

FREE TO TAKE HOME!

OCTOBER-NOVEMBER 2018 EDITION



Tinnitus



Asthma in children



Managing stress



Baby teeth

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](http://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** MBBS, FRACGP  
Tuesday ..... 9:00am - 3:00pm  
Thursday ..... 9:00pm - 12:00pm  
Friday ..... 9:30am - 12:45pm

**Dr Stephen Martin** MBBS, ANU  
Monday ..... 9:15am - 1:15pm  
Tuesday ..... 9:00am - 1:00pm  
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:** Deb, Georgia, Brenton, Allayne & Edward, Liz & Alys

● SURGERY HOURS

Monday – Friday ..... 8.00am – 6pm

● AFTER HOURS & EMERGENCY

For after hours care please phone:  
**1300 422 567.**  
In case of an emergency dial:  
**000**

● 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 spring edition of Health News,** it is great to have the nice warm sunny Canberra days back again. However after such a dry winter it's sad to see the countryside so brown and desperately in need of a drink! We can only hope for some decent spring rain.

**We are excited and amazed to let you know the practice turned fifty this year!!** Dr Jim McCauley started the practice back in 1968 here in Hughes. We can't let this amazing milestone pass without some celebration. We will host an event to celebrate this in late November; keep an eye out in reception for more details closer to the time.

**It has been a very busy period for the practice with some pretty intense viruses spreading in the local community.** We are told that the emergency departments, our after-hours service and day time practices are also seeing record numbers of patients. Historically it is August and September that are the busiest months so hopefully things settle down as we head further into spring. Some of our doctors are accepting new patients for a limited time. Having said that some of doctors are taking leave in October, please accept our apologies if you cannot see your choice of doctor as quickly as normal. You may have noticed Dr Chow in the practice recently; the good news is she is returning as planned at the end of the year from maternity leave and an overseas posting. Session details TBC.

**My Health electronic health record has been in the news a lot recently and with good reason.** All Australians will automatically have an electronic record by the end of the year unless they opt out. There are some privacy concerns and Parliament is considering extending the opt-out period. For more information please see the information leaflets at reception or online at [myhealthrecord.gov.au](http://myhealthrecord.gov.au)

**Our end of the year and Christmas opening hours are confirmed.** As usual we will close for the Christmas break from Monday the 24th December and reopen on Wednesday the 2nd January. During this period cover is provided for the practice by CALMS 24/7. CALMS is our afterhours service that deputises for all our doctors here at Hughes and is available on 1300 422 567 from 6pm weekdays and all day weekends and public holidays should you require urgent care that cannot wait till the next day.

**As always we value your feedback,** do not hesitate to ask at reception if you have any queries, alternatively the Health Complaints Commission can be contacted on 6205 2222.

**Graeme Sellar - Practice Manager**

▷ Please see the Rear Cover for more practice information.

# When head noises get in the way – tinnitus

About one in five people have 'head noises' or tinnitus that annoys them. Most of us have noise in our hearing system, so it is how we focus on the problem that gets us in strife. This is a real dilemma for those helping – focus on what to do to overcome the problem, and if you can't overcome it, risk increasing someone's distress by increasing their focus on their tinnitus!



 Weblink: [www.tinnitus.asn.au](http://www.tinnitus.asn.au)

*Tinnitus only drives a minority of sufferers mad!*

About 30-40% of people with tinnitus suffer socially and in the workplace. Negative thoughts and emotions can create a vicious cycle that accentuates tinnitus symptoms. Your doctor will probably want to know if you are curious, concerned or distressed about your tinnitus or if you have associated dizziness.

We know tinnitus is more common in people with a hearing loss or other ear problems. Your doctor may refer you to someone with specialised equipment or expertise. They may provide information and look at self-directed treatment options.

Alternatively, information may be provided by an audiologist who will ask if the problem is intermittent or persistent, if dizziness is associated with it or if there is hearing loss. The situation may be simple or complex, and it may take multiple investigations by different clinicians to get to the bottom of it. Fortunately, symptoms

are not usually a sign of severe disease, such as a brain tumour.

How an individual thinks and feels about tinnitus is important. It would be negligent if anxiety, depression and sleep problems were not asked about.

Often nothing gets rid of it. However, patients can successfully manage their tinnitus using different treatments to the point where it is no longer a concern. Common suggestions for management include avoiding silence, doing things to keep calm and relaxed, and limiting caffeine. Removing excessive earwax can also help.

From the doctor's perspective, some medications can cause or worsen tinnitus – aspirin, quinine, some antibiotics, diuretics and some anti-cancer drugs are the most well-known.

We are told celebrities that have suffered from tinnitus include Liza Minelli, Bob Dylan, William Shatner and Barbara Streisand.

## Asthma in children

It is estimated that as many as one on five children will be diagnosed with asthma. It can range from mild to severe. Some children have symptoms all year round while others only in certain circumstances (e.g. a viral illness or when exposed to irritants like dust or grass).

Uncontrolled asthma can be fatal. However, asthma can be successfully managed and controlled through use of medication. Children with asthma can live a completely normal life and do not need to be restricted in their sporting or other activities.

Typical symptoms include a wheeze and cough. In more severe cases there may be chest tightness and shortness of breath. Diagnosis is by the history of symptoms and examination of the lungs. Lung function testing is helpful but can prove normal when asthma is dormant.

Asthma is generally treated with inhalers of which there are two mainstays – preventer and symptom relievers. The former is used on a regular basis to treat the underlying inflammation in the airways and the latter to improve symptoms as needed. In severe cases oral steroids may be used in short bursts.

The treatment rationale is to use the lowest dose necessary to control the condition, so doses will not be constant through the year.

For parents, the key is to recognise the pattern on your child's asthma – its triggers and symptoms. So it is important to have an asthma plan (available from the National Asthma Council) and to have your child checked regularly by your GP.

Most importantly, seek urgent medical attention if there is any worsening of the condition.

*Younger children often are not frightened by a spacer mask, if it is introduced as a toy and the parents are involved.*

### SUDUKU SOLUTION

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5	1	6	4	8	2	3	9	7
4	3	9	2	1	7	8	6	5
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7	8	9	6	5	3	2	1	4

 Weblink: [www.asthmafoundation.org.au](http://www.asthmafoundation.org.au)



## Managing stress in busy lives

It doesn't seem to matter who you talk to, everyone feels stressed at some stage of their lives. Relationships, money and work are consistently shown in polling to be the big three worriers. Our body reacts to stress today as it did in caveman days. It goes into fight or flight mode with the release of hormones such as adrenalin and cortisol which were helpful when the threat had a physical solution and would end (for better or worse). It is not so helpful with the type of stressors we face today.

However, there is much we can do to manage stress, starting with regular exercise. It can be as simple as going for a walk. Listening to calming music, doing slow, deep breathing or guided meditations can be helpful as well. There are many digital apps available to help people deal with stress and many are free. Drinking herbal tea helps some people as does keeping a journal. Drink mainly water and do not drink alcohol to excess. Try to minimise sugar in your diet. Taking a short vacation, if possible, may help.

Ultimately dealing with what stresses you is the key. Remember you don't always have to do this alone. For many, chatting with your GP or a counsellor can be beneficial, as can talking with trusted friends or family. Others may see solutions that you don't.

Stress can lead to mental health problems, so see your GP if you have any concerns.



## Baby teeth – what you need to know

When one considers that the average life expectancy is over 82 years, it seems odd that we get two sets of teeth but the first set lasts only until we are 10 or so. Baby teeth develop while still in the womb and we are born with 20 hidden in the gums. Our 32 adult teeth will replace the baby set between the ages of six and 20.

The first teeth can appear as early as three months and as late as 12 months and in any order, though the central ones are usually first.

Teething gets a bad rap and, to be fair, it can be distressing. Equally, much gets blamed on teething which has nothing to do with them. Typical symptoms of teething are crying, dribbling and pulling on ears. Some babies may put their hands in their mouths. If your child is unwell or has a fever, go to your GP rather than assume it is due to teething.

For symptom relief, teething rings can be very helpful. You can also use paracetamol, ibuprofen and teething gels. Be prepared to do some trial and error to find what works for your child.

You can start cleaning teeth once they appear using a soft baby toothbrush with water only, and start baby toothpaste at 18 months.

Sugar is bad for teeth so minimise this and you can start regular dental checks from 12 months.

 Weblink: [http://raisingchildren.net.au/articles/dental\\_care\\_babies.html](http://raisingchildren.net.au/articles/dental_care_babies.html)  
[www.ada.org.au](http://www.ada.org.au)

## Parkinson's disease

An estimated 40,000 Australians have Parkinson's disease – a progressive degenerative neurological condition which affects the control of body movements. Typical symptoms are trembling of the hands, arms, legs and face, together with slowing of movement, instability, tiredness and difficulty walking. It comes on gradually and early signs may be very subtle.

The condition comes about from nerve cells ceasing to produce enough dopamine, a chemical which sends message between cells. When those messages are blocked, muscle control is impeded. Why this happens is not clear. Family history is one risk factor as is head trauma and exposure to pesticides.

Diagnosis is based on history and examination. There is no specific blood or imaging test for diagnosis. Brain scans are generally normal. Given the slow onset of symptoms it can take some time for an exact diagnosis to be made.


Treatment is focused on maintaining function. A healthy diet and keeping active are important. Physiotherapy, to establish and guide an exercise program that includes daily stretching, helps. Medications can control the condition but not cure it. As time goes by their effectiveness can lessen

and dosages need to be increased. Side effects can also be a problem for some.

No two people will have the exact same experience, so treatment is always individualised. There are state and national support groups to assist.



*A late sign is the smile. It is replaced by an expressionless stare.*

 Weblink: <http://www.parkinsons.org.au/>

# Hughes Family Practice

● **BILLING ARRANGEMENTS**  
Please pay all fees on day of consultation. All children below the age of 5 are bulk billed.

● **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.



## ROASTED ROOT VEGETABLE & FETA SALAD (SERVES 6)

**Preheat oven 200 C**

### Ingredients

- 2 x Bunches Baby Carrots – trimmed and washed
- 6 x Medium Beets – peeled & cut into wedges
- 4 x Parsnips – peeled and cut into wedges
- 2 x Spanish Onion – cut into wedges
- 2 x Large Sweet Potatoes – Peel & cut into ¾ inch cubes
- 1 x Celeriac – Remove skin & cut into small wedges. Place in a bowl of water with lemon wedges to prevent browning
- 6 x Cloves garlic – peeled
- 1 x Lemon cut into wedges
- 1 x 75gms Baby Spinach leaves
- 1 x 200g Greek-style feta, cubed

### Method

- Put all prepared vegetables in a bowl and toss with 3 tablespoons olive oil.
- Place in a single layer on a baking tray.
- Sprinkle with salt and pepper.
- Bake for approx 30 minutes or until just tender.
- Let cool completely.
- Toss the vegetables with baby spinach leaves and feta cheese.

### Dressing

- Whisk together 1/3 cup olive oil, 3 tablespoons balsamic vinegar, 1 clove crushed garlic & 1 teaspoon brown sugar.
- Serve salad drizzled with dressing.

## SUDOKU

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## QUIZ

- What two things can tinnitus be associated with?
- A spacer is the best way of delivering puffer spray to young children - check with your doctor if one is needed.
- One of the late signs of Parkinson's Disease can be an expressionless stare - True or False?
- What is meant by "deciduous" teeth - an older term?