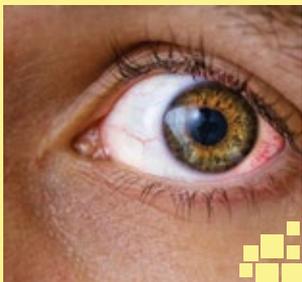


FREE TO TAKE HOME!

JUNE-JULY 2018 EDITION



Osteoarthritis



Flash burns to the eye



Tonsillitis – say argh!



Cold and Flu Prevention

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 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 & Edward

● 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 winter edition of Health News. In the absence of any good autumn rain, Canberra and the surrounds are very dry and in desperate need of some moisture - our fingers are crossed for a wet winter.

As we now enter the peak flu season our vaccination program is near its end. However as you may have seen in the media it is not too late to vaccinate. Indeed it turns out the heavy advertising by some pharmacy chains to vaccinate as early as February may leave patients vulnerable in mid to late winter. Please don't forget to ask your doctor if you are eligible for a free vaccine. Private vaccines for those without 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. Missed appointment fees will be charged in all instances where an SMS reminder was sent.

Staff changes, I am sad to advise that after two years our reception leader Nikki is returning back to America with her husband to start their next adventure. Also Ben one of our ANU students who has worked in reception for nearly eighteen months has finished his degree and is pursuing opportunities in China from July this year. We wish them both continued success and hope they will visit us again sometime when or if they are back in Canberra. We will have new staff members joining us soon, please make them feel welcome, receptionist in a medical practice is not an easy job and it helps to have friendly patients!

Should you require medical treatment after-hours whilst the surgery is closed please contact CALMS - our medical deputising service - on **1 300 422 567.** 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.**



Graeme Sellar,
Practice Manager

▶ Please see the Rear Cover for more practice information.



 Weblink <http://www.arthritisaustralia.com.au>

Coming to grips with **osteoarthritis**

As we get older our joints show wear and tear. The cartilage (lining) of the joints is affected most, though bones, ligaments and muscles can also be involved. This is known as degenerative osteoarthritis. It affects almost everyone over 40 but the severity and the joints involved varies. Risk factors include age, being overweight, positive family history and injuries to joints. Knees, hips, hands and the spine are the most commonly affected areas.

Symptoms include pain and stiffness and swelling in the joint. It develops gradually over many years. Pain may be worse with activity although stiffness is usually worse in the morning. Symptoms may be intermittent at first and may become constant.

Diagnosis is generally on the clinical findings. X-rays can help assess the extent of cartilage degeneration.

Treatment depends on severity. Weight loss (if overweight) reduces load on the joint. Heat packs help some people as does strapping or taping the joint. Regular exercise helps preserve function but needs to be

tailored for individual circumstances and a physiotherapist can assist. Water-based exercise puts less load on the joints.

Medications do not cure osteoarthritis but analgesics such as paracetamol can ease symptoms. Anti-inflammatory medications can be useful but may have side effects so talk to your GP, they are not suitable for everyone. Braces, walking aids and shoe insoles play a role too.

In more severe cases, injections into the joint can ease symptoms and surgery including joint replacement can be beneficial when non-surgical treatments have failed.

Chickenpox is not child's play

Caused by the varicella-zoster virus, chicken pox is a highly contagious illness. It can affect any age but is more common in children. The number of cases has declined since the addition of a vaccine against chicken pox onto the childhood immunisation schedule in the early 2000s. Fortunately most cases are mild.

The main symptoms are low-grade fever, and 'cold'-like symptoms of sore throat, headache and runny nose together with feeling generally unwell. The hallmark symptom is an itchy blistery rash which appears after a few days. This can be anywhere on the body but is mostly on the trunk and head. Some may get mouth ulcers.

Diagnosis is in the clinical appearance once the rash starts. If you suspect chicken pox,

inform your doctor's surgery as they may ask you to wait away from others. Newborn babies and those with weakened immune systems are at greater risk and pregnant women are also vulnerable as the virus can have a potential impact on her baby.

Anyone with chickenpox should stay home and away from others till the rash has dried out. The virus spreads by airborne droplets.

There is no specific treatment. General measures include bed rest, fluids and paracetamol or ibuprofen for symptoms. The rash, if scratched, can leave scars so use soothing creams. Antihistamine medications may ease the itch as can wearing mittens. Discuss this with your doctor.

Chickenpox is preventable via immunisation. Most children born after 2001 will have been immunised. Talk to your GP.



 Weblink <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/chickenpox>



Flash burns to the eye

Flash burns occur when a strong light burns the surface of the eye (cornea). Causes include skiing without glasses or sun lamps. Symptoms include pain and burning in the eye, watery or bloodshot eyes, and blurred vision and can start up to 12 hours after exposure.

Diagnosis is on the history and examination of the eye. Investigations are not needed. Fortunately, most cases are mild and will resolve over a few days with no permanent damage. Treatment can include pain killers, use of antibiotic and anaesthetic eye drops, dilating drops to relax eye muscles and padding the eye. If you have contact lenses these will need to be removed. Artificial tear drops can be soothing.

You should not drive or operate machinery while being treated and you need a follow-up examination after 24-48 hours.

We only get one set of eyes so if there is any concern about your sight, seek immediate medical attention either at your GP or at an emergency department.

Flash burns can be prevented. Protect your eyes in the snow by wearing dark glasses with both UVA and UVB protection. When working use safety goggles that are made to Australian Standards. Most importantly, remember to wear them.

Weblink http://healthywa.wa.gov.au/Articles/A_E/Eye-injury-corneal-flash-burns

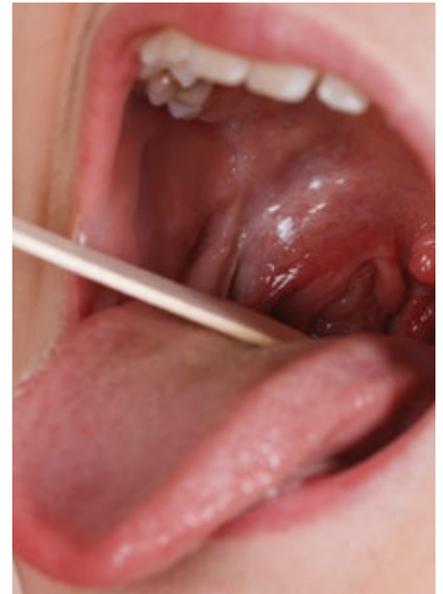
Tonsillitis – say argh!

The tonsils are located half way to the back of the throat and help 'trap' infections. They are particularly important for young children with less-developed immune systems. Unless they became enlarged or infected, we generally don't even know they are there.

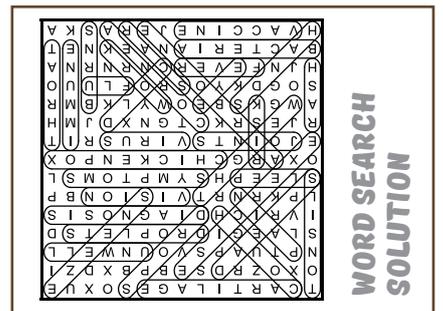
Tonsillitis is an infection of the tonsils caused by a virus (80%) or bacteria. The symptoms are a sore throat, fever, headache, tiredness, feeling generally unwell, pain on swallowing and loss of appetite. The tonsils may enlarge and have white or yellow spots on them. They may have a 'coated' appearance.

If you suspect tonsillitis see your GP. Treatment for the viral form is bed rest, fluids, gargling (if possible) or lozenges to ease pain and paracetamol or ibuprofen for fever and pain. Bacterial tonsillitis (usually a streptococcus) will be treated with antibiotics. Penicillin is first choice but there are other options for those allergic to it.

Some people get recurrent tonsillitis, which is when the question of having tonsils removed arises. Tonsillectomy is performed far less frequently than in the past. The rule of thumb is four or more episodes per year for two or more consecutive years. Severity, response to treatment and time off school or work are also factored in. You may be referred to an ENT surgeon, so talk to your GP.



Weblink <http://www.mydr.com.au/respiratory-health/tonsillitis>



Cold and Flu Prevention

Viruses are present all year round but more people get unwell with them in winter. It could be a case of less sunshine and spending more time indoors but, whatever the reason, we can do a lot to reduce the spread. Viruses spread by airborne droplets so covering your mouth when you cough makes a big difference, as does sneezing into a hanky or tissue. AND washing hands is imperative.

Many people try to soldier on with a virus even though staying at home not only helps you get better quicker but also makes it less likely you will pass it on to others. Air-conditioning makes it easy for viruses to spread, so don't contribute yours to the office pool.

Many workplaces offer flu vaccination

for employees and certainly is something to consider but it will not prevent a cold. Regular exercise has been shown to strengthen the immune system but it is wise to cease or at least reduce exercise while unwell. Eating a healthy diet with adequate fruits and vegetables and getting enough sleep also helps. Managing stress (e.g. meditation, guided relaxation and herbal teas) has been shown to benefit immunity as does having adequate vitamin D.

It is worth repeating, if you get sick, stay home, the world will keep spinning.





VEGIE SOUP WITH SPINACH & PARMESAN DUMPLINGS

Ingredients

- 1 tablespoon Extra Virgin olive oil
- 1 large leek, trimmed, thickly sliced
- 4 garlic cloves, peeled
- 2 teaspoons mixed spice
- 2 teaspoons sweet paprika
- 2 Desiree potatoes, peeled, cut into 2cm pieces
- 1 medium size sweet potato cut into 2cm pieces
- 2 parsnips, peeled, thickly sliced
- 2 small white turnips
- 2 baby fennel, trimmed, cut into wedges or 2 medium size onions cut into wedges
- 2 sprigs fresh sage
- 400g can whole peeled tomatoes
- 3 cups vegetable stock
- 500g Kent pumpkin, cut into 3cm pieces

Spinach and parmesan dumplings

- 1 ½ cups self-raising flour
- 250g packet frozen spinach, thawed
- ½ cup grated parmesan
- ⅔ cup milk
- 50g butter, melted

Method

Heat oil in large heavy-based saucepan over medium-high heat. Add leek and garlic. Cook, stirring, for 4 minutes or until leek

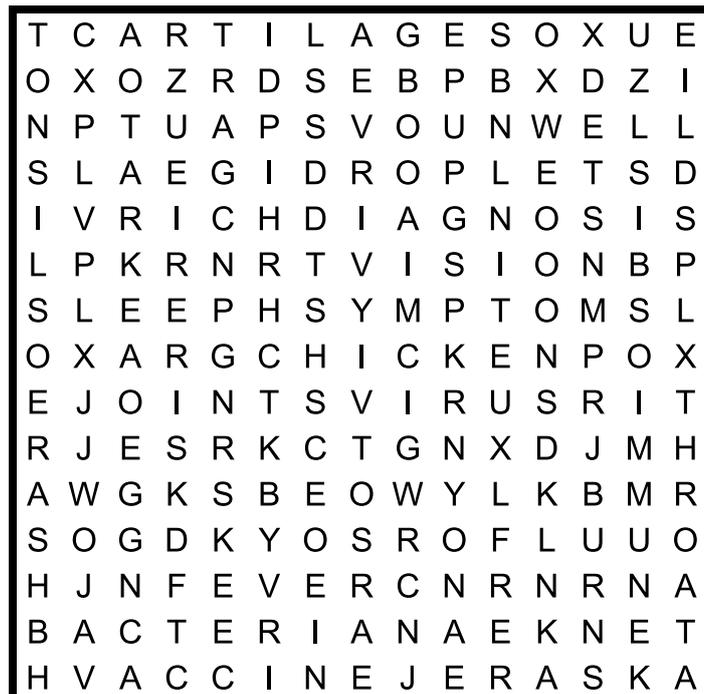
has softened. Add mixed spice and paprika. Cook, stirring, for 30 seconds or until fragrant. Add potato, parsnip, fennel and sage. Stir to combine. Add tomatoes, stock and 1 cup water. Bring to a simmer. Cook covered for 10 minutes. Add pumpkin. Cook for a further 5 minutes or until vegetables are almost tender. Remove and discard sage sprigs.

Spinach and parmesan dumplings

Sift flour into a bowl. Make a well in the centre. Squeeze excess moisture from the spinach. Add spinach, parmesan, milk and butter to flour. Stir to form a soft dough. Roll into 12 balls. Top soup with dumplings. Reduce heat to medium. Cook covered for 20 minutes or until dumplings are cooked through. Serve.



WORD SEARCH



Airborne
Bacteria
Burns

Cartilage
Chickenpox
Cold

Cornea
Cough
Diagnosis

Droplets
Drops
Exercise
Eye
Fever
Flu
Hands
Immune
Joints
Pain
Rash
Risk
Scar
Sleep
Sneeze
Spread
Symptoms
Throat
Tonsils
Unwell
Vaccine
Virus
Vision
Weight
Work

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.

