

FREE TO TAKE HOME!

DECEMBER - JANUARY 2021 EDITION



STI's



Shin Splints



Gestational Diabetes



Over 65 and exercising?

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

Dr Patrick O'Callaghan

MBChB, BAO (NUI), FRACGP

Monday 9:00am – 5:00pm
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 Ying Chow

MChD

On maternity leave

Dr Matthew Lewis

MBBS (Hons), Bsc (Hons), FRACGP

Monday 8:30am – 12:30pm
Thursday..... 8:30am – 12:30pm

Dr Jaclyn Moss

MBBS, FRACGP

Tuesday..... 9:00am – 5:00pm
Thursday..... 8:30pm – 12:00pm
Friday..... 8:30am – 12:00pm

Dr Stephen Martin

MBBS, ANU, FRACGP

Monday 9:15am – 4:00pm
Wednesday..... 8:30am – 12:00pm
Thursday..... 8:30am – 5:00pm
Friday..... 8:30am – 2:00pm

Dr Michelle Hart

MBBS, FRACGP

Monday 8:30am – 12:00pm
Wednesday..... 9:00am – 3:00pm
Thursday..... 1:30pm – 5:00pm

Dr Maria Iannelli

MD (Uni Melb)

Monday & Tuesday 8:30am – 5:00pm
Thursday & Friday 8:30am – 5:00pm

● PRACTICE STAFF

Practice Manager:

Graeme Sellar

Practice Nurses:

Jane & Danielle (RN)

Reception Staff:

Deb, Edward, Anne Marie, Hannah,
Bec, Sandra & Kaden

● 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 our first edition of Healthnews since the start of the Covid pandemic. 2020 has provided some unique challenges for everyone and for those of us in general practice some additional challenges have been evident in our quest to keep everyone safe.

Firstly let me thank you for your cooperation with all the Covid safe measures we implemented from late March onwards. Whilst we seem to be through the worst in Canberra it is evident from what has happened in Victoria and now in South Australia that a cluster can appear and spread very quickly.

We will continue to monitor the situation very carefully.

Covid has prevented us from communicating some major changes that have occurred at the practice since March. Firstly Dr Luke retired from general practice as of April 2020. In a normal non Covid situation we would have had time to organise a farewell for Dr Luke and advise patients well in advance. However this was simply not possible at the height of the pandemic breakout.

Also practice principal Dr Barrett has had to face her own health challenges that began as Covid reached its local peak in April this year. Dr Barrett continues a slow but steady recovery process however due to these health challenges will not be seeing regular patients for the foreseeable future. She will however continue as a mentor and educator as her health allows for the excellent clinical team here at the practice.

We are delighted to welcome back Dr Chow in Jan 2021 from her maternity leave. Ying will be working 3-5 sessions a week from January. Also Dr Seren Ovington will join the team in Feb 2021. Seren graduated with honours from ANU Medical school in 2015. Having previously attended Radford College winning many awards along the way!. It is great to see another ANU medical school graduate staying and practicing locally, exactly the desired outcome when the medical school was established in 2007.

Our Xmas hours have been confirmed and we will close on Thursday the 24th at 1pm and reopen on Monday the 4th at 8am. Throughout the Xmas period our deputising service CALMS will be open offering care day and night.

The practice operates a continuous quality improvement process and utilises Deidentified data from our clinical system to help identify areas for our clinicians to focus on. Should you have any queries about how we use the de-identified data please don't hesitate to ask your GP or our practice manager.

We wish you good health and safe travels (albeit severely curtailed) over the holiday period. I think you will all join me in hoping 2021 is a better year for all. Merry Xmas & Happy New Year.

Graeme Sellar, Practice Manager

▶ Please see the Rear Cover for more practice information.



Sexually transmitted infections (STI's)

The term Sexually transmitted infections (STI's) applies to a group of infections that are predominantly spread by sexual contact. The group is diverse in both symptoms and severity. It includes Chlamydia, gonorrhoea, hepatitis B, hepatitis C (some people do not classify this as an STI) syphilis, HIV (AIDS) and herpes simplex.

The symptoms depend on the infection. The most common symptoms of an STI are pain or burning with passing urine, discharge from the penis or vagina, discomfort in the pelvis and sores on the genitals or groin. It is important to note that there may be no symptoms.

The best form of treatment is prevention so practising safe sex is the key. It is also important to have STI screening tests if you are sexually active and not in a monogamous relationship. This can be arranged by your GP and involves both a blood and urine test.

Treatment depends on what is diagnosed.

Chlamydia is by far the commonest STI and is easily treated with antibiotics. Gonorrhoea and syphilis are also treated with antibiotics. Treatment for hepatitis or HIV is far more complex. Fortunately, these conditions are less common. There is a vaccination against hepatitis B.

If you have any symptoms you are concerned about, ask your GP. If you are diagnosed with an STI, it is important to notify people you have been with so they can be treated too. Some STIs have to be reported by your GP to the health department who track cases of some infections. Do not be alarmed about this.



Gestational Diabetes

This is a rise in blood sugar during pregnancy, which generally returns to normal after giving birth. It affects 3% to 8% of pregnant women and typically starts between week 24 and 28, hence there is routine blood testing for glucose at this stage of pregnancy. The test is a glucose tolerance test where blood is taken before and after consuming a glucose drink

Risk factors for gestational diabetes include being overweight, being over age 30, having a family history of diabetes and having had gestational diabetes in a prior pregnancy. People of Chinese Polynesian, Vietnamese and Indigenous Australian background are at increased risk.

During pregnancy, hormones from the placenta help the baby grow. However, they can block the effects of maternal insulin leading to insulin resistance. It is estimated that insulin requirements when pregnant can be three times normal. For some people, the body doesn't handle the load and thus gestational diabetes develops. When insulin levels drop post-delivery, blood sugars can return to normal.

Gestational diabetes increases your chances of developing Type 2 diabetes later in life, but it is not a given. It does not mean your baby is born diabetic.

Eating a healthy diet, doing regular exercise and maintaining a healthy weight all reduce the risk.

If you have gestational diabetes, it is important to monitor and control sugar levels in the bloodstream. This means eating a healthy diet low in sugars and refined carbohydrates. You may benefit from seeing a dietician. Regular exercise helps.

Shin Splints

Shin splints are a common condition seen in runners and those who play sports involving running and rapid acceleration.

The exact cause is not known but is thought to be due to repeated stress on the shinbone, and it's attaching connective tissue. It is more common in females and those with a previous leg injury and in those often running on hard or uneven surfaces.

The typical symptom is pain in the shin with running. There may be associated swelling. At first, the pain is when one starts running and eases after warming up. As the condition advances, pain persists for longer and can even continue after ceasing exercise.

Diagnosis is based mainly on the history. There is no diagnostic test. X-rays (or rarely, an MRI scan) may be done to rule out other causes such as a stress fracture.

There is no specific treatment. Ice packs and simple painkillers provide symptom relief in the short term. Rest and avoiding activity, which worsens the pain, is key. However, you don't need to stop all exercise. Swimming or walking in water are two options to maintain fitness.

Attention to training techniques can be helpful. Use of orthotics or insoles may also help as can change of shoes. For the more serious athlete, having a biomechanical assessment of their running style may lead to technique changes, which are beneficial.



<https://www.betterhealth.vic.gov.au/health/ConditionsAndTreatments/shin-splints>

<https://www.diabetesaustralia.com.au/about-diabetes/gestational-diabetes/>



Over 65 and exercising?

Work on strength, balance & coordination.

We often think of exercise as running swimming or other cardiovascular type pursuits. This is important for fitness, but other exercises can be just as important. As we get older resistance (or weights) based exercise maintains bone strength and also muscle mass. This reduces the chances of getting osteoporosis (brittle bones) and sarcopenia (loss of muscle mass). You are never too old.

Research in NSW looked at resistance

training in people with an average age of 89 and found that people could make new muscle at the age of 102! And you do not have to be Arnold Schwarzenegger.

Start with lighter weights and increase slowly. You do not have to purchase weights. Exercises using the body's own weight such as push-ups can be very effective. Consider getting input from a physiotherapist or trainer. Do not try to be a hero!

Exercise that improves balance and

coordination can reduce the chances of falls, which is increasingly important as years go by. Pilates, yoga, Tai Chi are three examples. Start at a low level and increase slowly. Get good instruction, so you do it right.

The key to exercise is consistency, doing exercise that you enjoy and of course, not getting injured. Those exercising regularly enjoy better mental health and tend to be more resilient. The risks of heart disease stroke and bowel cancer are lowered too.

 [https://www1.health.gov.au/internet/main/publishing.nsf/content/F01F92328EDADA5BCA257BF0001E720D/\\$File/Tips&Ideas-Older-Aust-65plus.pdf](https://www1.health.gov.au/internet/main/publishing.nsf/content/F01F92328EDADA5BCA257BF0001E720D/$File/Tips&Ideas-Older-Aust-65plus.pdf)

Migraine

A migraine headache is a particular form of headache characterized by being one-sided and accompanied by nausea or vomiting and sensitivity to light. It can be preceded by a sensory warning (aura) such as flashes of light or tingling.



The term has come to be used to describe a severe headache, but whilst most migraines are severe in nature, not all severe headaches are migraines.

The exact cause is not known. Theories revolve around circulation to the brain and changes in serotonin levels within the brain. Both genetics and the environment play a role.

Around 90% of sufferers have a family history of migraines. Women are three times more likely to have migraines. Generally, they start before age 40. There are thought to be hormonal influences in some women as migraines may be more prevalent around the time of periods.

Some triggers include certain foods (alcohol, cheese, chocolate and MSG), stress, certain medications (e.g. The contraceptive pill) bright lights, strong smells and sudden changes in atmospheric

pressure. However, for many people, there are no identifiable triggers.

There is no specific test for migraine. It is diagnosed on history. Where tests are done it is to exclude other causes of headaches.

Treatment is with painkilling medications. Milder migraines may respond to over the counter tablets, but others will need prescription painkillers. Some specific migraine headache medications can be prescribed. They are only useful in migraine headaches but do not work for everyone. Ask your doctor about this. There are also preventative medications for people who have frequent migraines. Some new biologic medications have recently been approved for this use. None are an absolute cure.

Simple measures that can help are maintaining good hydration, getting enough sleep, managing stress and avoiding known triggers where possible.

 <https://headacheaustralia.org.au/migraine/migraine-a-common-and-distressing-disorder/>



CHRISTMAS CAKE

Ingredients

- 3 cups (approx. 500 grams) sultanas
- 1 1/2 cups (approx. 250 – 270 grams) raisins
- 1 cup (approx. 150 grams) currants
- 1 cup (approx. 150 grams) pitted dates, roughly chopped
- 100g red glazed cherries, quartered
- 1/2 cup (approx. 75grams) raisins
- 1/2 cup (approx. 75grams) dried pineapple, roughly chopped
- 2 teaspoons finely grated orange rind
- 1/4 cup (approx. 50 grams) mixed peel
- 185ml
- 3/4 cup brandy
- 4 eggs (75grams eggs)
- 250g butter, at room temperature
- 200g of brown sugar
- 2 cups plain flour
- 2 teaspoons of mixed spice
- Red Glazed Cherries and Blanched almonds to decorate

Method

1. Combine sultanas, raisins, currants, dates, cherries, raisins, pineapple, mixed peel, brandy and orange rind in a large bowl.

Cover with plastic wrap and set aside, stirring occasionally, for a minimum of 2 days to macerate. The longer this is left the more the flavours will develop.

2. Preheat oven to 150°C. Brush a round 22cm (base measurement) cake pan with melted butter to lightly grease and line the base and side with 3 layers of non-stick baking paper.

3. Beat butter and sugar in a bowl until pale and creamy (an electric beater is preferred). Add eggs, 1 at a time, beating well between each addition until just combined. Add butter mixture to fruit mixture and stir to combine. Add mixed spice and stir until well combined. Spoon into prepared pan and smooth the surface. Lightly tap pan on benchtop to release any air bubbles. Arrange almonds and cherries on top of the cake.

4. Bake in oven, covered with foil, for 2 hours 40 minutes to 3 hours or until a skewer inserted into centre comes out clean. Drizzle hot cake with extra brandy. Set aside to cool before turning out.

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.



This practice wishes you a very Merry Christmas and Happy New Year!