

## FREE TO TAKE HOME!

## FEBRUARY - MARCH 2017 EDITION



Reduce Dementia Risk



Travelling Peace of Mind



Finding the Balance



Toddlers' Picky Eating

### 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

Paediatrics

Sports Medicine

Meditation

Asthma

Travel Medicine

Women's Health

Family Medicine

Minor Surgery

Counselling

Shared Care

### ● 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 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

**We welcome 3 new team members to Glen Iris Medical Centre:**

Dr Gregory Frean, receptionist - Jackie and P/Nurse - Lyn Holm; we look forward to a happy and on-going relationship with all three.

In December we farewelled Dr Timothy Ross, receptionist - Fiona and nurse - Jaceen O'Meara; we wish them all the best in their new endeavours.

**A note from Dr Miriam Blashki:**

For those of you who haven't been aware in June 2016 I was diagnosed with breast cancer. I have had 6 months of chemotherapy followed by surgery in December. The last 7 months have been turbulent and confronting at times but has also provided me with some amazing positive experiences. I would like to say thank you for all the wonderful messages of support that have been passed on to me, they have truly helped. I am so very lucky to work at a brilliant practice where my colleagues are amazingly supportive and I thank them for giving me peace of mind to take the time that I needed to get better. I am coming to the end of the intensive part of my treatment and will be starting back at work in January. I will have some ongoing and longer term treatments but overall I am doing very well and looking forward to returning to work.

**Thanks again for everything- Dr Miriam Blashki**

**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.**

# Exercise Reduces Dementia Risk

Good news out of the United States is that adults with dementia over age 65 has decreased 25% between 2000 and 2012 (with similar reductions recorded in the UK and Europe). The reason for the decline is not exactly known but better education (keeping the brain active from an early age), better nutrition and living conditions are thought to have helped.

Another helpful thing is regular exercise. We know that, at all ages, regular exercise helps our thinking and memory capability. Trials in older people found that 150 minutes of moderate exercise a week led to improved mental functioning and this lasted for over 12 months even if the person stopped exercising!

Resistance training is thought to improve executive functions (higher thinking and abstraction) while aerobic exercise helps verbal memory. So it is good to do a mix of resistance and aerobic exercise.

In addition to exercise, mental stimulation (crosswords, puzzles, reading, etc.) and social activities also reduce dementia risk as does eating a brain-health diet, such as the Mediterranean diet.

A Finnish study of 1260 people found a 40% improvement over two years in cognition scores for those who combined regular exercise, good diet, mental stimulation and social engagement.

This is impressive. All these measures are simple and inexpensive. You can do much to reduce your chances of dementia – start today! ■



## Travelling With Peace of Mind

There is an old saying that travel broadens the mind and loosens the bowels! Whenever we travel, the change of environment can affect our gut bacteria. However there is a difference between gastroenteritis (an illness) and having slightly looser stools.

Travellers' diarrhoea is an infection where you typically get diarrhoea, abdominal cramps and sometimes aching, headache and fever. Some may get vomiting but this is not common in true travellers' diarrhoea. It can be due to either a virus or bacteria. It is more common in tropical and less developed countries.

While complete immunity from travellers' diarrhoea cannot be guaranteed there are simple things you can do to make it less likely. Eat well-cooked foods. Always wash your hands before eating and after going to the toilet. Antimicrobial wipes are helpful but soap and water are OK too. Do not drink tap water unless you are in a developed country where it is safe to do so. This includes brushing your teeth. Also avoid drinks with ice. Beware of buffets - how long has the food been sitting in the open?

Certain foods such as shellfish, washed salads (better to eat cooked vegetables) and unpasteurised dairy are higher risk foods.

Initial treatment is to stop dehydration which is best done by drinking bottled electrolyte mix. Use simple pain killers, anti-nausea and anti-diarrhoea medicine in your travellers' first aid kit. Of course, make sure you are vaccinated before travelling against more serious food-borne infections like hepatitis A.

If symptoms do not settle or worsen, wherever you are, seek medical attention. ■



## Legionnaires' disease – gardeners take care!

A severe form of pneumonia is caused by the Legionella bacteria – a few 100 cases are identified to authorities each year – and it usually requires hospital admission. In some cases it can be fatal.

You get Legionnaires by breathing in water droplets that hold the bacteria. Typically warm water sources are the culprit such as air conditioning systems (cooling towers or evaporative systems), spa pools or water fountains. It can also be contracted from potting mixes, mulch and compost.

Simple gardening tips reduce the chances of infection. Always wear gloves. Keep any soil mix damp while you are using it, avoid inhaling any garden mix and wash your hands after use.

Other risk factors for Legionnaires are smoking, being over 50 and having a chronic disease.

Typical symptoms are a fever, muscle soreness, headache, tiredness, cough and shortness of breath. Symptoms can worsen rapidly, so if you think you may have this disease seek medical advice urgently. Diagnosis is by blood and sputum testing as the symptoms and signs are not specific.

Treatment is with antibiotics, generally in hospital. Most people improve within five days but some take two weeks.

After recovery from Legionnaires, the development of antibodies makes a second infection unlikely, although how long this natural protection lasts is unknown. ■

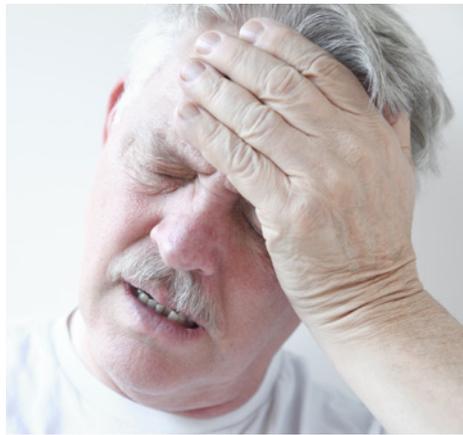
# Finding the Balance

Vertigo and dizziness, affecting about 1 in 10 people throughout their life, needs an accurate diagnosis as treatment depends on it.

Vertigo is usually when the inner ear (or balance centre) is affected – conditions such as benign paroxysmal positional vertigo (BPPV), vestibular neuritis (inflammation of the inner ear), Meniere's disease and migraines.

Symptoms described are a feeling of spinning (like when you stop after spinning on a merry-go-round), unsteadiness on the feet, or a light headedness. Other symptoms can be headache, nausea and vomiting, incoordination, unusual eye movements and a ringing in the ears.

Diagnosis starts with a history and examination. Your doctor will look for clues – the frequency and duration of episodes, how they progress and if there are any triggers. Examination includes assessing balance, a look at the ears and blood pressure.



Tests include a CT or MRI scan of the brain and inner ear. Blood testing is often not helpful, except perhaps to rule out important causes.

Treatment starts with rest and medication to ease the dizziness. Some people benefit from specific exercises to 'retrain' their balance system; or remove inner ear crystals in BPPV.

Treatment can be long term (e.g. Meniere's) or short-term (e.g. vestibular neuritis) and underlying causes, such as migraine, need specific treatment. Some require referral to an ENT specialist and surgery is sometimes best. ■

 Weblink [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au) and search "vertigo"



## Swat Pesky Ross River

This viral infection, spread by mosquitos, typically causes joint inflammation, muscle pain and fatigue. These symptoms generally start 3-21 days after being bitten and can include rash and enlarged lymph glands. For some, symptoms are so mild or can mimic a flu-like illness, that they do not even know that they have it!

It is common in most areas of Australia, particularly at inland waterways and coastal regions. Outbreaks can occur if high rainfall or floods cause increased mosquito breeding.

As a virus there is no specific treatment. Symptomatic measures such as rest, maintaining hydration and simple analgesics are recommended. With no specific features, diagnosis is by blood testing. While everyone makes a recovery, some people are left with intermittent aching symptoms for a year or more. You can't pass it on to other people.

You can reduce your chances of getting Ross River Virus by avoiding mosquito bites. Wear long, light-coloured, loose-fitting clothes, especially in mosquito-prone areas. Use effective insect repellents and where possible avoid being outside in mosquito-prone areas at dusk and dawn. If camping, use insect nets and screens. Reduce the number of potential mosquito breeding grounds around your home by getting rid of stagnant water around pot plants and refresh pet water bowls daily. Ensure your pool or spa is well chlorinated. ■

 Weblink [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au) and search "ross".

# Toddlers' Picky Eating

Does your baby eat enough? Parents often worry about this. In truth, babies and young children tend to regulate their food intake well – they eat when hungry and stop when full. Their appetite also varies with growth spurts, so eating more gives them the fuel for rapid growth. This is why sometimes children eat the house down while at other times they pick over their food.

'Picky' eaters often get into fights with parents over what they eat. Of course, children have their own tastes and preferences but many are acquired as part of growing up.

It is important to keep offering children a wide range of foods and tastes, starting when solids are introduced. Sugar is appealing to most taste buds, so limit sweet foods or it will be harder to get children to eat other things.

You may also need to offer encouragement. When introducing new foods to youngsters, especially vegetables, present them appealingly. Lead by example and show them that you eat it too!

Importantly, remember who the parent is. The days of going to bed without supper may be behind us but children will think twice if you hold the line at dinner time – there is nothing else except the food on their plate!

If in doubt, rather than get into fads or fights, discuss meal times with your doctor or dietitian, who can help you decide if your child is a variation of 'normal'. ■





## FRENCH LENTIL SALAD

### Ingredients

- 400g French (Puy) Lentils
- 1 litre chicken stock
- 1 clove garlic, peeled & smashed
- 1 sprig thyme
- ½ red onion, thinly sliced
- ½ punnet cherry tomatoes, halved
- 1 red chilli, seeded and chopped finely
- Big handful of rocket leaves
- Seedless red grapes, halved
- 1 small jar marinated artichoke quarters (optional)
- 100g fetta (goat or cow)
- Store-bought or homemade tossed salad dressing

### Method

Put lentils, stock, garlic and thyme in a saucepan, bring to the boil then lower to a simmer and cook for 15 minutes. Check lentils that they are cooked but not mushy. When



they are done, drain, removing garlic and thyme then cool.

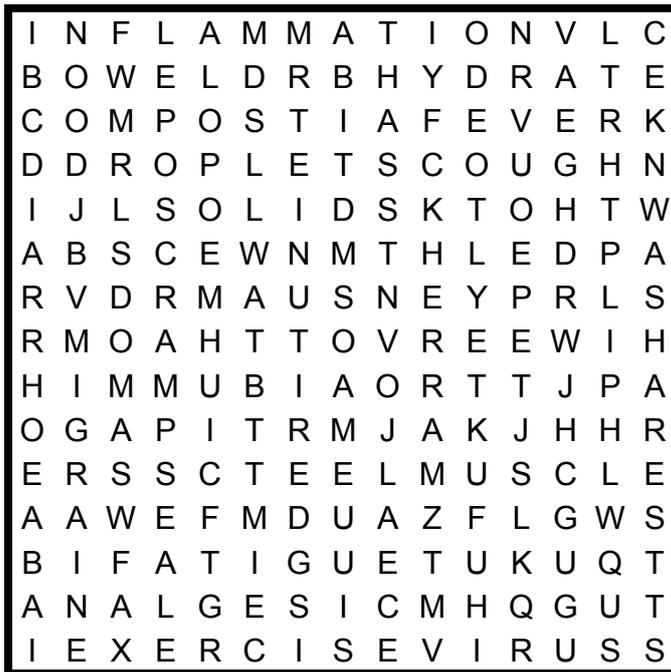
Make salad dressing with olive oil, white wine vinegar, chopped thyme and Dijon mustard.

Add the onion, tomatoes, chilli, grapes, rocket and artichoke quarters (if using) to the lentils, dress and toss gently.

To serve, crumble fetta over the top of the salad.

Excellent with grilled or barbecued meat.

# WORD SEARCH



- |           |           |              |          |        |
|-----------|-----------|--------------|----------|--------|
| Analgesic | Cramps    | Gut          | Mulch    | Teeth  |
| Bacteria  | Diarrhoea | Hands        | Muscle   | Tired  |
| Blood     | Droplet   | Hydrate      | Regulate | Travel |
| Bowel     | Exercise  | Infection    | Rest     | Virus  |
| Breath    | Fatigue   | Inflammation | Risk     | Vomit  |
| Compost   | Fever     | Memory       | Solids   | Wash   |
| Cough     | Food      | Migraine     | Sputum   |        |

# QUIZ

- Is Legionella a virus or bacteria? What infection is it renowned for causing?
- Can you prevent traveller's diarrhoea and if so, how?
- What types of vertigo or dizziness are particularly helped by exercises?
- Is dementia in the elderly on the increase or decrease, and why?

## 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 Clinicallabs Pathology Collection Centre –

No appointment necessary

Mon – Fri ..... 8am – 4pm

Saturday ..... 8am – 11am