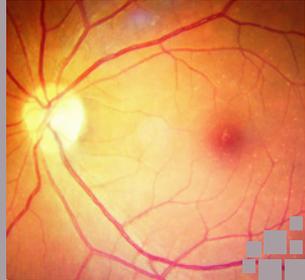


FREE TO TAKE HOME!

## AUGUST - SEPTEMBER 2017 EDITION



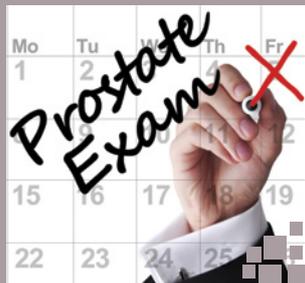
Diabetic Retinopathy



Iron for Vegetarians



Vaginal Thrush



Enlarged Prostate

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 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 Freat

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, 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 Friday .....8am – 6pm

Saturday .....8am – 11.30am

Public Holidays .....as 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](http://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.**



# Reflux in infants

Stomach-acid rising into the gullet (or oesophagus) causes reflux. The typical symptom in adults is a burning sensation in the lower chest – ‘heartburn’ but reflux can occur at any age.

In infants the symptoms can include vomiting or regurgitation, difficulty with feeding, sleep disturbances, crying (especially during or after feeds) and irritability. None of these are absolutely specific. They may be regular or intermittent. It ranges from mild to severe. Reflux can occur in both breast and bottle-fed babies.

Diagnosis is not always straightforward and is largely based on history. It is rare for any tests to be done.

There are many simple things that you can do to alleviate reflux. Feed your baby while upright keeping the body straight and head higher than the stomach. Avoid placing baby on their back immediately after feeding. Avoid overfeeding. Changing nappy before a feed can help by reducing pressure on the abdomen as does avoiding tight

clothes. Gently ‘burp’ baby after feeds. Give smaller feeds more frequently.

Occasionally, reaction to foods is involved. This is more likely if allergies run in the family or the baby has other allergy problems such as eczema.

For bottle fed babies a change in formula can help. Rarely it helps to change the breast-feeding mother’s diet because something she is eating is getting across in her milk.

In a small percentage of cases simple measures are not enough and medication (generally a proton pump inhibitor) may be prescribed. The medication blocks acid production. This will improve symptoms but, by blocking acid, the absorption of some minerals including iron can be reduced. The tablets are dissolved in water or can be made up as a liquid by the chemist.

In most cases the situation will improve by itself or without medication. Talk to your doctor about any concerns you have with your baby’s feeding. ■

**Weblink** [http://www.reflux.org.au/category/articles/general\\_management\\_tips/](http://www.reflux.org.au/category/articles/general_management_tips/)

# Vaginal Thrush

Thrush is caused by the fungus *Candida albicans*. While it is part of healthy vaginal flora, in certain circumstances it can multiply excessively and lead to typical thrush. About 75% of women will experience thrush at some stage while some get it frequently.

Risk factors include being on an antibiotic, wearing tight fitting clothes such as jeans, wearing synthetic underwear and wet swimwear. The contraceptive pill can also be a risk factor. Conversely preventative factors include wearing cotton underwear and taking a probiotic.

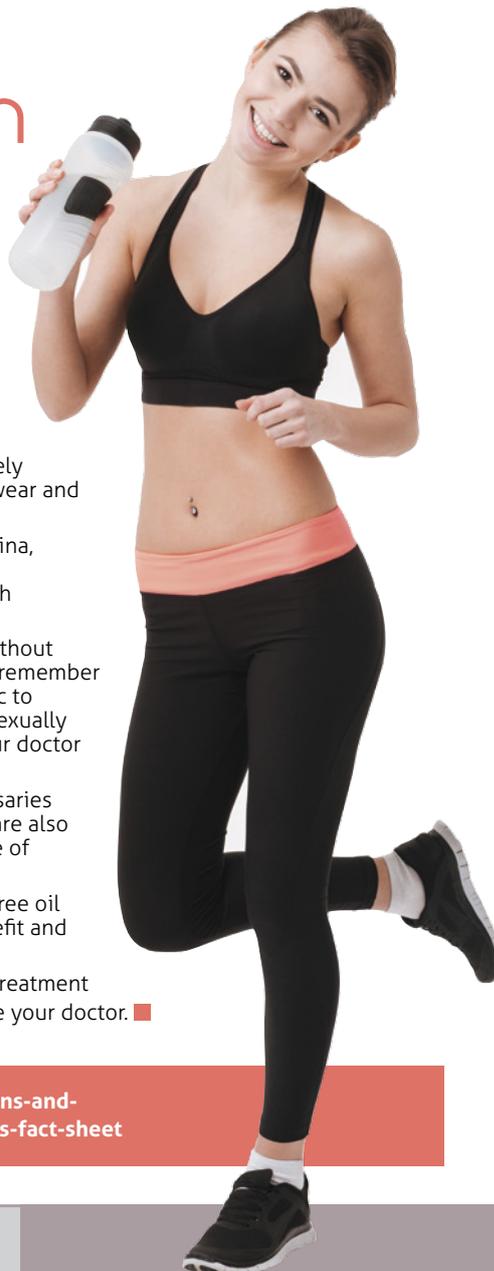
Symptoms are a thick white discharge from the vagina, itchiness and redness at the vagina and vulva and sometimes burning with passing urine and pain with intercourse.

Many women self diagnose and seek treatments without prescription. While this can work, it is important to remember that the symptoms are not always typical or specific to thrush. If there is a chance of having contracted a sexually transmitted infection (STI), then it is vital to see your doctor and have the necessary tests done.

Treatment for thrush is an anti-fungal cream or pessaries to be applied between one and seven days. There are also anti-fungal tablets, which can be taken orally. Some of these are available without prescription.

Self-help treatments such as yoghurt, vinegar, tea-tree oil and garlic are popular but are of questionable benefit and can cause irritation.

If symptoms do not resolve with over-the-counter treatment or if you have recurrent thrush it is important to see your doctor. ■



# Questions for home

- Babies often ‘grow out of’ reflux. While we are waiting for this to happen, in babies with personal or family allergies, is it worth a trial of change in formula or maternal diet?
- Sometime the sexual partner, usually a male, has signs of thrush and may be a source of infection. Cream on them or antifungal lozenges can help. Which drugs consistently bring on thrush in some women?
- Vegan vegetarians, through their more strict diet, can become low in what - B or C vitamins?
- What is the most common cause of blindness in working-age people, macular degeneration or diabetic retinopathy?

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

Sudoku Solution

**Weblink** <http://womhealth.org.au/conditions-and-treatments/thrush-and-other-vaginal-infections-fact-sheet>

# Enlarged Prostate

The prostate gland sits under a man's bladder. As men get older it slowly enlarges. It is thought to double in size between ages 21 and 50 and double again between 50 and 80 and we don't know why.

Benign prostate enlargement (BPH) is universal but not all men experience symptoms nor need treatment. It is important to note that prostate cancer can also cause prostate enlargement but is a completely separate condition to BPH.

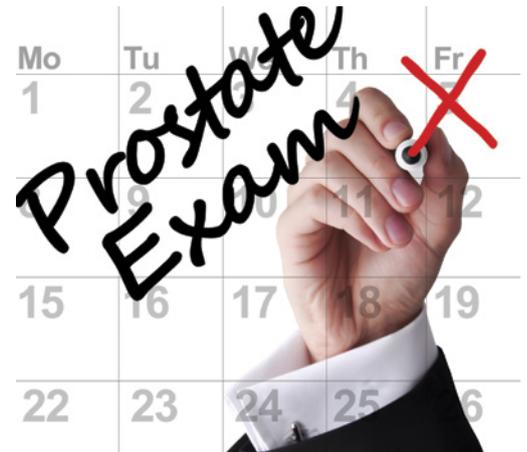
BPH is not life threatening but the symptoms can impact on quality of life.

Typical symptoms in men over 40 include hesitancy (waiting longer for urine flow to start), a weakened and/or poorly directed stream, straining to urinate, dribbling, frequency, an increased feeling to urinate and night-time pit-stops. Most men do not

get all symptoms and severity varies.

Diagnosis is generally based on symptoms. An examination of the prostate may be done as well as a blood test for prostate specific antigen (PSA).

Treatment also depends on symptoms. In mild cases it can be as simple as restricting fluids later in the day and reducing alcohol and caffeine. Medications can be used to ease most of the symptoms. In more severe cases surgery can be performed. Historically this was the removal of the prostate but newer procedures using laser removal or prostate stapling are now an option. ■



 [Weblink https://www.andrologyaustralia.org/prostate-problems/prostate-enlargement-or-bph/](https://www.andrologyaustralia.org/prostate-problems/prostate-enlargement-or-bph/)



## Iron for Vegetarians

Iron deficiency is a potential problem for those on a vegetarian or vegan diet. This is particularly the case for women whose daily iron requirements (especially in reproductive years) because of menstruation are greater than for men. Iron is essential for red blood cells, which carry oxygen around the body. Iron deficiency leads to anaemia, which causes fatigue, headache and weakness.

There are two forms of dietary iron in food, haem and non-haem. The former is more easily absorbed and makes up 40% of iron in animal-based foods. Eggs, vegetables and other foods have more non-haem iron, which is less readily absorbed.

However there are plenty of non-haem foods you can include including tofu, legumes (lentils, kidney beans), broccoli, Asian greens, spinach, kale, cabbage, nuts (especially cashews and almonds) dried fruits (especially apricots) and

seeds (such as sunflower seeds and tahini).

Absorption of iron is enhanced by vitamin C so combining the above foods with citrus fruits, kiwi fruit, tomatoes or capsicum helps. Spinach, cabbage and broccoli are good sources of both. Calcium and zinc can impair iron absorption.

If you have any concerns about iron levels, see your doctor. You may need blood tests to assess your levels. ■

 [Weblink http://www.mydr.com.au/nutrition-weight/iron-intake-for-vegetarians](http://www.mydr.com.au/nutrition-weight/iron-intake-for-vegetarians)

## Diabetic Retinopathy

This is one of the complications of diabetes and is damage to the retina at the back of the eye. There are three main types – non-proliferative (early stage where the blood vessels leak fluid), macular oedema (where there is swelling of the macular in the eye which can damage central vision), and proliferative (advanced stage where blood vessels are replaced by fragile new ones which can bleed easily and result in sudden vision loss).

Anyone with diabetes is at risk of diabetic retinopathy and untreated it can lead to blindness. There are no symptoms till vision is impaired but it can be detected on eye examination. Unfortunately around half the people with diabetes do not have regular eye exams.

Prevention is key. This means good control of diabetes through diet, exercise and medications (oral or injectable) that you may

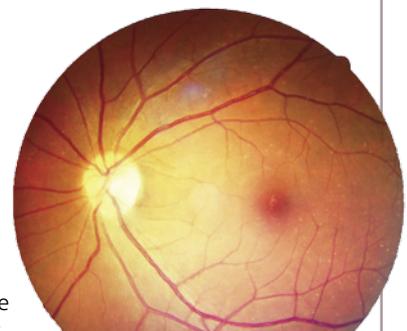
be prescribed. Having regular blood tests to monitor diabetes is vital as this guides changes to management. Good diabetes control significantly reduces the chances of any diabetic complication. Have an annual eye examination with an ophthalmologist.

Diabetic retinopathy can be treated with laser in early stages and surgery in more severe cases. However, ideally, you want to avoid getting to the stage where treatment

is needed.

The old adage that you only get one set of eyes is worth remembering.

Don't wait till your vision is affected. The importance of good diabetes control and regular eye examinations cannot be overstated. ■



*How the retina of the eye looks to your doctor.*

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

## FISH WITH LEMON SAUCE



### Ingredients:

- 4 large pieces white fish fillets
- 12 new (baby) potatoes
- 1 bunch kale, trimmed, shredded or broccoli
- 4 spring onions cut into 3cm lengths
- 1 bunch baby carrots, steamed
- 4 squash halved

### Sauce

- 1 tspn corn flour
- 80ml cold water
- 3 tsp finely grated lemon rind
- ½ cup (80ml) lemon juice
- ½ cup (80ml) salt-reduced vegetable stock
- ½ cup (80ml) extra light cooking cream
- ½ cup fresh dill, finely chopped

### Method:

1. Preheat oven to 220 C. Line a baking tray with baking paper.
2. Place the potatoes in a saucepan of cold water. Cover. Bring to the boil then reduce heat and simmer for 8 minutes or until tender. Drain and rinse in cold water. Smash the potatoes slightly and put on the prepared tray. Lightly spray with oil and season with salt. Bake for 15 minutes or until golden.
3. Whisk the cornflour and cold water to combine.
4. Lightly spray the fish fillets with oil and season with salt and pepper. Heat a non-stick frying pan over medium-high heat. Cook the fish for 3-4 minutes each side, or until golden and cooked through. Transfer to a plate and cover to keep warm.
5. Add the lemon rind, lemon juice and stock to a pan. Add the cornflour mixture. Whisk until the mixture comes to boil and thickens. Add the cream, dill and season.
6. Bring a saucepan of water to the boil. Add kale and cook for 2 minutes or until just wilted. Drain.
7. Serve the fish with kale/broccoli, potatoes, carrots, spring onions and squash. Top with the sauce.

# SUDOKU

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

See inside for the sudoku solution

## 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 Complaints Commissioner on: 1300 136 066.

**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 Clinicallabs Pathology Collection Centre –

No appointment necessary

Mon – Fri ..... 8am – 4pm  
Saturday ..... 8am – 11am