

FREE TO TAKE HOME!

OCTOBER - NOVEMBER 2017 EDITION



Heat Rash v Urticaria



Carpal Tunnel Syndrome



When Periods Cease



Night Terrors

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

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

Psychologist Lyn Stevenson

Psychologist Michelle Cranston

Diabetic Educator Katrina Walsh

Dietician Joanna baker
Marnie Nitschke

● 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

In august we welcomed both Robyn and Marnie to the Glen Iris team. We hope to have a long and happy association with them.

Flu Vaccination: Even though we are now heading into spring it is not too late to have a flu vaccination. Especially if you are planning an overseas trip to the northern hemisphere or pregnancy.

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.

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.

Heat Rash v Urticaria

Heat rash or prickly heat is caused by sweat being trapped under the skin. It is more common in children than adults with the neck shoulder and chest the most affected areas. It can come on in hot weather or after sport. There is an itchy 'lumpy' rash. While uncomfortable, it is not serious.



First-line treatment is to change out of sweaty clothes after exercise. Try to find a cooler place when the weather is hot and wear loose-fitting clothing. Anti-itch creams can be applied as can topical steroid cream (talk to your doctor before using these). It will generally settle by itself.

Urticaria is a generalised reaction causing a blotchy itchy red rash (sometimes raised) anywhere on the body (palms, soles and scalp generally excluded). It can be due to a specific allergen (food or plant) or be triggered for no apparent reason. The rash can come on within minutes of exposure and

can last for minutes to days. In rare instances, it can be associated with auto-immune or other underlying conditions and can come on hours after contact with something (e.g. plant) you have a contact allergy to.

Diagnosis is usually apparent on history and examination. Investigations are not usually needed. You may be referred to an allergist for allergy testing if the problem is recurrent.

Treatment depends on severity. Antihistamine medication can help the rash and itch. Anti-itch creams and topical steroids can be used. In more severe cases, short courses (3-5 days) of oral steroid may be prescribed. ■

 Weblink www.allergy.org.au/patients/skin-allergy/urticaria-hives



When Periods Cease

Menopause literally means cessation of periods. It happens as the ovaries stop releasing eggs. In theory, this makes menopause the day of the last period. In reality, it is not so simple. Some women may experience issues related to menopause for months and even years. Symptoms vary from minor to severe. It can be natural with age or occur prematurely.

The perimenopause is the time before menopause and often when symptoms start due to fluctuating and ultimately declining levels of oestrogen. Symptoms can include sweats, hot flushes, headaches, mood changes, nausea, low libido, vaginal dryness and dry skin.

Menopause is a normal part of a woman's life so treatment is aimed at alleviating symptoms. Women who don't have troubling symptoms don't need treatment.

For three decades till 2002, hormone replacement therapy (HRT) was the mainstay of treatment. This was recommended as

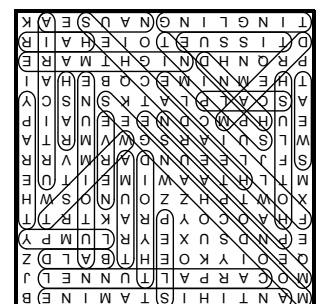
lifelong therapy. Following a major trial that showed increased risks of breast cancer and heart disease, many were scared off HRT. Today it is used but more judiciously and for shorter periods of time. Discuss this with your doctor.

Non-medical therapies include regular exercise, a regular sleep routine, dressing in 'layers' and a diet lower in sugar. Acupuncture and herbal treatments have their supporters but not much trial evidence. Massage can be therapeutic and specific symptoms such as dryness can be treated with creams or gels. Vaginal dryness can be treated with hormonal cream. ■



Questions for the 'Other Half'

- A weakened grip (e.g. screwing the lid off a jar) can be a sign of what?
- Vaginal dryness can come with menopause – true or false?
- Does 'where the rash is' tell us about a possible contact allergy (e.g. jewellery)?



Word Search Solution

 Weblink <https://jeanhailes.org.au>



Carpal Tunnel Syndrome

This is a painful condition caused by pressure on the median nerve running through a narrow space in the wrist (the carpal tunnel) into the hand. The nerve supplies the feeling sensation to thumb, index and middle fingers and aids thumb movement.

Typical symptoms such as tingling, pins and needles or pain are subtle at first and worsen over time, especially at night. Later there can be weakening of the thumb muscles. Risk factors include a family history, being female, age between 40 and 60, under-active thyroid, previous wrist injuries, arthritis and overuse. Carpal tunnel can come on in pregnancy due to hormonal factors but generally resolves after giving birth.

Diagnosis is largely symptoms-based. Examination may reveal some change in muscle power or sensation, but these may not be present early on. The definitive test

is an electromyogram (EMG) or a nerve conduction study, which shows the electrical activity of the median nerve.

Conservative treatment includes resting, wearing a splint and avoiding aggravating activities. Anti-inflammatory medications and pain killers can alleviate symptoms but do not fix the problem. Injections of local anaesthetic and cortisone can be effective for some.

Surgery can be 'open' or increasingly these days laparoscopic (keyhole). The ligament tissues pressing on the nerve are cut to release the pressure. Recovery, usually full, is gradual over some months. ■

 www.betterhealth.vic.gov.au/health/conditionsandtreatments/carpal-tunnel-syndrome

Children's Night Terrors

Dreams are something we have no control over. They come from our subconscious and can be pleasant, neutral or frightening. Adults, when they awake, instantly realise they were dreaming. For young children, dreams can seem very real.

A night terror is a nightmare for a child. Although sound asleep, the child may roll around, cry or scream out in distress and in turn, it is distressing for parents.

There is no known cause. Foods are not thought to play a part. In school-age children, stress or worry may be a factor but not necessarily. A virus (especially if accompanied by fever) may make them more likely.

Night terrors usually last 5-15 minutes and then stop. They may occur multiple times a night and may go on for some weeks. They can be occasional.

There is no specific treatment. As it is just a dream it cannot cause any harm, either physical or mental. Once awake the child tends to forget they ever had the dream. However, don't wake the child and if they do wake in a distressed state, simply provide comfort and reassurance.

Having a regular night-time routine and ensuring adequate sleep can reduce the chances of night terrors. As children age, they effectively disappear. Talk to your doctor if you have concerns about any aspect of your child's sleep. ■



 http://raisingchildren.net.au/articles/night_terrors.html

Hair-Raising Symptoms

Nearly all men and 10% of women will suffer some head-hair loss. The commonest form is male pattern hair loss, which can start as young as 20 and sees the hairline gradually recede from the front. The main risk factors are being male and a family history.

There are other causes of hair loss (alopecia), including an under-active thyroid, trauma to hair follicles, some auto-immune conditions and side effects of some medications.

By the age of 50, 50% of men will have some degree of hair loss. The follicle growth cycle begins to weaken making the hairs thinner and eventually the follicle stops producing new hairs.

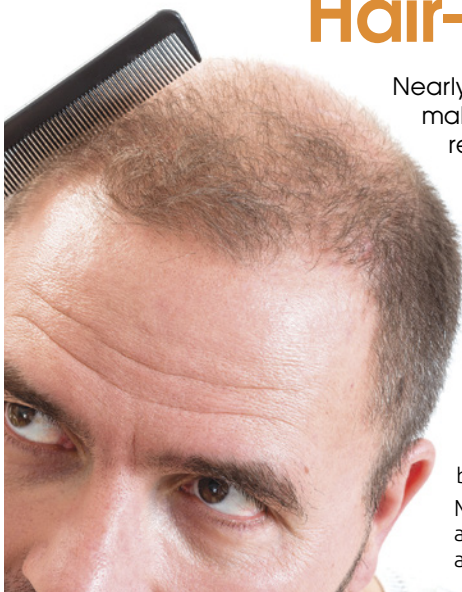
This is influenced by the male hormone, testosterone. The condition isn't harmful and doesn't affect hair elsewhere on the body or face.

No tests are needed unless there is concern about other causes of hair loss. There are many different and well-advertised

treatments available. The most commonly used treatment is a tablet which blocks the effects of testosterone and is prescribed by your doctor. It does not work in everyone and only works while taken. A lotion rubbed into the scalp can also be used.

Hair transplant is a definitive treatment but can be expensive. Laser treatment is controversial.

While upsetting for some, there is nothing abnormal with going bald. Treating hair loss is big business and treatments vary in their degree of success, so be wary of advertising claims. ■





Ingredients: Serves 4

- 500g chicken breast fillets, fat trimmed, halved horizontally
- 400g can cannellini beans, rinsed, drained
- 2 Roma tomatoes, chopped
- 1 medium avocado, chopped
- 1 Lebanese cucumber, chopped
- 1 red onion, finely chopped
- 1 fresh corn on the cob – husks and silk removed.
- ½ cup chopped fresh coriander or Italian parsley if preferred
- 1 tbs olive oil
- 1 tbs lemon juice or lime juice
- 1 tsp crushed garlic
- Optional: 1 red chilli seeded and chopped finely

Method:

1. Lightly spray a chargrill or barbecue with oil and heat on medium-high. Season the chicken with salt and pepper and chargrill for 4-5 minutes each side or until cooked through. Alternatively cook in a large frypan.
2. Combine the beans, tomato, corn, avocado, cucumber, onion, coriander and chilli (optional) in a medium bowl. Whisk the oil, lemon juice and garlic in a small bowl until combined. Season with salt and pepper. Add the dressing to the salsa and toss to coat. Serve the chicken with the salsa.

WORD SEARCH

M	A	N	T	I	H	I	S	T	A	M	I	N	E	B
M	O	C	A	R	P	A	L	T	U	N	N	E	L	J
Q	E	O	I	Y	K	O	E	H	T	B	A	L	D	Z
E	P	N	D	S	U	X	E	Y	R	L	U	M	P	Y
F	H	A	O	C	O	Y	P	R	A	K	T	R	T	T
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D	T	I	S	S	U	E	T	O	I	E	H	A	I	R
T	I	N	G	L	I	N	G	N	A	U	S	E	A	K

- Antihistamine
- Auto-immune
- Bald
- Carpal tunnel
- Dream
- Follicle
- Hair
- Hand
- Headaches
- Hot flush
- Lumpy
- Menopause
- Mood changes
- Nausea
- Nerve
- Nightmare
- Pattern
- Rash
- Scalp
- Sleep
- Splint
- Sweat
- Therapy
- Thyroid
- Tingling
- Tissue
- Trauma
- Urticaria
- Wrist

See inside for the 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