas can be stressful for some. This might be because you dread 'enduring' family members who you have carefully avoided since last Christmas, or it might be you've just got your credit card under control from the last festive season. It might be that you feel obligated to everyone.

There are simple things you can do to reduce Christmas stress.

- Practise slow deep breathing every day. This reduces stress and anxiety.
- Cull the present list to those you genuinely care about and you don't have to spend a fortune.
- Cut up the credit card and buy your Christmas presents with cash. That way you buy what you can afford and there won't be nasty surprises on the January credit card statement.
- Close down. Many businesses close over Christmas. You can do the same. Switch off the phone and go away.
- Be a kid again. Pop crackers, enjoy unwrapping presents and give yourself to the silliness of the season. This will make you laugh and you can't stress when you are laughing.

Not all these tips suit everyone. Do what works for you. Do remember that Christmas (whether you are religious or not) can be a time for joy and relaxation. ■

Alcohol and the Festive Season

Christmas is a time we can overindulge in food and drink but there are simple ways to avoid this. There is no need to accept every invitation – everyone knows it's a busy time, so you can politely decline.

When you do go out, alternate your alcoholic drink with a glass of water. This means that you can always have a drink in your hand but will only consume half the number of alcoholic drinks. Taking this one step further there is no problem drinking water or mineral water all night. An increasing number of people choose not to drink alcohol at all. Claim a medical cause if you feel the need for an excuse but you needn't feel any need to justify abstinence.

Drink a big glass of water before leaving for the event, that way you won't arrive thirsty and eager for the first offering. If you are consuming alcohol, it is important to eat. This slows the alcohol absorption and also helps to fill you up.



'Frogs need water and so do we'

Know when you've had enough. It's OK to be sociable and in an hour or so, leave.

Family gatherings at Christmas should be enjoyable but too many drinks can fuel tension. If you are hosting, be aware of responsible serving of liquor and if you are a guest, remember to enjoy festive cheer in moderation. ■



SEASONED ROLLED PORK SERVED WITH SPICED APRICOTS



Ingredients

- 1.7kg boned loin of pork
- 1 small handful fresh rosemary, leaves picked
- 3 heaped tablespoons fennel seeds
- Sea salt
- freshly ground black pepper to taste
- 500g sourdough or rustic bread
- 2 red onions, peeled and finely sliced
- 4 garlic cloves, peeled and finely sliced
- 1 small handful fresh sage leaves, torn
- 2 handful pine nuts or pistachios kernels roughly chopped
- extra virgin olive oil
- 4 tbsps balsamic vinegar

Spiced Apricots:

- 6 ripe apricots
- Chilli flakes
- Dark brown sugar
- Knob butter

Method

1. Preheat your oven to 220C.
2. Score across the pork skin – about 5cms wide and 1cm deep.
3. Pound the rosemary and fennel seeds in a pestle and mortar with approx 1 tbspn flaked sea salt until fine, then rub into all the score marks on the pork. Remove the crusts from the sourdough bread and toast until lightly golden.
4. Slowly fry the onions, garlic, sage and



pine/pistachio nuts in a little olive oil for 10 minutes until the onions are sweet and soft. Season with salt and pepper, add the balsamic vinegar and put the mixture in a bowl. Tear your bread into smallish pieces and add to the bowl. Mix everything together really well. Put to one side and allow to cool.

5. Place pork rind side down. Spread seasoning in centre, then roll the pork over and tie it with a few pieces of string. Place the pork on a roasting tray and cook in the preheated oven for 30 minutes then lower the temperature to 190C for a further 50-60 minutes until skin is crisp and golden.

Serve with spiced apricots: Halve and stone ripe apricots. Dot each with a little butter, then sprinkle with a pinch of dried chilli flakes and dark brown sugar. Place apricots around the pork for the last 5-10 minutes of cooking.

Hughes Family Practice

● SURGERY HOURS

Monday – Friday 8.00am – 6pm

● AFTER HOURS & EMERGENCY

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● 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.



CHRISTMAS COLOUR FUN!

