

FREE TO TAKE HOME!

JUNE - JULY 2017 EDITION



Be Wary of Croup



Wee Problem, Big Solutions



Heartburn in Pregnancy



Dizzy Days

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

MBChB, BAO (NUI), FRACGP

Monday 9:00am - 4:00pm

Tuesday 9:00am - 12:00pm

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 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

Tues, Thurs & Friday 9:00am - 5:30pm

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, Nikki, Brenton & Victoria

● 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.

● PRACTICE NEWS

Welcome to the winter edition of Health News. After some patchy early autumn rain things have started to dry up again and I think it's fair to say some good winter falls would be welcome.

I won't waste much space on Budget talk suffice to say that it is not going to provide a significant boost to the medical sector, however we do welcome the reintroduction of indexing for patient rebates.

Staff changes – As you will be aware Dr Ali and Dr Cummins recently moved on for separate but equally important family reasons. Neither departure was planned and whilst it has come as shock to many I believe we have managed to accommodate all existing patients with our other doctors. Luckily we seem to be a popular workplace and we have confirmed one new GP already and are interviewing others as I write. Our new GP won't be starting till July so please bear with us if in the meantime if it is a little harder to get in to your regular doctor. We have had to close our books to new patients whilst we await the new GP's coming on board.

As we now enter the peak flu season our vaccination program is near its end. However it is not too late, please don't forget to ask your doctor if you are eligible for a free vaccine. Private vaccines for those out with the government programs are also available.

Please remember to let us know if you need to cancel your appointment. Our SMS reminder program is working well and the number of missed appointments has dropped significantly. However with such high demand for appointments any missed appointments affect others. If you haven't already given your mobile number at reception please do so.

Should you require medical treatment after-hours whilst the surgery is closed please contact CALMS our medical deputising service on 1300 422 567. The service is a not for profit service owned and operated by the GP's of Canberra and is the preferred choice of your GP for continuity of care.

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.

Wee Problem, Big Solutions

Being unable to control the bladder remains silent because most people don't talk about it. Yet it affects about 13% of Australians.

Severity ranges. Stress incontinence is when urine leaks in response to (for example) movement or any pressure in the pelvis. Urge incontinence is when you need to go to the toilet quickly or else!

Many people don't raise the issue of incontinence with their GP because they are embarrassed or believe it is "a normal part of life" or nothing can be done. Let's be clear. It is not a normal part of ageing, you do not need to be embarrassed and there are ways to prevent and manage it.

Risk factors include pregnancy, obesity, recurrent urinary infections, certain types of surgery (e.g. prostate), constipation and some medications. Step one is to raise the issue with your GP. Some tests may need to be done to rule out contributing medical causes (e.g. diabetes). You may need referral to someone who specialises in this area or be sent for urodynamic testing (to test bladder function).

General helpful tips include spreading fluid intake through the day (and cutting back on alcohol and caffeine), doing regular exercise, and maintaining a healthy weight.

For women after childbirth, pelvic floor exercises are critical. Talk to your GP or physio about this. Once any predisposing things are excluded or treated, bladder training is very effective. Programs are run through Continence Australia and some physiotherapists. In the short-term, planning your day is helpful. There are also products to help you get around the problem.

The most important step is the first one – raise it with your GP. ■



Help at Hand for Dementia

Dementia scares many people about getting older. Alzheimer's is most common and affects over 400,000 Australians with that number increasing. It is now the second leading cause of death of Australians and the single greatest cause of disability in over 65s. Over half of those in residential care have dementia.

Risk factors include age, family history, being a smoker and excess alcohol use. There is no absolute prevention but research suggests that healthy eating, regular exercise and keeping the brain active may help reduce the chances of dementia. There is no cure and medications can, at best, only slow progress.

Your doctor probably has a standardised questionnaire for detecting dementia, if you are curious.

An ageing population is increasing the absolute numbers of Alzheimer's disease but rates are actually declining! Figures from the USA and UK show that the proportion of those over 65 years with the



condition, fell by about 25% over the 15 years to 2013. (Australian figures are likely to be similar.)

We do know that dementia affects surrounding family and friends, who often become carers too. Support for them is at hand and with early diagnosis, comes better long-term planning. Talk to your GP about what services can assist you and your family. ■

Questions for home

- What female hormone predisposes to reflux in pregnancy?
- How would you distinguish a seizure from a simple faint?
- Can dementia be treated and screened for?
- Is Croup a viral or bacterial infection?



Be Wary of Croup

Croup is a viral infection of the throat and windpipe (trachea) and typically affects children under five years though children up to eight years can contract it. The hallmark symptom is a harsh, dry, barking cough, mostly at night.

Croup generally starts with a 'cold-like' runny nose, cough and perhaps a low-grade fever. The symptoms that distinguish croup from a cold are noisy breathing (stridor), the harsh barking cough, and a hoarse voice. In severe cases, if there is difficulty breathing, seek urgent medical attention.

Most cases of croup are mild and need only symptom relief. Croup is viral so antibiotics do not help. Simply comfort your child (it can be scary for small children) and make sure they take adequate fluids. You can use paracetamol or ibuprofen for sore throat or fever as needed (according to weight and directions on the bottle). Traditionally, a vaporiser to humidify the surrounding air was advised but perhaps not these days.

If there is no improvement, or if you have any concerns, see your GP. In more severe cases, a short course of steroid can be effective. There is no specific way to prevent croup apart from general hygiene measures. ■



For the Fainthearted

People may feel dizzy or pass out for many different reasons. Some matter, most don't.

A true faint (vaso-vagal episode) leads to brief unconsciousness because blood pressure drops, blood vessels dilate, or the heart rate slows. When blood pressure to the brain is not maintained we lose consciousness, usually for only a few seconds, go pale, and perhaps feel a bit unwell for a time afterwards. Some people will go through life never fainting whereas others are prone to it.

Risk factors for fainting include prolonged standing, extreme heat (leading to dehydration), stress or emotional distress, intense pain and certain medications. Typical lead-up symptoms are a feeling of anxiety, nausea and feeling

lightheaded. At this point it is best to sit or lie down but realistically events often overtake you and you find yourself on the floor.

After a faint you have full memory of events and there is no true convulsing but sometimes jerky movements may lead an experienced person to ask further questions to rule out a seizure. Recovery is usually quick if the person can lie flat and elevate their legs above the level of the heart.

It is important to consult your GP if you suffer faints. While the condition is, of itself, harmless (excluding the potential for injury when falling), it is important to exclude other reasons for loss of consciousness. Your doctor will do a physical examination and may recommend blood tests. ■

Heartburn in Pregnancy

Reflux – or gastro-oesophageal reflux disease (GORD) as doctors call it – occurs when acid from the stomach goes up the gullet (or oesophagus) and causes symptoms.

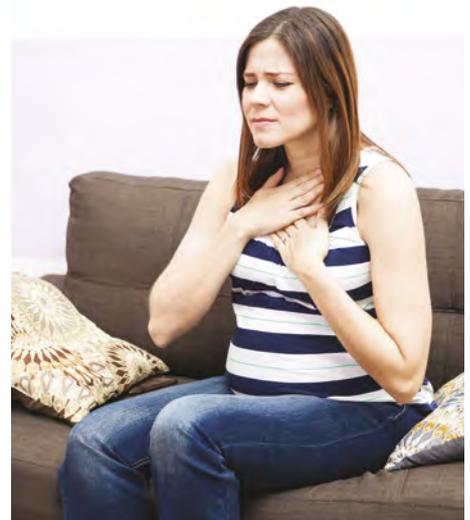
The lining of the stomach is designed to cope with acid (which we need to digest food) but the oesophagus lining is not. The typical symptom is a burning sensation in the lower chest or upper abdomen – hence the name heartburn. The pain can be mild to severe and most people get it at some point in their lives.

Pregnancy can bring on or aggravate reflux. In pregnancy, the hormone relaxin is produced to "relax" joints and ligaments and ease the

delivery but it can also slow digestion and relax the sphincter that prevents acid rising. And, as the baby grows, pressure in the stomach increases, which can also predispose to acid reflux.

So what can help?

Not smoking and avoiding alcohol help (no-no's in pregnancy anyway!). Eat smaller meals more frequently. Avoid those foods you know bring on reflux (unfortunately no one-size-fits-all here, however, carbonated drinks, caffeine, acidic and spicy food are common culprits). Avoid eating for at least three hours before going to bed. Antacids can be used but discuss this with your doctor. ■





CHICKEN & LEEK SOUP



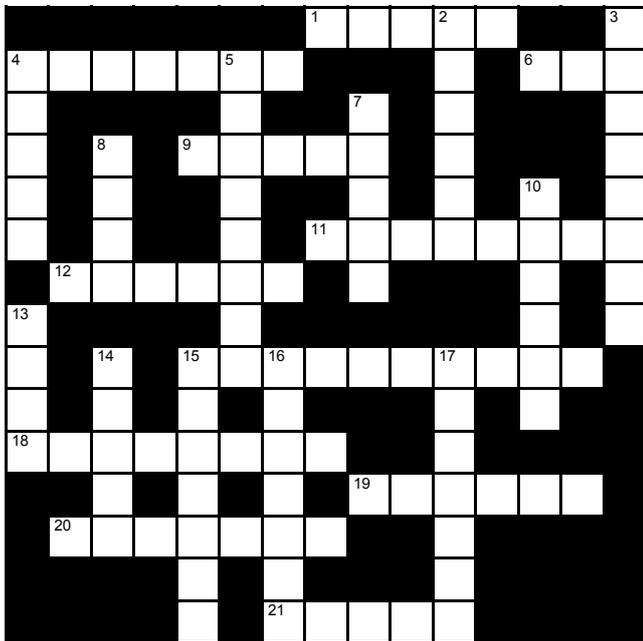
Ingredients:

- 8 chicken drumsticks or a small whole chicken
- 3 carrots peeled & diced
- 3 celery stalks diced
- ½ brown onion roughly diced
- ½ bunch parsley, plus extra, to serve
- 30ml olive oil
- 2 leeks trimmed & finely sliced
- 1 clove garlic, crushed
- 1tspn dried tarragon
- 2 large potatoes unpeeled & diced
- ½ cup risoni
- Squeeze of lemon juice also enhances the flavour – your choice.

Method:

1. Place chicken, 1 carrot, celery stick and onion in a large saucepan and cover with water. Bring to the boil and then reduce heat to low and simmer for 1½ hours, until chicken meat falls from the bones.
2. Strain broth and set aside. Remove meat from chicken and discard skin and bones. Shred the chicken meat and set aside.
3. Heat oil in a large saucepan on medium heat. Add leek and garlic and cook for 4-5 minutes until softened. Stir in remaining carrot, celery and tarragon. Add potato and cook for 5 mins. Add risoni and reserved broth and bring to boil. Reduce heat to low and simmer for 15 mins. Add reserved chicken meat and simmer for another 5 mins until risoni is cooked and soup thickens.
4. Serve in bowls and sprinkle with chopped parsley or fresh tarragon.

CROSSWORD



Across

1. What we do when our blood pressure drops
4. Organ that holds urine
6. To come of ...
9. A high temperature
11. Tough tissue connecting body parts.

12. Bones connecting legs and spine.
15. Another word for the gullet
18. The problem where there is a lack of insulin
19. ___(6) are where body parts bend

20. Noisy breathing
21. A false feeling of moving

Down

2. Going to vomit
3. ___ (8) brings on memory loss in older people
4. What we bleed!
5. ___ (8) maintains physical and mental fitness
7. The ___ (5) is our thinking organ
8. You breathe through
10. Another word for heartburn
13. Made by the stomach
14. Pumps blood
15. BMI greater than 30
16. Anti-inflammatory drug
17. A feeling of worry

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.

