

FREE TO TAKE HOME!

OCTOBER-NOVEMBER 2016 EDITION

The practice will be closed on Saturday morning 15th October 2016 - As we are having new carpet laid



Falls prevention



Childhood Discipline



Hot flushes in menopause



Male Hormone Deficiency

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, MBBS, FRACGP

Dr Miriam Blashki

MBBS, FRACGP

Presently on extended personal leave

Dr Timothy Ross

MBBS, FRACGP

Dr Odette Wan

MBBS, DipRANZCOG, FRACGP

Dr Jean Douyere

MBBS, DGM, 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
Fiona
Lana &
Agnès

Practice Nurses:

Jill McPhie
Katherine Teagle (Nurse Immuniser)
Jaceen O'Meara &
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

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"

Children's immunisations: If possible please book an appointment for your child to be immunised on Monday, Tuesdays and Wednesdays 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.

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



Falls prevention

Falls seem to be a part of getting older - one in three Australians aged 65 or more each year, sometimes causing injury severe enough to require hospital admission. Women make up 70% of these admissions.

Bruising, head injuries and bone fractures can all result from falls - 12 times more likely than a motor vehicle accident in the elderly. Hip fractures are a particular concern.

The good news is that much can be done personally to prevent falls: regular exercise keeps the muscles and bones stronger and improves balance; tai chi is excellent; properly fitting shoes with slip resistant soles; avoiding alcohol and medications that cause sedation; getting a doctor or pharmacist to review all your regular medications; an annual eye test; and a podiatrist's opinion on any foot problems.

Around the home some simple measures can help prevent falls: adequate lighting; handrails in bathrooms and at stairs; clutter removed from corridors; ensure mats or rugs won't slide when stepped on; fix uneven walking surfaces; and wipe up any spills immediately.

Have an adequate intake of vitamin D and calcium, with supplements sometimes. Some people may need medication to improve bone density. Talk to your doctor about a test for osteoporosis. ■

 Weblink www.betterhealth.vic.gov.au/health/healthyliving/falls-prevention-for-older-people

Childhood Discipline

All children behave differently. The College of Australasian Physicians says smacking a child to discipline them may teach them instead that violence may be a solution to a problem! Back in 2006, 69% of Australian adults disagreed somewhat, saying it was sometimes necessary to smack a naughty child. Clearly, this is something all parents need to think about.

The truth is children seek the approval of parents, so rewarding wanted behaviours works strongest. While there is a place for "consequences" in disciplining children, any consequences are designed to guide and teach children the two most important things – how to stay safe and use self-control.

Can a parent unknowingly undermine a child's self-control? The parent who disciplines too much can sound like a nag while the child shows limited self-control, the unwanted behaviours continue, and discipline is required more often – things can feel a bit of a disaster!

Here is the suggested way of tackling things:

CHILD'S BEHAVIOUR	PARENT'S RESPONSE
Very wanted	Reward – with attention, approval and appropriate praise
Wanted	Reinforce – by just noticing or acknowledging
Unwanted	No reaction
Very unwanted	Consequence

The good news is most children's behaviour falls into the middle two rows – parents simply have to learn to reinforce wanted behaviour and ignore unwanted behaviour most of the time. And both parents should apply the same rules for this to work.

The very unwanted behaviours should be decided on by both parents, so the child is only getting consequences every few days and doesn't feel the world is ganging up on them. These family rules, decided by parents, should include any child over five while setting them, as a

way of improving how you relate to your child. Done at family chats, they can feel a bit artificial, like workplace reviews – prior warning, no distractions around, done in a neutral environment (like the back lawn), and the child is seriously listened to.

Let's face it, most kid's unwanted behaviour is irritating rather than antisocial and can be safely ignored.

If consequences are needed they can flow naturally (refusal to have dinner, means going to bed hungry), be related (cleaning up after making a mess, so the child sees the link), or loss of privilege (with prior warning for an older child; time out for a 2-3 year old).

A good parent can separate their own childhood 'baggage' from what they need to do with their own child – disciplining baggage are things that don't work include screaming, constantly explaining, repeatedly warning, threatening, pleading, arguing, bribing and giving in.

Most parents fall into the trap of doing some of these things at times! ■





 Weblink www.thewomens.org.au/health-information/menopause-information/managing-menopause/

Hot flushes in menopause

Menopause literally means cessation of periods and is a normal part of life. However, it can cause distressing symptoms. For most women, natural menopause occurs around the age of 50. Sometimes menopause comes earlier (younger than 40) such as when the ovaries are removed surgically.

Symptoms range from mild to severe. They include tiredness, sleep disturbances, loss of libido, vaginal dryness, irregular periods hot flushes and night sweats. These symptoms may persist for weeks to a few years (occasionally longer).

Generally the diagnosis can be made based on symptoms. Testing of hormone levels can confirm that you are menopausal or close to it.

Treatment depends on the severity of symptoms. Lifestyle measures of regular exercise, adequate sleep, managing stress, not smoking and eating a sensible diet all help with a feeling of wellbeing.

Before 2002, many women were treated with hormone replacement therapy (HRT) upon reaching menopause. This lost favour when researchers found that the risks of cancer and heart disease were increased with HRT and benefits did not justify its use.

Hot flushes can be helped by: dressing in layers that can be easily shed; avoiding triggers if known (alcohol, caffeine and stress are three common ones), and drinking cold water, and herbal remedies such as red clover, primrose oil and St John's wort help some women. Low dose antidepressants and clonidine (a blood pressure medication) can be used.

Hormone replacement can be prescribed with caution but is now recommended at lower doses and for a shorter period. ■

Male Hormone Deficiency

Low testosterone levels in men, called andropause or "male menopause", is controversial and often not clear-cut (unlike women where menopause is marked by the cessation of periods).

Full-page newspaper ads tell us that there is a market for male hormones. Some operators have charged men substantial amounts of money up front for long-term treatment

The symptoms of low testosterone include tiredness, irritability, and grumpiness, loss of focus and motivation, muscle weakness, and low sex drive (libido). All of these are not unique to low testosterone so it is best to get the opinion of your GP if you have these symptoms. Blood tests can help also.

In 2015, the diagnostic criterion for subsidised replacement treatment of age-related low testosterone was changed to two morning blood samples showing a testosterone below 6mmol/l in a man over the age of 40. Under the subsidised Pharmaceutical Benefits Scheme (PBS) system, men who qualify on blood testing need a urologist or endocrinologist to give the 'green light' to hormone supplements. These come in the form of cream or gel applied to the skin each day,



or injections given every few weeks or months.

Outside the PBS, prescribed treatment done privately costs between \$60 and \$100 per month.

Weight loss, regular exercise, reducing stress and alcohol together with better sleep can all help raise the body's production of testosterone.

Talk to your doctor before any self-treatment with hormones, as this can be costly and potentially dangerous. ■

Drug-induced liver injury

The liver can be injured by many prescription drugs, over-the-counter and herbal medications, as well as some dietary supplements. Usually the damage is mild and reversible. However, drug-induced liver damage accounts for 20% of liver transplants for liver failure in Australia.



There may be no symptoms. You may experience nausea, abdominal pain, itching or jaundice (yellowing of the skin). Blood tests will show the extent to which the liver has been affected.

It is vital to disclose to your doctor all medications you have been taking, including any non-prescription medications, supplements and herbal formulations. Sometimes combining drugs is the problem.

People with pre-existing liver disease are at greater risk, as are those with fatty liver, cirrhosis or alcohol related liver damage.

Any new symptoms commencing after you start a medication should be reported to your doctor. Most side effects of medications are mild and self-limiting but not all are.

You may require testing, need to cease the medication and avoid it in the future. Some drug reactions require treatment with steroids.

Preventative measures include always taking the correct dose of any medication and being particularly careful with any self-administered medication, especially paracetamol. Avoid combining alcohol and medications. Be honest with your doctor about any non-prescribed formulations you take. ■

MINUTE STEAKS WITH ROMESCO-DRESSED SALAD

Ingredients

- 4 (x 100g) beef minute steaks
- 1/2 teaspoon smoked paprika
- 1/4 cup (60ml) olive oil
- 1kg chat potatoes – wash and cook with skin on
- 200g green beans, trimmed
- 1/2 red onion sliced - optional

Dressing

- 3 chargrilled capsicums – or jar of chargrilled capsicum
- 4 cloves garlic
- Pinch of dried chilli flakes (optional)
- 1 tablespoon red wine vinegar
- 3 vine-ripened tomatoes or Roma tomatoes - sliced or quartered
- 50g whole roasted almonds, chopped (can substitute with hazelnuts)

Method

Steaks: Rub steaks with paprika and 1 tablespoon oil, then season. Set aside.

Potatoes: wash and put in a saucepan of cold water. Cover and bring to the boil. Reduce heat to medium and cook for 12-15 minutes until tender. Drain, quarter potatoes and set aside.

Beans: add beans for the final 2 minutes of the potatoes cooking. Drain and set aside.

Tomatoes & red onion: slice and set aside.



Dressing: Place capsicums, garlic, chilli (optional), vinegar, one-third of the tomato, 30g almonds/hazelnuts and remaining 2 tablespoons oil in a food processor and blend.

Season to taste.

Preheat a chargrill or frypan over medium-high heat. Cook the steaks for 30 seconds each side or until just cooked through. Remove from the pan and rest, loosely covered with foil, for 2 minutes.

Toss the beans, potato and remaining tomato and almonds with the dressing and season. Divide the Romesco salad among 4 serving plates and serve with steaks.

COOK'S NOTE: This dressing makes a lovely dip for parties or sandwiches.

SUDOKU

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Sudoku Solution



KIDS COLOUR FUN!

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 1300 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.

• 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