

FREE TO TAKE HOME!

APRIL-MAY 2017 EDITION



Teething Babies



Influenza Vaccination



Thyroid Tests



Sports Drinks

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 Arthur Kipouridis

MBBS, FRACGP

Dr Elizabeth McNaughton

MBBS, DipObst (RCOG), FRACGP

Dr Ronnie Gerendasi

MD, BSc, FRACGP

Dr Sally Hanson BSc, BMBS, FRACGP

Dr Miriam Blashki MBBS, FRACGP

Dr Odette Wan

MBBS, DipRANZCOG, FRACGP

Dr Jean Douyere

MBBS, DGM, FRACGP

Dr Jennifer Rothfield MBBS

Dr Gregory Frean

MBBS, B Med Sc(Hons), Dip RACOG, FRACGP

- | | |
|-----------------|-----------------|
| Men's Health | Women's Health |
| Paediatrics | Family Medicine |
| Sports Medicine | Minor Surgery |
| Meditation | Counselling |
| Asthma | Shared Care |
| Travel Medicine | |

● PRACTICE STAFF

Managers: Dr Arthur Kipouridis, Dr Ronnie Gerendasi & Jill McPhie
Reception Staff: Andrea, Debbie, Prue, Stacey, Olivia, Lana, Agnes & Jackie
Practice Nurses: Jill McPhie, Katherine Teagle (Nurse Immuniser), Lyn Holm & Jenny Gastin

● ALLIED HEALTH SERVICES

Physiotherapist Travis Quinn
Available Mon/Wed/Fri 10.00am - 12md
Psychologist Lyn Stevenson
Psychologist Michelle Cranston
Diabetic Educator Katrina Walsh
Dietician Joanna baker

● SURGERY HOURS

Monday to Friday8am – 6pm
Saturday8am – 11.30am
Public Holidaysas advertised

● AFTER HOURS & EMERGENCY

DoctorDoctor: **132 660**.
Call **000** in an emergency.
Home Visits. If you wish your doctor to make a home visit, please call the surgery first thing in the morning. Home visits are not available to new patients

● BILLING ARRANGEMENTS

We direct-bill Medicare for Pensioners and Health Care Card holders. Private patients will pay a gap beyond the Medicare refund. This varies according to the complexity of service or if a procedure is performed. At the discretion of the doctor a "no show" fee may be charged for patients who miss their appointments. Payment can be made by cheque, credit card or EFTPOS.

Please note – on Saturdays and Public Holidays, bulk billing arrangements are not available.

● SPECIAL PRACTICE NOTES

Flu Vaccination - As we head into the winter months please remember to come and have a flu vaccination. By more of the "GENERAL or HERD POPULATION" being vaccinated this helps those people in the community that are unable to be immunised for medical reasons from being exposed to unwanted viruses.

For those over 65 years of age and also those who suffer from a number of chronic health issues + if you are pregnant this vaccine is free (provided by the government).

OZDOCS - We now have the ability for patients to request a script or referral via "OZDOCS". please log onto our website to see how to use this service. (conditions apply) and not all the doctors subscribe to this service.

My Health Record - this is the name of the national digital health record system being implemented by the government. Having a My Health Record means that your important health information like allergies, medical conditions and treatments, medicine details, tests and scan reports can be digitally stored in one place. These can then be accessed by healthcare providers such as doctors, specialists and hospital staff online from anywhere at anytime when they need to, like in an accident or emergency. The My Health Record is protected and regulated by law, just like on-line banking. If you would like to know more about the My Health Record system please speak to one of our friendly staff members who will be able to assist you to register for this system.

Online Appointments - online appointments are now available via our website: www.gimc.com.au - Please note that on-line appointments are NOT available for new patients.

Needle free injections – available at Glen Iris Medical Centre – please speak to your G.P.

We are now able to send **SMS appointment reminders**. Please ensure that your current mobile phone number is updated on our files.

Telephone calls. Reception staff will take a message for the Doctor whilst he or she is consulting. They will then return the call ASAP or at the end of their session. However, if the status of the inquiry is urgent then staff will put the call through immediately to the Doctor concerned or to the Doctor on duty. Emails and SMS messages of a clinical nature will not be accepted by Practitioners of this practice. Remember an email is the electronic equivalent of a "post card"

▷ Please see the Rear Cover for more practice information.



Teething Babies

During teething an infant's first teeth (the deciduous teeth, often called "baby teeth" or "milk teeth") sequentially emerge or 'erupt' through the gums. They typically arrive in pairs, the lower two incisors come first at 6-8 months of age, before all 20 teeth take a few years to erupt. This is sometimes called "cutting teeth", but emerging teeth don't in fact cut through the gums but hormones released cause some cells in the gums to die and separate, allowing the teeth to come through.

The level of pain varies remarkably. Some babies are not even bothered by teething. Some appear to suffer more than others - soreness and swelling of gums before a tooth comes through, starting 3 to 5 days before the tooth shows, and disappearing as soon as the tooth breaks through.

Common symptoms include drooling or dribbling (perhaps causing a rash around the mouth), increased chewing, mood changes, and irritability. Babies might also refuse to eat or drink due to the pain. Crying, restless sleep, and mild fever may come with teething, especially when the first larger molars erupt around age 14 months.

Symptoms generally fade on their own.

Teething may cause a slightly elevated temperature but does not cause high fever (temperature over 38.3 °C) or diarrhoea. Think about other illness, particularly infection by human herpes viruses.

Find out what is going on. Rub a finger gently along the gums in search for swollen ridges or the feel of a tooth below the gums.

If unsure, see your doctor or child nurse for guidance.

A teething ring or a wet washcloth in the freezer for a few minutes can help as can drawing water into a pacifier and freezing it. The cold pressure on the gums gives relief without making the child's fingers cold. Some children respond well to chilled foods like applesauce, yoghurt, and pureed fruits. Perhaps something firm like a sugar-free rusk

In cases where the infant is in obvious pain your doctor or pharmacist can help by prescribing a numbing or teething gel or suchlike.

About half of all 6-year olds have decay in their baby teeth. Use a soft cloth or infant tooth brush at least twice a day (but no toothpaste until after 18 months). Healthy eating and drinking also reduces tooth decay. Keep sugary food and drinks like fruit juice and biscuits out of the diet. And don't put your baby to bed with a bottle and never give a dummy dipped in honey or sugar. ■

Helping with Learning Difficulties

There are many possible reasons why your child may fall behind in their schoolwork—anything from not getting on with the class teacher to ADHD or a hearing problem. Learning problems need to be detected and remedied early.

Here is a useful checklist for any child experiencing learning problems:

- Have a meeting with the class teacher or year coordinator to get their ideas on your child's problem.
- Get your child formally tested (e.g. by the school psychologist) to find out their strengths and weaknesses for learning (in literacy and numeracy skills).
- Get your child checked over by your GP, especially if they have physical complaints. Arrange an eyesight and hearing test.
- If your child is unusually impulsive, easily distracted, has poor attention or communication (at school and home), consider a formal assessment for ADHD or autism.
- If your child shows signs of distress, anxiety, insecurity or uneasiness about going to school, take time to talk to them about the things that are happening in the classroom, playground and around home. ■



Body Facts...

- Skin cells only last about a week before they die. Red blood cells live for about 4 months. Bone cells last 10-30 years.
- Hair is very strong. A rope made from just 1000 hairs could lift the average adult.

- Scattered throughout the skin are millions of nerve endings which can detect pain, touch, heat, cold and pressure. The most sensitive part of the body as far as touch is concerned is the lips; the least sensitive is the small of the back. The most sensitive

for pressure is the fingers, and the least sensitive is the bottom. This is rather important; otherwise it would be agony to sit down!

- The average brain is 80% water. The average adult has about 75 km of nerves throughout the body.

Influenza Vaccination: Key Points

Annual vaccination prevents influenza and its complications and is recommended for any person ≥ 6 months of age who wishes to reduce the likelihood of becoming ill with influenza.

Quadrivalent influenza vaccines (QIV) only are available in 2017. They protect against one completely new virus strain.

Vaccines are free on the National Immunisation Program in 2017 for:

- Aboriginal and/or Torres Strait Islander children aged 6 months to <5 years and persons aged ≥ 15 years
- Everyone aged ≥ 65 years
- All persons aged ≥ 6 months at risk of influenza complications; e.g. severe asthma, lung or heart disease, low immunity or diabetes.
- Pregnant women (any stage of pregnancy).

Influenza vaccination is also strongly recommended, but not funded, for other groups who are at increased risk of influenza and its complications.

People with egg allergy can be safely vaccinated, with precautions taken in some cases. ■



Thyroid Tests Serve a Function

The thyroid gland in the front of the neck controls the metabolism of the whole body. Sometimes the gland becomes overactive or underactive. This happens most often in women over 50 who have a family history of thyroid problems or pernicious anaemia (vitamin B12 deficiency).

Failure of the thyroid to produce enough thyroid hormone usually comes on slowly. Symptoms are excessive tiredness, coarse or dry skin, hair loss, weight gain, poor memory and intolerance of cold weather.

An overactive thyroid speeds up the body—anxiety, rapid heartbeat, weight loss, trouble sleeping, and menstrual changes.

All these symptoms can be mimicked by other health disorders, so it can be hard for a doctor to spot thyroid problems. If you feel it may be a problem for you, discuss it with your doctor.

The problem shows up on blood test. Any lack of thyroid hormone can be easily replaced with a daily tablet. After that, the correct dose is monitored with regular blood tests.

Unfortunately, thyroid problems cannot be remedied with a change in diet or lifestyle. The problem comes about because the body, by some quirk of Nature, produces antibodies against the thyroid gland, slowly destroying its function. Taking kelp or iodine supplements can make the problem worse. ■

Profile: Sports Drinks

Highly fashionable sports drinks offer improved sports performance and recovery but is this at the expense of your teeth!?

Athletes who regularly sip on sports drinks are bathing their teeth in sugar and mild acid, just the recipe for dissolving tooth enamel and promoting tooth decay. The risk is greater if a mouth guard is used after consuming a sports drink.

To prevent this problem, rinse the mouth with water immediately after your sports drink.

And you can make your own sports drink, as well as the commercial ones.

During strenuous exercise, especially in hot

weather, the body needs more than just water replacement. After an hour of heavy exercise, taking some carbohydrate helps the body conserve glycogen stores in muscle, maintain blood sugar levels and delay fatigue. A little sodium and potassium is also beneficial.

Try this recipe. Dissolve 1 tablespoon of sugar and a pinch of salt in a little hot water. Add 1 tablespoon of 100% orange or lemon juice. Add 250 ml of iced water. Bingo!—your own effective sports drink. ■



ANZAC BISCUITS

Ingredients

1 cup plain flour
1 cup rolled oats
1 cup brown sugar
1/2 cup coconut
125 g butter
2 tbs golden syrup
1 tbs water
1/2 tsp bicarbonate of soda

Method

- Sift the flour into a bowl. Add the sugar, rolled oats and coconut.
- Melt the butter in a saucepan and add the golden syrup and water.
- Stir the bicarbonate of soda into the liquid mixture.

- Add the liquid to the dry ingredients and mix thoroughly.
- Place walnut-sized balls of mixture on a greased tray and bake at 175C for 15-20 minutes.
- All biscuits to cool a little to harden before transferring to a wire rack to cool completely.



SUDOKU PUZZLE

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3							8	5
8				3	1	4		
6		4	9				1	

HAPPY EASTER!



Glen Iris Medical Centre

● APPOINTMENTS

Consultation is by appointment.

Urgent cases will be seen on the day. Walk in's will be accommodated where possible

Booking a long appointment.

If you want an insurance medical, review of a complex health problem, counselling for emotional difficulties, gynaecological check-up or a second opinion about someone else's management you will need to make sure you book a longer appointment. This may involve a longer wait but your problem will get the attention it deserves. Please bring with you relevant letters and test results from other doctors.

● SPECIAL PRACTICE NOTES

Practice feedback. The Doctors and staff at this practice value your feedback. Any comments/complaints should be addressed to the Practice Managers or directed to the Health Services Commissioner on:

1 300 582 113.

Privacy policy. Your medical records are a confidential document. It is the policy of this practice to maintain security of your personal health information at all times and to make sure that this information is only available to authorised members of staff.

Reminder system. Our practice is committed to preventative care.

We may send out a reminder letter from time to time, offering you preventative health services appropriate to your care. If you do not wish to be part of this system or on a State reminder system, please let your doctor or reception know. Patients with significantly abnormal results will be notified by our practice staff. Patients may call the Practice Nurse between 11.30 – 12.30pm Monday to Friday for results.

Children's immunisations: If possible please book an appointment for your child to be immunised on Monday and Tuesdays when Kath (our nurse immuniser) is available to assist with the doctor to administer these vaccinations. Please let reception know that you are booking for a child's immunisations.

● OTHER SERVICES OFFERED

- Vaccinations for overseas travel
- Childhood immunisations
- Minor surgery (e.g. Suturing, removal of lesions)
- Venepuncture & ECG
- **Australian Clinical Labs Pathology Collection Centre –**

No appointment necessary

Mon – Fri 8am – 4pm

Saturday 8am – 11am