

FREE TO TAKE HOME!

JUNE - JULY 2017 EDITION



Be Wary of Croup



Wee Problem, Big Solutions



Heartburn in Pregnancy



Dizzy Days

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

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- | | |
|-----------------|-----------------|
| 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, 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.

Wee Problem, Big Solutions

Being unable to control the bladder remains silent because most people don't talk about it. Yet it affects about 13% of Australians.

Severity ranges. Stress incontinence is when urine leaks in response to (for example) movement or any pressure in the pelvis. Urge incontinence is when you need to go to the toilet quickly or else!

Many people don't raise the issue of incontinence with their GP because they are embarrassed or believe it is "a normal part of life" or nothing can be done. Let's be clear. It is not a normal part of ageing, you do not need to be embarrassed and there are ways to prevent and manage it.

Risk factors include pregnancy, obesity, recurrent urinary infections, certain types of surgery (e.g. prostate), constipation and some medications. Step one is to raise the issue with your GP. Some tests may need to be done to rule out contributing medical causes (e.g. diabetes). You may need referral to someone who specialises in this area or be sent for urodynamic testing (to test bladder function).

General helpful tips include spreading fluid intake through the day (and cutting back on alcohol and caffeine), doing regular exercise, and maintaining a healthy weight.

For women after childbirth, pelvic floor exercises are critical. Talk to your GP or physio about this. Once any predisposing things are excluded or treated, bladder training is very effective. Programs are run through Continence Australia and some physiotherapists. In the short-term, planning your day is helpful. There are also products to help you get around the problem.

The most important step is the first one – raise it with your GP. ■



Help at Hand for Dementia

Dementia scares many people about getting older. Alzheimer's is most common and affects over 400,000 Australians with that number increasing. It is now the second leading cause of death of Australians and the single greatest cause of disability in over 65s. Over half of those in residential care have dementia.

Risk factors include age, family history, being a smoker and excess alcohol use. There is no absolute prevention but research suggests that healthy eating, regular exercise and keeping the brain active may help reduce the chances of dementia. There is no cure and medications can, at best, only slow progress.

Your doctor probably has a standardised questionnaire for detecting dementia, if you are curious.

An ageing population is increasing the absolute numbers of Alzheimer's disease but rates are actually declining! Figures from the USA and UK show that the proportion of those over 65 years with the



condition, fell by about 25% over the 15 years to 2013. (Australian figures are likely to be similar.)

We do know that dementia affects surrounding family and friends, who often become carers too. Support for them is at hand and with early diagnosis, comes better long-term planning. Talk to your GP about what services can assist you and your family. ■

Questions for home

- What female hormone predisposes to reflux in pregnancy?
- How would you distinguish a seizure from a simple faint?
- Can dementia be treated and screened for?
- Is Croup a viral or bacterial infection?



Be Wary of Croup

Croup is a viral infection of the throat and windpipe (trachea) and typically affects children under five years though children up to eight years can contract it. The hallmark symptom is a harsh, dry, barking cough, mostly at night.

Croup generally starts with a 'cold-like' runny nose, cough and perhaps a low-grade fever. The symptoms that distinguish croup from a cold are noisy breathing (stridor), the harsh barking cough, and a hoarse voice. In severe cases, if there is difficulty breathing, seek urgent medical attention.

Most cases of croup are mild and need only symptom relief. Croup is viral so antibiotics do not help. Simply comfort your child (it can be scary for small children) and make sure they take adequate fluids. You can use paracetamol or ibuprofen for sore throat or fever as needed (according to weight and directions on the bottle). Traditionally, a vaporiser to humidify the surrounding air was advised but perhaps not these days.

If there is no improvement, or if you have any concerns, see your GP. In more severe cases, a short course of steroid can be effective. There is no specific way to prevent croup apart from general hygiene measures. ■



For the Fainthearted

People may feel dizzy or pass out for many different reasons. Some matter, most don't.

A true faint (vaso-vagal episode) leads to brief unconsciousness because blood pressure drops, blood vessels dilate, or the heart rate slows. When blood pressure to the brain is not maintained we lose consciousness, usually for only a few seconds, go pale, and perhaps feel a bit unwell for a time afterwards. Some people will go through life never fainting whereas others are prone to it.

Risk factors for fainting include prolonged standing, extreme heat (leading to dehydration), stress or emotional distress, intense pain and certain medications. Typical lead-up symptoms are a feeling of anxiety, nausea and feeling

lightheaded. At this point it is best to sit or lie down but realistically events often overtake you and you find yourself on the floor.

After a faint you have full memory of events and there is no true convulsing but sometimes jerky movements may lead an experienced person to ask further questions to rule out a seizure. Recovery is usually quick if the person can lie flat and elevate their legs above the level of the heart.

It is important to consult your GP if you suffer faints. While the condition is, of itself, harmless (excluding the potential for injury when falling), it is important to exclude other reasons for loss of consciousness. Your doctor will do a physical examination and may recommend blood tests. ■

Heartburn in Pregnancy

Reflux – or gastro-oesophageal reflux disease (GORD) as doctors call it – occurs when acid from the stomach goes up the gullet (or oesophagus) and causes symptoms.

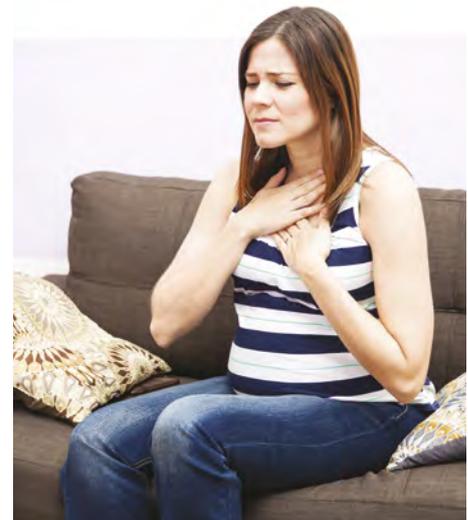
The lining of the stomach is designed to cope with acid (which we need to digest food) but the oesophagus lining is not. The typical symptom is a burning sensation in the lower chest or upper abdomen – hence the name heartburn. The pain can be mild to severe and most people get it at some point in their lives.

Pregnancy can bring on or aggravate reflux. In pregnancy, the hormone relaxin is produced to "relax" joints and ligaments and ease the

delivery but it can also slow digestion and relax the sphincter that prevents acid rising. And, as the baby grows, pressure in the stomach increases, which can also predispose to acid reflux.

So what can help?

Not smoking and avoiding alcohol help (no-no's in pregnancy anyway!). Eat smaller meals more frequently. Avoid those foods you know bring on reflux (unfortunately no one-size-fits-all here, however, carbonated drinks, caffeine, acidic and spicy food are common culprits). Avoid eating for at least three hours before going to bed. Antacids can be used but discuss this with your doctor. ■





CHICKEN & LEEK SOUP



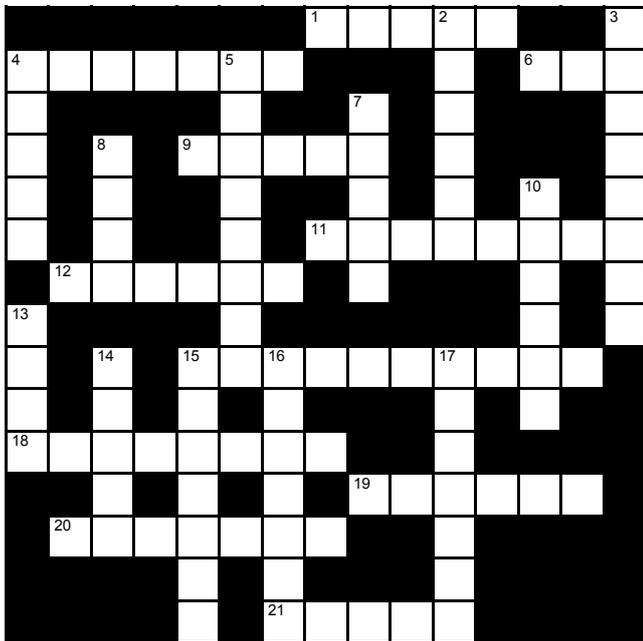
Ingredients:

- 8 chicken drumsticks or a small whole chicken
- 3 carrots peeled & diced
- 3 celery stalks diced
- ½ brown onion roughly diced
- ½ bunch parsley, plus extra, to serve
- 30ml olive oil
- 2 leeks trimmed & finely sliced
- 1 clove garlic, crushed
- 1tspn dried tarragon
- 2 large potatoes unpeeled & diced
- ½ cup risoni
- Squeeze of lemon juice also enhances the flavour – your choice.

Method:

1. Place chicken, 1 carrot, celery stick and onion in a large saucepan and cover with water. Bring to the boil and then reduce heat to low and simmer for 1½ hours, until chicken meat falls from the bones.
2. Strain broth and set aside. Remove meat from chicken and discard skin and bones. Shred the chicken meat and set aside.
3. Heat oil in a large saucepan on medium heat. Add leek and garlic and cook for 4-5 minutes until softened. Stir in remaining carrot, celery and tarragon. Add potato and cook for 5 mins. Add risoni and reserved broth and bring to boil. Reduce heat to low and simmer for 15 mins. Add reserved chicken meat and simmer for another 5 mins until risoni is cooked and soup thickens.
4. Serve in bowls and sprinkle with chopped parsley or fresh tarragon.

CROSSWORD



Across

1. What we do when our blood pressure drops
4. Organ that holds urine
6. To come of ...
9. A high temperature
11. Tough tissue connecting body parts.

12. Bones connecting legs and spine.
15. Another word for the gullet
18. The problem where there is a lack of insulin
19. ___(6) are where body parts bend

20. Noisy breathing
21. A false feeling of moving

Down

2. Going to vomit
3. ___ (8) brings on memory loss in older people
4. What we bleed!
5. ___ (8) maintains physical and mental fitness
7. The ___ (5) is our thinking organ
8. You breathe through
10. Another word for heartburn
13. Made by the stomach
14. Pumps blood
15. BMI greater than 30
16. Anti-inflammatory drug
17. A feeling of worry

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