

FREE TO TAKE HOME!

APRIL-MAY 2018 EDITION



Tips for older travellers



Tennis Elbow



Managing coeliac disease



Family break-ups and kids

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 - 5:00pm

Dr Patrick O'Callaghan

MBChB, BAO (NUI), FRACGP

Monday 9:00am - 4:00pm

Tuesday 9:00am - 12:00pm

Wednesday 9:00am - 3:30pm

Thursday 9:00am - 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 1:30pm - 4:30pm

Wednesday & Friday 9:00am - 12:00pm

Dr Ying Chow

MChD

Dr Chow is currently on maternity leave until further notice.

Dr Matthew Lewis

MBBS (Hons), Bsc (Hons), FRACGP

Monday 8:30am - 12:00pm

Tuesday & Thursday 9:00am - 5:30pm

Dr Jaclyn Moss

Monday 9:30pm - 12:45pm

Tuesday 9:00am - 3:00pm

Friday 9:30am - 12:45pm

Dr Stephen Martin

MBBS, ANU

Monday 9:15am - 1:15pm

Wednesday 9:15am - 3:00pm

Thursday 8:30am - 5:00pm

Friday 9:00am - 5:00pm

Dr Michelle Hart

MBBS, FRACGP

Monday 9:00am - 3:00pm

Wednesday 9:00am - 4:00pm

Friday 1:00pm - 4:00pm

● PRACTICE STAFF

Practice Manager: Graeme Sellar

Practice Nurses: Jane, Danielle (RN) & Ann

Reception Staff: Nikki, Deb, Georgia, Brenton, Ben & Allayne

● 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.

● PRACTICE NEWS

Welcome to the autumn edition of Health News, although we had another dry summer we did receive some welcome rains in those last few hot weeks which will hopefully make a big difference for local farmers. Whilst the Canberra region was spared from bush fires our neighbours in Tathra have not been so fortunate and were amongst a few to feel the full force of nature. Thankfully no lives were lost.

At the time of writing we expect flu vaccines to be available from early April. Please don't forget to ask your doctor if you are eligible for a free vaccine. The practice will run sessions during April and May to ensure everyone receives their vaccine before winter commences. Private vaccines for those outwith the government programs are also available. The Chief Health Officer advises us that the vaccines are effective for three to four months and the peak flu season is June to September. Hence the government distribute vaccine from early April as opposed to pharmacy programs that start in February for commercial reasons. If you have any questions re the flu vaccine ask your doctor or the practice nurse.

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. With this in mind please ensure you book a separate appointment for each family member who needs to see the doctor doing two consults in one is rarely possible.

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 1 300 422 567 if you need to see a doctor urgently when we are closed.

Finally at the time of writing both the Brumbies and Raiders have started slowly but have shown enough to know they can turn things round and feature in the finals. Good luck to them both. 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.

Graeme Sellar,
Practice Manager

▷ Please see the Rear Cover for more practice information.





Tips for older travellers

Baby Boomers are gradually retiring but not wanting to put on the proverbial slippers just yet. Many remain in good health and travel is increasingly on the agenda. A popular pursuit is driving around Australia in a camper van or with a caravan.

It is a good idea to have a general health check with your GP before embarking. Part of this may include getting a printed summary of any medical conditions, current medications and allergies to take with you. Prescriptions can be filled at any chemist in Australia so there is no need to stock up. Neither do you need more than a basic first aid kit and medications (e.g. pain killers and antihistamines) that you would normally

have at home. If you are going well off the beaten track, you will need to speak to your doctor.

People may forget that driving exposes the arms (especially the window side arm) to sunlight. If driving all day remember sunscreen. Travelling can be dehydrating so drink adequate water. Eating out every night can stack on the kilos so be watchful. Cook your own food whenever you can.

Sleep can be tricky when on the road. Relaxation apps can help get you off to sleep as can some herbal remedies. Sleeping tablets are best avoided. Do not drive when you're tired. It sounds obvious, but remember to take your Medicare card and private health membership card (where applicable). Let family know your itinerary and stay in regular contact with them.

Tennis Elbow

Lateral epicondylitis, inflammation of the tendons where they meet the bone at the elbow on the thumb side, is commonly called tennis elbow. It is not unique to tennis and can come about from any ongoing or repeated use of the forearm and wrist. Bricklaying, painting and gardening plus other racquet sports can bring it about as can using a computer mouse and it can affect anyone. It is commonest in those aged 35-55.

Pain can extend into the forearm and is worse with shaking hands, lifting or turning taps or doorknobs. Diagnosis is generally based on the description of symptoms and examination.

Typically, the bony point on the lateral (thumb) side of the elbow is tender. The pain is often reproduced on extension of the wrist against resistance. Sometimes imaging is helpful to define the extent of the condition or if it is not responsive to treatment.

First-line treatment is rest, ice packs and simple analgesia. A tennis elbow guard can help protect the area. Anti-inflammatory medication may be needed and physiotherapy can be helpful. Avoid



Weblink <http://www.mydr.com.au/sports-fitness/tennis-elbow>

activities which aggravate the situation. This can include changing technique especially if sport or work-related.

In some cases, a steroid injection can be recommended and, in rare instances, surgery. Your GP will advise you about treatment options.

Most people will make a full recovery and it is not of itself a recurrent condition nor a precursor to arthritis.



Weblink <https://www.coeliac.org.au>

Managing coeliac disease

This is a condition where there is a marked immune response to gluten which is found in wheat, rye and barley. It can damage the small bowel and interfere with absorption of nutrients. The symptoms vary from mild to severe and include tiredness, intermittent diarrhoea, abdominal pain, bloating and flatulence. Children with coeliac disease may have slower growth, irritability and abdominal swelling.

It affects about 1% of the population though many are unaware they have the condition either because the symptoms are mild or they have put them down to other causes. It is a genetic condition and the main risk factor is having a first degree relative with it.

Accurate diagnosis is important as it is very manageable. Your GP can order blood tests, though a positive result is not absolute but a strong pointer. Definitive diagnosis is by a small bowel biopsy but not everyone wants or needs to have this done. A gluten challenge is another useful test.

There is no medication to take or 'cure'. However, symptoms can be easily controlled by avoiding gluten in the diet. Today there are many gluten-free foods. Neither adults nor children need to feel they are 'missing out' on foods they like.

There are many causes of the symptoms of coeliac disease so it is important to talk to your doctor and not rely on self-diagnosis or 'unorthodox' testing.

Cooling down heartburn

This is a burning pain in the chest or upper abdomen caused by acid leaking from the stomach into the oesophagus. It is also known as reflux and gastro-oesophageal reflux disease (GORD). It is very common and can affect all age groups from infancy. It ranges from mild to severe.

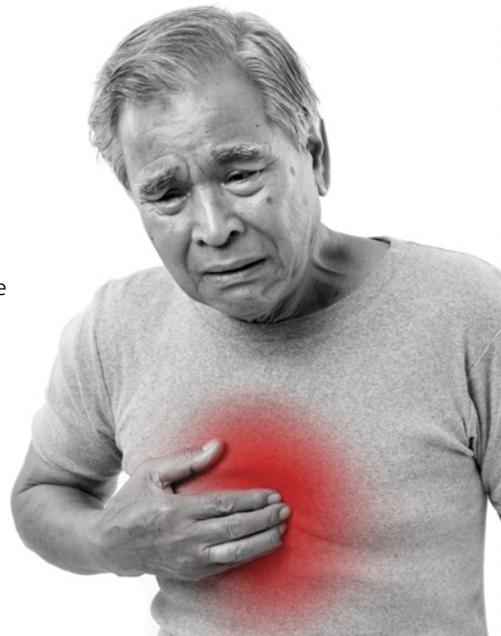
Not everyone with heartburn has GORD but those who do may have a hiatus hernia which is where some of the stomach 'slips' above the diaphragm.

In adults, risk factors include being overweight, smoking, alcohol consumption and a family history. Certain foods will trigger heartburn in certain people but there is no one set of foods to avoid. Caffeine, dairy and spicy foods are common culprits but each person needs to find what disagrees with them.

Prevention includes reducing known triggers and also not eating too much at one time. Treatment depends on severity and frequency. Simple home remedies such as bicarbonate of soda or herbal teas help some people. Simple antacids can also relieve symptoms. At night it can be helpful to sleep on a slight incline from head down to toes.

If simple approaches fail, you need to see your GP. Often the history is sufficient for diagnosis but you may be sent for tests to rule out other causes.

For ongoing problems there are prescription medications that can reduce acid production. Some people need short courses of these, others need it long term. If symptoms are not relieved after some weeks, you may be referred for a gastroscopy to assess the oesophagus and stomach.



 [Weblink https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/indigestion](https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/indigestion)



 [Weblink https://www.scientificamerican.com/article/is-divorce-bad-for-children/](https://www.scientificamerican.com/article/is-divorce-bad-for-children/)

Family break-ups and kids

It is estimated that 40% of marriages will end in divorce or separation. In many instances there are children and the impact on them is significant. Regardless of whether a couple love each other or not, their children will still love them both.

While all children are affected in the short term, American research shows in the longer term the vast majority of children in divorced families do as well as their peers when it comes to behaviour, academic performance and social relationships.

However, high levels of parental conflict is

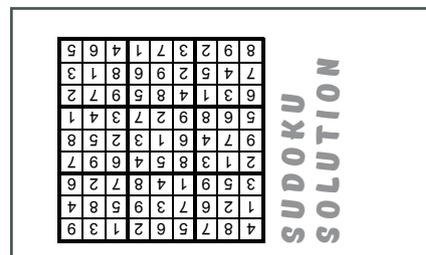
associated with poorer outcomes for children. This means it is less about parents separating and more about how it is managed. It also says that remaining together when there is ongoing conflict is not helpful either.

How children manifest this stress differs widely. Some children may develop night terrors or become anxious. Others may cry a lot. Those who are newly toilet trained may regress. Some children may complain of headaches or tummy aches. Some may lose appetite.

Children need the support of both parents and in turn parents also need support. There are many family services available. It is

important to talk to your children honestly and listen to what they have to say. Allow them to express emotion and adjust to the circumstances in their own time.

Talk to your GP about any concerns you may have about your child or your own health.





CHICKEN, CHORIZO & VEGETABLE CASSEROLE

Ingredients

- 8 skinless chicken thighs
- 800g pumpkin, cut into large chunks
- 3 medium size potatoes cut in to chunks
- ½ red capsicum cut in to large chunks
- ½ yellow capsicum cut in to large chunks
- 1 red onion, quartered
- 8 whole garlic cloves, peeled
- 2 lemons, halved
- 6 fresh thyme sprigs
- 2 chorizo sausages, sliced
- 2 zucchini, cut into batons
- 4 cups baby spinach leaves
- ¼ cup olives if desired

Method

1. Preheat the oven to 220°C (200°C fan forced).
2. Lightly grease a casserole dish. Place chicken, pumpkin, potato, onion and garlic cloves into a large roasting pan. Drizzle with 2 tablespoon olive oil and season well with pepper. Toss to coat. Squeeze over lemon juice and add the lemon halves and thyme to pan. Bake in the oven for 20 min.
3. Add the chorizo, capsicum, zucchini and olives if desired to the chicken mixture, tossing lightly to coat in juices. Return to the oven and bake for a further 30-35 min or until chicken is cooked through.
4. Remove from the oven and stand for 5 min before stirring through the spinach. Serve chicken, chorizo and vegetables with the juices on a bed of rice or with fresh crusty bread if desired.

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SUDOKU

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.

