



Hughes Family Practice

3 McNicoll Street, Hughes ACT 2605
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hughesfamilypractice.com.au

FREE TO TAKE HOME!

FEBRUARY - MARCH 2017 EDITION



Reduce Dementia Risk



Travelling Peace of Mind



Finding the Balance



Toddlers' Picky Eating

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

BMBS, DRANZCOG, FRACGP

Family Medicine

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

Dr Patrick O'Callaghan

MChB, BAO (NUI), FRACGP

Monday 9:00am - 4:00pm
Tuesday 9:00am - 4:15pm
Wednesday 9:00am - 3:30pm
Thursday 8:30am - 12:00pm

Dr Kate McCallum

MBBS, DRACOG, DCH

Family Medicine

Tuesday & 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

Wednesday 9:30am - 12:30pm
Friday 9:30am - 5:00pm

Dr Ying Chow

MChD

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

Dr Mathew Lewis

MBBS (Hons), Bsc (Hons)

Monday 9:00am - 1:00pm
Tuesday, Thursday & Friday. 9:00am - 5:30pm

Dr Kath Cummins

MBBS, Dip Child Health

Monday & Thursday 8:30am - 3:30pm

Dr Jaclyn Moss

Tuesday 11:30am - 3:00pm
Wednesday 8:00am - 11:30am
Thursday 1:00pm - 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.

▷ Please see the Rear Cover for more practice information.

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

Happy New Year to all and I hope 2017 meets or exceeds your expectations in health and happiness. Summer is at its peak as I write and Jan has had some very hot days. At the time of writing we can be thankful to have avoided any major bushfires that have occurred in other states. However we'll hold the celebrations till after March!!

For the last couple of years we have hosted medical students from the ANU Medical School and have committed to do so again in 2017. The Doctors enjoy the teaching and recognise how vital it is to give prospective GP's a positive experience in General Practice. The practice also continues to help Registrars attain their GP fellowship.

With nine GP's at the practice now we have more appointments available and even, as has been the case recently, when we have two or more GP's on leave we are able to offer a wider range of appointments than before. We are still investigating the best software for enabling online appointments through our website at www.hughesfamilypractice.com.au and will let you know as soon as they are available.

Our GP's and nursing team are committed to offering quality care and this will sometimes mean they are running late please accept our apologies in the knowledge that when it is your turn you to see the doctor will also receive the same considered service.

The practice use CALMS as our Medical Deputising Service, owned and operated by Canberra GP's including ours CALMS has been looking after our patients afterhours since the practice started. Call 1300 422 567 if you need to see a doctor urgently when we are closed.

Finally we again look forward to a Brumbies outfit devoid of their big name stars causing a few upsets utilising their underdog status, never underestimate the enthusiasm of youth! Also good luck to the Raiders, they have a strong squad and after their amazing run last year the green machine could give the finals a real shake. As ever we value your feedback, please do not hesitate to ask if you have any queries or refer any complaints to our practice manager or contact the Health complaints Commission on 6205 2222.

**Thanks again
Graeme Sellar, Practice Manager.**

Exercise Reduces Dementia Risk

Good news out of the United States is that adults with dementia over age 65 has decreased 25% between 2000 and 2012 (with similar reductions recorded in the UK and Europe). The reason for the decline is not exactly known but better education (keeping the brain active from an early age), better nutrition and living conditions are thought to have helped.

Another helpful thing is regular exercise. We know that, at all ages, regular exercise helps our thinking and memory capability. Trials in older people found that 150 minutes of moderate exercise a week led to improved mental functioning and this lasted for over 12 months even if the person stopped exercising!

Resistance training is thought to improve executive functions (higher thinking and abstraction) while aerobic exercise helps verbal memory. So it is good to do a mix of resistance and aerobic exercise.

In addition to exercise, mental stimulation (crosswords, puzzles, reading, etc.) and social activities also reduce dementia risk as does eating a brain-health diet, such as the Mediterranean diet.

A Finnish study of 1260 people found a 40% improvement over two years in cognition scores for those who combined regular exercise, good diet, mental stimulation and social engagement.

This is impressive. All these measures are simple and inexpensive. You can do much to reduce your chances of dementia – start today! ■



Travelling With Peace of Mind

There is an old saying that travel broadens the mind and loosens the bowels! Whenever we travel, the change of environment can affect our gut bacteria. However there is a difference between gastroenteritis (an illness) and having slightly looser stools.

Travellers' diarrhoea is an infection where you typically get diarrhoea, abdominal cramps and sometimes aching, headache and fever. Some may get vomiting but this is not common in true travellers' diarrhoea. It can be due to either a virus or bacteria. It is more common in tropical and less developed countries.

While complete immunity from travellers' diarrhoea cannot be guaranteed there are simple things you can do to make it less likely. Eat well-cooked foods. Always wash your hands before eating and after going to the toilet. Antimicrobial wipes are helpful but soap and water are OK too. Do not drink tap water unless you are in a developed country where it is safe to do so. This includes brushing your teeth. Also avoid drinks with ice. Beware of buffets - how long has the food been sitting in the open?

Certain foods such as shellfish, washed salads (better to eat cooked vegetables) and unpasteurised dairy are higher risk foods.

Initial treatment is to stop dehydration which is best done by drinking bottled electrolyte mix. Use simple pain killers, anti-nausea and anti-diarrhoea medicine in your travellers' first aid kit. Of course, make sure you are vaccinated before travelling against more serious food-borne infections like hepatitis A.

If symptoms do not settle or worsen, wherever you are, seek medical attention. ■



Legionnaires' disease – gardeners take care!

A severe form of pneumonia is caused by the Legionella bacteria – a few 100 cases are identified to authorities each year – and it usually requires hospital admission. In some cases it can be fatal.

You get Legionnaires by breathing in water droplets that hold the bacteria. Typically warm water sources are the culprit such as air conditioning systems (cooling towers or evaporative systems), spa pools or water fountains. It can also be contracted from potting mixes, mulch and compost.

Simple gardening tips reduce the chances of infection. Always wear gloves. Keep any soil mix damp while you are using it, avoid inhaling any garden mix and wash your hands after use.

Other risk factors for Legionnaires are smoking, being over 50 and having a chronic disease.

Typical symptoms are a fever, muscle soreness, headache, tiredness, cough and shortness of breath. Symptoms can worsen rapidly, so if you think you may have this disease seek medical advice urgently. Diagnosis is by blood and sputum testing as the symptoms and signs are not specific.

Treatment is with antibiotics, generally in hospital. Most people improve within five days but some take two weeks.

After recovery from Legionnaires, the development of antibodies makes a second infection unlikely, although how long this natural protection lasts is unknown. ■

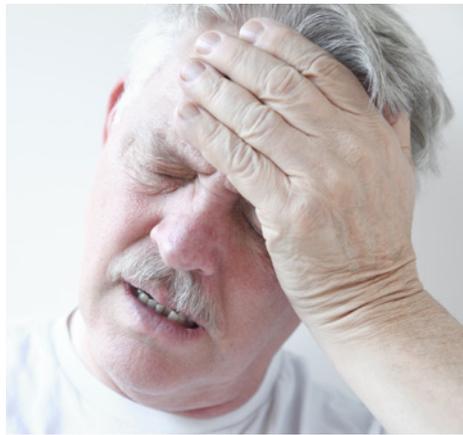
Finding the Balance

Vertigo and dizziness, affecting about 1 in 10 people throughout their life, needs an accurate diagnosis as treatment depends on it.

Vertigo is usually when the inner ear (or balance centre) is affected – conditions such as benign paroxysmal positional vertigo (BPPV), vestibular neuritis (inflammation of the inner ear), Meniere's disease and migraines.

Symptoms described are a feeling of spinning (like when you stop after spinning on a merry-go-round), unsteadiness on the feet, or a light headedness. Other symptoms can be headache, nausea and vomiting, incoordination, unusual eye movements and a ringing in the ears.

Diagnosis starts with a history and examination. Your doctor will look for clues – the frequency and duration of episodes, how they progress and if there are any triggers. Examination includes assessing balance, a look at the ears and blood pressure.



Tests include a CT or MRI scan of the brain and inner ear. Blood testing is often not helpful, except perhaps to rule out important causes.

Treatment starts with rest and medication to ease the dizziness. Some people benefit from specific exercises to 'retrain' their balance system; or remove inner ear crystals in BPPV.

Treatment can be long term (e.g. Meniere's) or short-term (e.g. vestibular neuritis) and underlying causes, such as migraine, need specific treatment. Some require referral to an ENT specialist and surgery is sometimes best. ■

 Weblink www.betterhealth.vic.gov.au and search "vertigo"



Swat Pesky Ross River

This viral infection, spread by mosquitos, typically causes joint inflammation, muscle pain and fatigue. These symptoms generally start 3-21 days after being bitten and can include rash and enlarged lymph glands. For some, symptoms are so mild or can mimic a flu-like illness, that they do not even know that they have it!

It is common in most areas of Australia, particularly at inland waterways and coastal regions. Outbreaks can occur if high rainfall or floods cause increased mosquito breeding.

As a virus there is no specific treatment. Symptomatic measures such as rest, maintaining hydration and simple analgesics are recommended. With no specific features, diagnosis is by blood testing. While everyone makes a recovery, some people are left with intermittent aching symptoms for a year or more. You can't pass it on to other people.

You can reduce your chances of getting Ross River Virus by avoiding mosquito bites. Wear long, light-coloured, loose-fitting clothes, especially in mosquito-prone areas. Use effective insect repellents and where possible avoid being outside in mosquito-prone areas at dusk and dawn. If camping, use insect nets and screens. Reduce the number of potential mosquito breeding grounds around your home by getting rid of stagnant water around pot plants and refresh pet water bowls daily. Ensure your pool or spa is well chlorinated. ■

 Weblink www.betterhealth.vic.gov.au and search "ross".

Toddlers' Picky Eating

Does your baby eat enough? Parents often worry about this. In truth, babies and young children tend to regulate their food intake well – they eat when hungry and stop when full. Their appetite also varies with growth spurts, so eating more gives them the fuel for rapid growth. This is why sometimes children eat the house down while at other times they pick over their food.

'Picky' eaters often get into fights with parents over what they eat. Of course, children have their own tastes and preferences but many are acquired as part of growing up.

It is important to keep offering children a wide range of foods and tastes, starting when solids are introduced. Sugar is appealing to most taste buds, so limit sweet foods or it will be harder to get children to eat other things.

You may also need to offer encouragement. When introducing new foods to youngsters, especially vegetables, present them appealingly. Lead by example and show them that you eat it too!

Importantly, remember who the parent is. The days of going to bed without supper may be behind us but children will think twice if you hold the line at dinner time – there is nothing else except the food on their plate!

If in doubt, rather than get into fads or fights, discuss meal times with your doctor or dietitian, who can help you decide if your child is a variation of 'normal'. ■





FRENCH LENTIL SALAD

Ingredients

- 400g French (Puy) Lentils
- 1 litre chicken stock
- 1 clove garlic, peeled & smashed
- 1 sprig thyme
- ½ red onion, thinly sliced
- ½ punnet cherry tomatoes, halved
- 1 red chilli, seeded and chopped finely
- Big handful of rocket leaves
- Seedless red grapes, halved
- 1 small jar marinated artichoke quarters (optional)
- 100g fetta (goat or cow)
- Store-bought or homemade tossed salad dressing

Method

Put lentils, stock, garlic and thyme in a saucepan, bring to the boil then lower to a simmer and cook for 15 minutes. Check lentils that they are cooked but not mushy. When



they are done, drain, removing garlic and thyme then cool.

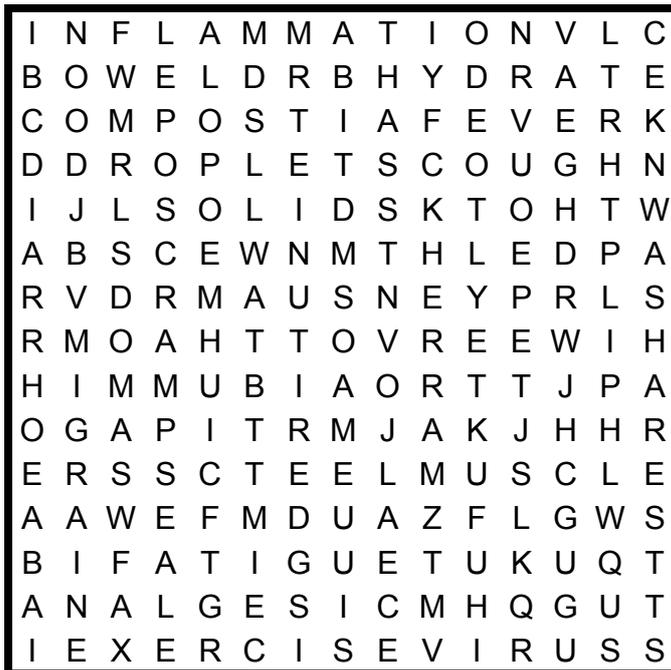
Make salad dressing with olive oil, white wine vinegar, chopped thyme and Dijon mustard.

Add the onion, tomatoes, chilli, grapes, rocket and artichoke quarters (if using) to the lentils, dress and toss gently.

To serve, crumble fetta over the top of the salad.

Excellent with grilled or barbecued meat.

WORD SEARCH



- | | | | | |
|-----------|-----------|--------------|----------|--------|
| Analgasic | Cramps | Gut | Mulch | Teeth |
| Bacteria | Diarrhoea | Hands | Muscle | Tired |
| Blood | Droplet | Hydrate | Regulate | Travel |
| Bowel | Exercise | Infection | Rest | Virus |
| Breath | Fatigue | Inflammation | Risk | Vomit |
| Compost | Fever | Memory | Solids | Wash |
| Cough | Food | Migraine | Sputum | |

QUIZ

- Is Legionella a virus or bacteria? What infection is it renowned for causing?
- Can you prevent traveller's diarrhoea and if so, how?
- What types of vertigo or dizziness are particularly helped by exercises?
- Is dementia in the elderly on the increase or decrease, and why?

Hughes Family Practice

● SURGERY HOURS

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.

