



FREE TO TAKE HOME!

AUGUST-SEPTEMBER 2018 EDITION



Not a dry eye ...



Febrile fits in kids



Emphysema



Managing hayfever

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

● **AFTER HOURS & EMERGENCY**

In case of a medical emergency call '000' and ask for an ambulance immediately. For all other After hours medical enquiries, after Stawell Medical Centre has closed, on weekends or public holidays, please call **5358 1410** and your call will put through to our after hours service for advice.

● **PRACTICE DOCTORS**

Dr Andrew Cunningham MBBS

Dr Eleazer Okwor-Ojwang MBBS

Dr Venkateshwar Komerelly MBBS

Dr Swetha Bandaru MBBS

Dr Adnan Rasheed MBBS, FRACGP

Dr Catherine Pye MBBS, FACRRM

Dr Sally Takahashi MBBS

● **VISITING SURGEONS**

Dr Iruka Kumaraige MBBS, FRANZCOG

Mr Ahmed Naqeeb FRACS, FRCS, MBChB

Practice doctors are experienced in the broad range of general practice problems and the treatment of all age groups.

● **VISITING PRIVATE PSYCHOLOGIST**

Anne-Marie Cooper

● **PRACTICE STAFF**

Practice Manager:

Kim Hinkley

Administration Staff:

Kerryn, Jess, Tina, Rebecca, Melissa, Sharna & Jessica

Nursing Staff:

Pam, Vicki, Jan, Rachel & Belinda

● **SURGERY HOURS**

Monday – Friday

8.00am – 6.00pm

Saturday, Sunday & Public Holidays

(By appointment by the doctor at Urgent Care Centre, Stawell Regional Health - Urgent patients only)

All attendances at Stawell Regional Health Urgent Care Centre may incur an out of pocket fee of \$50.00

● **BILLING ARRANGEMENTS**

All patients are required to pay in full at the time of appointment. Medicare refunds can be processed immediately via TYRO terminal and deposited directly back into your account. Payment can be made by cash, credit card or EFTPOS. If you would like to know more please ask to speak to our accounts team.

Fees as of 1st July 2018:

Standard consult

Private \$75.00

Health Care Card Holder..... \$64.00

Pension Card Holder \$57.50

All patients under 16 and over 75 years of age will be bulk billed for appointments at Stawell Medical Centre Monday to Friday 8.00am to 6.00pm only.

After Hours fees apply to EVERYONE seen by a Doctor at Stawell Regional Health Urgent Care Centre:

Standard consult - Regular Hours

Saturday \$87.00

Sunday \$99.00

All attendances at Stawell Regional Health Urgent Care Centre may incur an out of pocket fee of \$50.00

● **APPOINTMENTS**

Consultation is by appointment. We have appointments available for urgent cases on the day.

Please let reception staff know if you would like a longer appointment, for a medical report, TAC or Workcover form or if you have several things you wish to discuss.

Home Visits. These are available on request. Please speak to reception if you would like further information.

If **more than one person** from your family would like to see the doctor, please ensure that a separate appointment is made for each person otherwise they may not be seen.

Time is valuable to all of us. If you are **unable to attend a booked appointment**, please let the practice know at least 2 hours prior. If you **fail to attend** a booked appointment without warning or explanation you may be charged a non-attendance fee. We may not be able to offer you booked appointments in the future either.

● **SPECIAL PRACTICE NOTES**

Stawell Medical Centres Values and Mission align with those of Stawell Regional Health;

Stawell Regional Health Mission

In partnership with our community, Stawell Regional Health will deliver high quality care and improve health outcomes by providing safe, accessible and integrated services.

Stawell Regional Health Vision

Caring for our community.

Despite our best intentions, we sometimes run late! This is because someone has needed unexpected or urgent medical attention. Be assured that when it comes to your appointment, your doctor will give your consult the time that it deserves. We thank you for your understanding and consideration.

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



Not a dry eye ...

The eyes need constant lubrication which is provided by the tear glands. Eyes become dry for two main reasons. Firstly, tears can evaporate too quickly. This can be on aeroplanes, in air conditioning, in dry air or smoky conditions. It is temporary and is improved by use of lubricant drops and removing yourself (where possible) from the situation. Secondly, it can be due to reduced tear production. This can be because of advancing age, various medical conditions (e.g. diabetes, lupus, Sjogren's syndrome, scleroderma), certain medications (e.g. antihistamines, antidepressants, blood pressure tablets) and tear gland damage through trauma.

Other risk factors include being female, use of contact lenses and having low vitamin A levels.

Symptoms are a burning, itching, stinging or dry feeling in the eye. The eyes may become red and sensitive to light. Blurry vision can follow.

Diagnosis is largely on symptoms and a thorough eye examination. Blood tests would be done to rule out underlying conditions. You may be referred to an ophthalmologist.

Complications include eye infections and damage to the eye surface. Fortunately these can be mostly avoided.

Treatment depends on cause. In most cases you will be recommended eye drops to keep the eyes moist. These may be used multiple times a day.

Avoiding situations where dryness would be aggravated (where practical) is important. Try staying inside on windy days or when there is smoke in the air. Wear sunglasses when



outside. Take breaks when using screens for long periods of time and position your screen below eye level so you tend to look downwards. This can reduce evaporation.

Breathless with emphysema

Emphysema is a form of chronic obstructive pulmonary disease (COPD). Inheritance plays a part, however, most cases are related to smoking or long-term exposure to dusts or pollutants which damage the air sacs in the lungs where oxygen enters the blood stream.

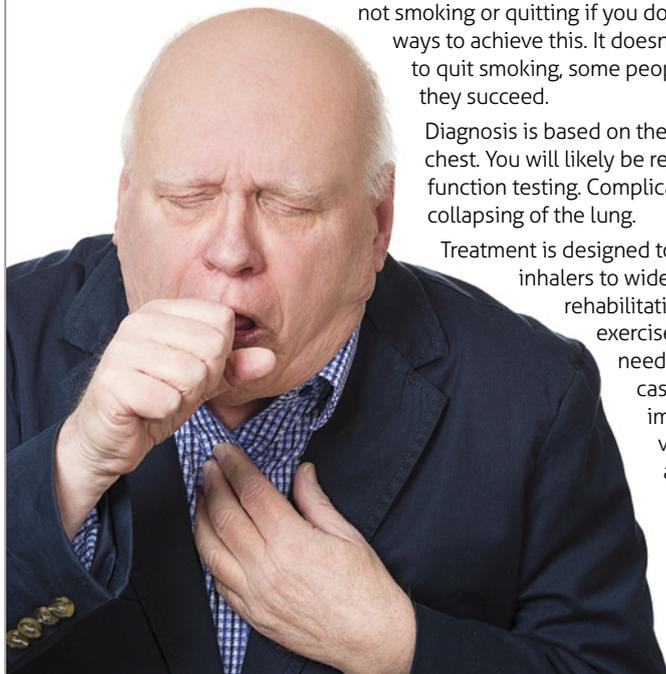
The symptoms develop slowly and include shortness of breath, fatigue, cough and phlegm and recurrent chest infections. In more advanced cases there can be cyanosis (a blue colouration) of the skin. There is no cure for emphysema but it is largely preventable, the most important one being

not smoking or quitting if you do smoke. Talk to your doctor about ways to achieve this. It doesn't matter if you have tried and failed to quit smoking, some people need multiple attempts before they succeed.

Diagnosis is based on the history and examination of the chest. You will likely be referred for chest imaging and lung-function testing. Complications include pneumonia and collapsing of the lung.

Treatment is designed to minimise symptoms. This includes inhalers to widen airways and reduce sputum, lung rehabilitation programs, quitting smoking, exercise to increase lung capacity (this needs to be gentle) and in advanced cases oxygen may be helpful. It is important to have an annual flu vaccination and to see your doctor at the first sign of any respiratory infection.

It is worth restating that while there is no cure for emphysema it can be largely prevented by not smoking. Your doctor can help you in your campaign to quit.



Febrile fits in kids

These are seizures in children (generally between six months and five years) due to a rapid rise in temperature. Up to one in 20 children will experience these. While frightening to watch, they do not cause brain damage and are not a prelude to epilepsy.

The exact cause is unknown but is thought to relate to the young brain being more sensitive to fever and rapid rise in temperature. The underlying infection does not need to be severe. There are no specific preventative measures but the vast majority of children who have had one will not have another.

Typical symptoms are brief loss of consciousness, jerky movements and possibly redness of the face. Febrile fits usually last a few minutes and stop by themselves. Your child will likely be sleepy and irritable. If a fit continues for over five minutes you must call an ambulance.

Immediate treatment is to lay your child on their side and remain calm. Do not try to restrain the child or place them in a bath while fitting. Other treatments are directed to lowering the fever with ibuprofen or paracetamol. Tepid bathing or sponging can help. Get your child checked by your GP to find the underlying cause of the fever. If, as is common, it is due to a virus then no antibiotic will be needed.



V is for varicose veins

Widened, often twisted, veins near the skin surface are called varicose veins. They are most common on the lower legs.

Risk factors include advancing age, being female, a positive family history, being overweight, pregnancy and prolonged sitting or standing. They will appear as blue, twisted cords on the legs.

Whilst often painless, they can cause aching and a heavy feeling in the legs. Itching and skin rash (varicose eczema) can also occur. If ruptured there can be significant bleeding. In more severe cases there can be ulceration.

However, they are not associated with deep vein thrombosis.

Treatment depends on severity. There are no specific medications, though Painkillers may ease symptoms but should not be relied on.

Previously formal surgical stripping was performed and this required some days in hospital. Surgical treatments have advanced and most commonly they are now injected to close down the vein. When varicose, the vein is no longer working effectively so it is not a problem to remove or close it. This can be done as an outpatient and recovery is quite rapid.

People seek treatment either for cosmetic reasons or due to symptoms. Talk to your doctor about what might be the best option for you.

To help avoid developing varicose veins, maintain a healthy weight, do regular exercise and change position regularly.



Managing hayfever – why, what & how

Runny or blocked noses, sneezing, congestion, watery eyes and headache are just some of the symptoms of allergic rhinitis (hayfever) which affects nearly one in five Australians. It is not necessarily caused by hay and you don't get a fever. The symptoms can range from mild to severe and can last days or months.

It is caused by a reaction to atmospheric allergens. Some people are able to identify specific triggers like grass or dust, others are not.

There are numerous treatment options. Avoiding triggers is helpful if you can identify them but, even then, it's not always practical. However, if grass sets you off, then mowing the lawns is best avoided. Don't sweep the garage if you are sensitive to dust.

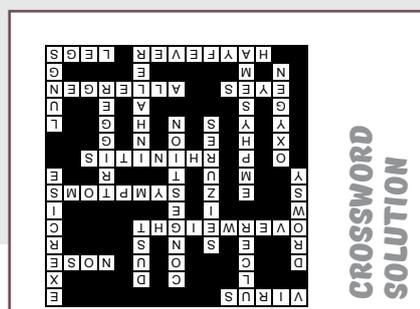
Antihistamine medications can ease the symptoms. While some can make you drowsy, others do not. Corticosteroid-based nasal sprays do not work as quickly but have a preventative effect and last longer. Talk to your doctor about treatments that might suit you.

Decongestants are best avoided as they dry the nose but wear off quickly and can even worsen the situation. If your allergy is severe, talk to your GP about referral for allergy testing.

For some people, a course of desensitising injections (where you are 'immunised' against what affects you) is beneficial. Be aware that the treatment can go on for two years but can also last a lifetime.

Fortunately for most of us, hayfever is a transient inconvenience in spring which can be treated until it passes.

Weblink <https://www.allergy.org.au/patients/allergic-rhinitis-hay-fever-and-sinusitis/allergic-rhinitis-or-hay-fever>



Weblink <https://www.healthdirect.gov.au/varicose-veins>



ZUCCHINI, FETA & MINT FRITTATA - SERVES 4

Ingredients

- Olive oil
- 2 medium zucchini - grated
- Handful of fresh mint plus some for garnish
- 1 medium onion - finely chopped
- 8 medium-large eggs
- 60gms feta - crumbled
- Cayenne pepper
- Fresh chilli to serve if desired

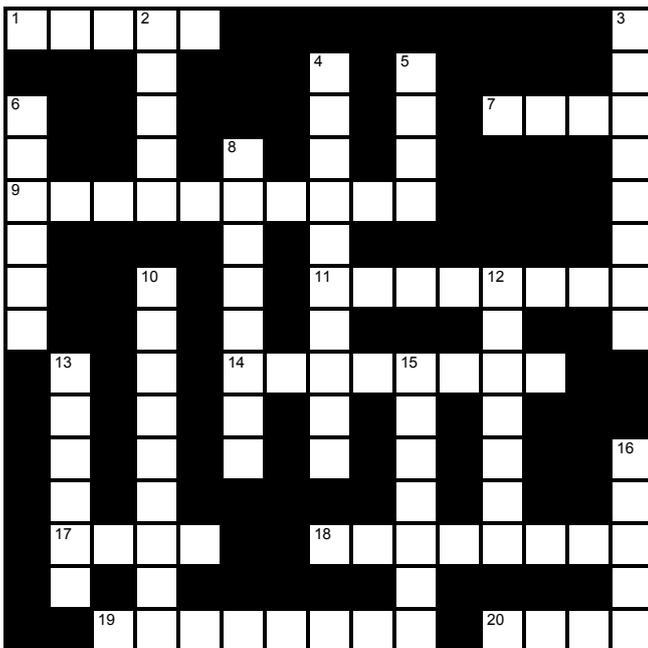
Method

Combine zucchini, mint, onion and seasoning. Heat a large frypan with a little olive oil. Cook zucchini, mint and onion until softened.

In a mixing bowl, add eggs, cayenne pepper and a little seasoning and beat. Add about 2/3 of the crumbled feta to mixture. Pour into the pan, letting the egg flow evening through the zucchini mixture. Cook for 4-5 minutes on med-high heat – until the egg begins to just set on the base. Then put under the hot grill and cook until just cooked through and golden. Garnish with the remaining crumbled feta, mint leaves and thinly sliced fresh red chilli if desired. Serve with a Greek salad or fresh garden salad



CROSSWORD



Across:

1. A is the cause of the common 'cold' (5)
7. We smell with it (4)
9. Obese (10)
11.clues to an illness (8)
14. Inflammation of the mucous membrane inside the nose (8)
17. Used to see with (4)
18. An allergy trigger? (8)

19. An allergic reaction to pollens (8)
10. Varicose veins are most commonly found in the (4)

Down:

2. A slow-healing sore generally found on the legs (5)
3. Necessary to maintain good health (8)
4. Blocked nose (10)
5. A common allergen (4)
6. Sleepy (6)
8. Febrile fits (8)
10. Lung disease worsened by smoking (9)
12. Stimulus that sets off an action (7)
13. Odourless gas that gives life (6)
15. Device used to breathe in medicine (7)
16. Breathing organs (5)



Stawell Medical Centre
A division of Stawell Regional Health

● SPECIAL PRACTICE NOTES

SMS reminders are sent to all registered mobile phones. Phone reminders are also available should you require this.

Electronic Communication.

Although most problems are best dealt with in a consultation with your doctor, our staff are experienced in helping you decide whether the matter requires an appointment, return phone call or urgent advice. You are able to **contact the practice by email** as well should you need to. We do advise that this is not the most secure method of communication.

We have a **recall system** in place for all test results and chronic disease management.

Patient Health Information.

To obtain a copy of your health record or to obtain a copy of Stawell Regional Health "Protection and use of your health information" brochure or to view the Stawell Regional Health privacy policy, please ask to see our Practice Manager or Privacy Officer.

If you prefer you can contact the Health Services Commissioner Complaints and Information on; Telephone: 1300 582 113 or email: hsc@dhhs.vic.gov.au.

Patient Feedback. We welcome your feedback and invite you to fill out a "Compliment, Complaint and Feedback form". These are located near the entrance to the practice, in the reception area. You can also ask to speak to the Practice manager or your GP.

Test Results. Results are viewed by our doctors and acted upon in a timely manner, always with your health as a priority. Please make sure you have made an appointment with your doctor to review any results as they will not be given over the phone.

● SPECIALIST SERVICES

Stawell Regional Health has a large number of other Medical Services and Visiting Specialist's available. Our doctors have extensive knowledge of these and can advise you about whether a referral is appropriate and arrange for this to occur if needed.