

FREE TO TAKE HOME!

FEBRUARY - MARCH 2018 EDITION



School refusal



Mobile phones and kids



Dealing with depression



Watch on glaucoma

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 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,
Agnes, Jackie & Sarah

Practice Nurses:

Jill McPhie
Katherine Teagle (Nurse
Immuniser)
Lyn Holm
Jenny Gustin &
Robyn Mason

● **ALLIED HEALTH SERVICES**

Physiotherapist

Travis Quinn
Available Mon/Wed/Fri
10.00am - 12md

Psychologists

Lyn Stevenson
Michelle Cranston

Diabetic Educator

Katrina Walsh

Dieticians

Joanna Baker
Marnie Nitschke

● **SURGERY HOURS**

Monday to Friday
8am – 6pm

Saturday
8am – 11.30am

Public Holidays
as advertised

● **AFTER HOURS & EMERGENCY**

DoctorDoctor: **132 660**.

Call **000** and ask for an ambulance in a medical 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**

Yellow Fever Vaccinations: Our practice has recently be approved as a yellow fever vaccination centre.

To discuss your travel vaccines please make an appointment with either Dr Sally Hanson or Dr Greg Frean who are both experienced in this area of medicine.

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.

● **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.

▷ **Please see the Rear Cover for more practice information.**



Mobile phones and kids

It is hard to believe that the ubiquitous mobile phone only became widely used in the 1990s and smart phones in the past decade.

Previous generations of parents did not have to contend with managing their children's use of phones. Today there is a view that children should have access but neither can you wind the clock back. Certainly, there is research showing that too much screen time is an issue for children because they tend to exercise less and it can impact on sleep. There is also the additional complication of social media being accessed via mobile phones anywhere, anytime.

Like all parenting, the key is setting simple rules and sticking to them. This is also age related. The notion of the 'electronic babysitter' used to apply to TV but now that can apply to phones. But handing a small child the phone as a way to pacify them is not a great idea.

For primary school children, it can be useful to have a phone to ring parents. This can be an older model that can make calls and can't access the internet. Much like TV time can be restricted by parents, so too can total screen time including phones. Ensure phones are not kept in children's bedrooms and are recharged in the kitchen or living room. For older children ensure a net filter is installed. Lead by example and don't be permanently attached to your own phone. Most importantly, don't be afraid to set boundaries and be 'the worst parent ever'. The objections will settle and your children will be better for it.

 [WebLink https://www.kidsmatter.edu.au/mental-health-matters/school-refusal](https://www.kidsmatter.edu.au/mental-health-matters/school-refusal)

School refusal can be serious

Children and adolescents who experience severe emotional distress at having to go to school need to be taken seriously. It can lead to considerable absence from school, which in turn can impact on education and job prospects. This is completely different to truancy and is not associated with anti-social behaviour.

School refusal is also completely different to normal anxiety that may precede exams or school camps.

There is no specific known cause. There may be various underlying worries the child has about school work, friendships, bullying, social isolation, conflicts with teachers, separation from parents, parental separation or family grief or trauma. There may be no apparent underlying issue.

Symptoms include tearfulness before school, frequent complaints of somatic symptoms such as headaches, tummy pains or dizziness before school but not on weekends through to tantrums before school.

A general medical check by your GP is important to ensure there are no other underlying medical issues. It is vital to manage the problem early. Parents, teachers, the school and sometimes education bodies have a role. The family as well as the child will need support. There may need to be involvement from the school counsellor (or an independent one).

Create a positive environment at school, especially on arrival, for the child. A flexible return to school program can be instituted. Additional learning support may be needed as may support with socialising.

A good education is important in life. Getting help early is essential for your child and the family. Talk to your GP about any concerns you have.

Solution Across 1. Drops (5) 3. Pregnant (8) 6. Vegetables (10) 10. Bullying (8) 11. Distress (8) 12. Virus (5) 13. Lifestyle (9) 14. Pain (4) 15. Medical (7) 16. Shock (5) 17. Diet (4) 18. Fever (5) **Down:** 1. Doctor (6) 2. Sleep (5) 3. Pressure (8) 4. Age (3) 5. Depression (10) 7. Adolescent (10) 8. Surgery (7) 9. Listeria (8) 14. Phone (5) 15. Mood (4)

Avoiding listeria

Listeria is an infection caused by a common bacterium that occurs in the soil and water.

Thus, plants and animals in the food chain can be infected. There are around 65 cases in Australia each year and 10% of these are in pregnant women who are at greatest risk in the third trimester.

Listeriosis increases the risk of still birth, low birth weight and premature labour. Symptoms can be mild or severe with fever, headaches, vomiting and diarrhoea.


While uncommon, it is important to take steps to avoid potential exposure to listeria. Fortunately, this is not difficult and involves not eating 'high risk' foods while pregnant. Foods to avoid are processed delicatessen poultry meats (sliced chicken), soft cheeses (brie, camembert), raw seafood (oysters etc) pre-made sushi, unpasteurised juices and soft serve ice creams.

There are plenty of foods that you can continue to enjoy while pregnant, including hard cheeses, smoked seafood, hard frozen ice cream or gelato, freshly prepared sushi, pasteurised juices and hot deli meats (cooked at over 75C).

When pregnant it is important to maintain a balanced diet. Talk to your GP about any concerns you have and also about both diet and the need (if any) for supplements.

Avoiding listeria is not difficult so there is no need to stress over every mouthful of food you eat.



 Weblink <https://womhealth.org.au/pregnancy-and-parenting/listeria-and-pregnancy>



 Weblink <https://www.beyondblue.org.au/the-facts/depression>

Dealing with depression

Depression is a common condition affecting as many as one in five Australians. For some it can be an ongoing condition; for others, there may be only an isolated episode. Depression is more than just feeling sad for a day or two. It is feeling miserable for at least two weeks together with lack of enjoyment of usual activities, withdrawal from friends and often sleep and appetite disturbance.

There are no blood tests or scans. Diagnosis is based on the symptoms described.

Treatment is effective and divides into non-pharmacological and pharmacological. There are a number of medications which can be used if needed. Counselling

through a psychologist or counsellor will be of benefit to many. Your GP can refer you.

Lifestyle measures also help. Eating a healthy diet rich in vegetables and less sugar may help. Cut down on alcohol use. Regular exercise is good for mental health. Meditation or guided relaxation can help. Getting enough sleep is also important. Equally do not stress if your sleep pattern takes a while to get back to normal. Switch off screens at least 30 minutes before bed and have a regular night-time routine.

Regular follow up with your GP is important. Changes in treatment may be needed if you are not making improvement. With recovery, medication (if prescribed) can be reduced and then stopped. You should not stop your medication without talking to your doctor.

Watch on glaucoma

Glaucoma affecting one in eight of those over the age of 80 is the second commonest cause of permanent vision loss in Australia.

It is a build-up of pressure in the eye, which eventually damages the optic nerve. Primary open angle glaucoma is the main form. Secondary glaucoma can follow eye trauma or use of some medications such as steroids.

Acute angle closure glaucoma is when the pressure increases rapidly. This is a painful condition and requires immediate medical attention and surgery.

Generally, there are no predictive symptoms. Vision loss can be slow and gradual. Initially side vision is affected.

Risk factors include advancing age, a positive family history, diabetes and short sightedness.

Diagnosis is by checking the pressure of the eyes. This can be done by an optometrist and is recommended regularly for those aged 40 and above. Visual field testing is also done and this can be monitored over time.

Eye drops to lower pressure are the first line of treatment. The type of drops is influenced by what other medical issue you may have. They reduce pressure either by reducing fluid production or improving fluid drainage.

When drops have failed to bring down pressure or administering drops is too difficult, surgical options including laser surgery or open surgery.



 Weblink <https://www.glaucoma.org.au>



PORK CUTLETS WITH ROASTED FENNEL



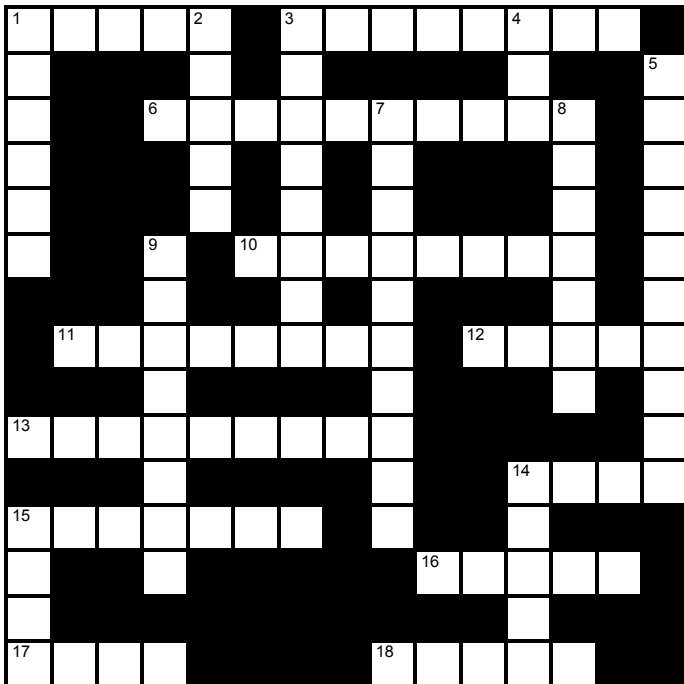
Pork Cutlets with Roasted Fennel & Apple

Ingredients

- 2 large fennel bulbs or 4 baby fennel bulbs – trimmed and thickly sliced
- 1 Red Delicious apple cut into wedges
- 1 Large red onion or 2 small red onions cut into wedges
- 1 lemon cut into wedges
- 4 Whole garlic cloves unpeeled
- ¼ cup Olive oil
- 4 x 200gms pork cutlets
- ½ cup Apple Cider
- 1 tablespoon Dijon mustard
- 1 cup baby spinach leaves
- Sea salt & freshly ground pepper.
- Chopped flat leaf parsley to serve

Method:

- Preheat oven to 200C
- Toss the fennel, onion, apple, lemon and garlic with 2 tblspns Olive oil. Season with salt and pepper. Place in an oblong casserole dish and roast for 30 minutes until the fennel and onion are tender.
- Rub the pork cutlets with sea salt and freshly ground pepper.
- Heat remaining oil in frypan over medium-high heat. Cook the pork chops in batches for 2 minutes each side or until golden.
- Combine the cider and mustard and add to the pan and cook for a further 2 minutes.
- Pour over the cider sauce and return to the oven. Add the cutlets to the baking dish with the vegetables. Add spinach and toss gently to combine and wilt spinach.
- Roast for a further 5 minutes or until cutlets are cooked through and vegetables are tender.
- Serve vegetables topped with pork cutlets and drizzled with pan juices and parsley to serve.



CROSSWORD

Across:

1. help reduce the pressure of the eyes in people with glaucoma (5)
3. With child (8)
6. A necessity in a good diet (10)
10. Intimidating someone (8)
11. Anxiety (8)
12. A is not helped by antibiotics (5)
13. Manner of living (9)
14. Severe discomfort (4)
15. Health problems (7)
16. Something surprising or upsetting (5)
17. Eating the right for a healthy lifestyle (4)
18. High body temperature (5)

Down:

1. Someone who monitors your health (6)
2. You need a good night's (5)
3. Under constant (8)
4. Usually expressed in years (3)
5. Sad feelings of gloom (10)
7. Person who has reached puberty (10)
8. Medical procedure involving an operation (7)
9. An infection that can complicate pregnancy (8)
14. ... use can affect children's social development
15. In the right ... (4)

Glen Iris Medical Centre

● 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:

Please inform the reception staff when making a booking for a child's immunisation that this is the reason for the appointment. This enables the staff to allocate the appropriate amount of time that each doctor requires for such an appointment.

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"

● 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