



DECEMBER 2022 - JANUARY 2023 EDITION **FREE TO TAKE HOME!**



Keep safe while having fun



Exercise reduces Dementia



Tips for travellers



Plantar Fasciitis – heel pain

● **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 Eleazer Okwor-Ojwang
MBBS, FRACGP

Dr Venkateshwar Komerelly
MBBS, FRACGP

Dr Swetha Bandaru MBBS,
FRACGP

Dr Adnan Rasheed MBBS,
FRACGP

Dr Catherine Pye MBBS, FACRRM

Dr Christian Ezeobi MBBS

Dr Chanodha Batawalaarachchi Registrar

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

● **PRACTICE STAFF**

Practice Manager: Bader Adel

Administration Staff:
Bader, Kerry, Jess, Rebecca, Leah, Rhea, Melissa, Cathrin & Shanae

Nursing Staff:
Vicki, Crystal, Rachael & Paigen

● **COVID-19**

As the practice is observing social distancing we ask that you limit the number of people accompanying a patient to one other. We also advise that telephone or video consults are preferred if you do not need to be seen in person.

● **SURGERY HOURS**

Monday – Friday.....9.00am – 5.30pm

Saturday, Sunday & Public Holidays

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

● **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 2021:

Standard consult

Private \$80.00

Health Care Card Holder..... \$68.40

Pension Card Holder \$61.30

All patients under 16 and over 75 years of age will be bulk billed for appointments at Stawell Medical Centre Monday to Friday 8.30am to 5.30pm only.

After Hours fees apply to EVERYONE seen by a Doctor at Stawell Regional Health Urgent Care Centre: **Standard consult - Regular Hours**

Saturday \$89.10 | Sunday.....\$101.00

● **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 Centre has successfully passed our AGPAL Accreditation and will continue to provide quality care to our community.

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

Influenza vaccines now available. Contact the Surgery.

COVID vaccine. We are running COVID clinic (Pfizer for adults only)

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.

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

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Certificate of Accreditation

This certificate acknowledges that the following practice is accredited with Australian General Practice Accreditation Limited as a General Practice

Stawell Medical Centre
26 Wimmera Street
STAWELL VIC 3380

Client ID: GP9423

Date Accreditation Awarded: 25 October 2022
Accreditation Commencement Date: 30 November 2022
Accreditation Expiry Date: 30 November 2025

Accredited to the AGPAL Standards 5th Edition

Authorised by
Dr Richard Choong
Chair, Australian General Practice Accreditation Limited

This grant of accreditation is for three years.
The AGPAL Compliance Certificate is issued only to the practice's current status with AGPAL.
Compliance audit date: 20 October 2022

Keep your child safe while having fun this summer

Summer holidays are fun for children but can be a bit stressful for parents. It is a bit easier to get them off screens when it is warm outside. Evidence increasingly shows that helicopter parenting can prevent children from gaining independence, yet equally, the days of "be home by dark" are long gone. So, what are the key issues to ensure that your child has fun and remains safe?

Children are at risk of dehydration, so ensure they drink plenty of water, especially outdoors. Whilst slip, slop, slap should go without saying, it is important to remember sunscreen may only last a few hours and needs to be reapplied. Playgrounds today are far safer than in the past, but falls can still occur. Age-appropriate supervision and choice of equipment can minimise this. Psychologists point out that allowing children to take some risks enables them to build resilience and learn their limitations.

Knowing how to swim is essential in Australia, as is knowing basic water safety. Swimming and fun in the water is a great activity for children (and adults). Make sure your child swims between the flags at the beach, and always watch them around water. Fences and gates do not replace vigilance.

Use insect repellent, especially at dusk. Insect bites and stings are usually annoying rather than serious but if you have any concerns- see your GP.



More info >>

Exercise reduces Dementia

Good news from the United States shows the percentage of adults over 65 with dementia is decreasing each decade.



Similar reductions have been recorded in the UK and Europe. The reason for the decline has yet to be discovered and is thought to reflect many things. This includes better education (keeping the brain active from an early age), better nutrition and better living conditions.

Another factor, which helps, is regular exercise. Evidence shows that thinking and memory capability increases with activity at all ages. Trials in older people found that doing 150 minutes of moderate exercise per week led to improved mental functioning, which persisted for over 12 months if the person stopped.

Resistance training improves executive functions (higher thinking and abstraction),

whilst aerobic exercise helps verbal memory. So, it is good to mix resistance and aerobic exercise.

In addition to exercise, mental stimulation (crosswords puzzles reading) and social activities also reduce dementia risk, as does eating a brain health diet, such as the Mediterranean diet.

A Finnish study of 1260 people found a 40% improvement over two years in cognition scores for those who combined regular exercise, a good diet, mental stimulation and social engagement.

This is impressive. All these measures are simple and inexpensive. You can do much to reduce your chances of dementia – start today!

Consuming alcohol safely in the festive season

During the festive season, many of us can overdo it with regard to food and alcohol. There are simple things you can do to avoid this.

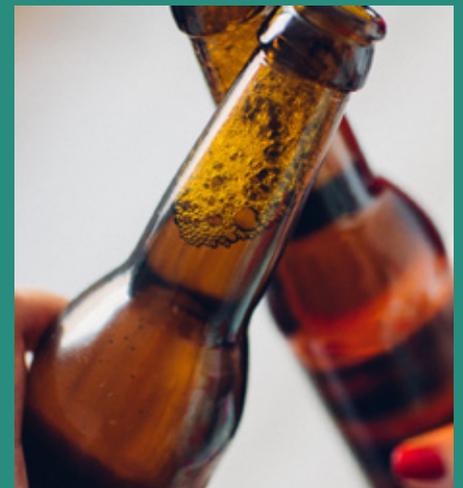
There is no need to accept every invitation to drinks events. Everyone knows it is a busy time, so you can politely decline. Alternate your alcoholic drink with water. This means you can always have a drink in your hand but will have half the number of alcoholic beverages. Taking this one step further, there is no problem with drinking water or mineral water all night. An increasing number of people choose not to drink alcohol at all. If you feel the need for an excuse, you can claim medical reasons but do not feel any need to justify not wanting to drink.

Have a big glass of water before leaving for

the event so you won't arrive thirsty and eager for the first offering.

If you are consuming alcohol, it is important to eat. This slows the absorption of the alcohol and helps fill you up. It is okay to appear, have a drink or two over a couple of hours and leave. There is no need to be the first to arrive or be the last to leave functions.

Christmas day meals should be enjoyable, but too many drinks can fuel family tension. If you are hosting, be aware of the responsible serving of liquor and if you are a guest, remember to enjoy festive cheer in moderation. It is not that hard to do.



Tips for travellers

Overseas travel is back on the agenda this Christmas season, and many will seek to take to the skies to visit loved ones or simply for a holiday.

Travel vaccinations are an important consideration before travelling, but most health issues people confront when travelling cannot be vaccinated against. Insurance claim statistics suggest we get the same health issues when travelling at home. This means minor problems like chest or sinus infections, viruses, gastro, cuts and bruises and more serious ones like heart attack and broken bones from trauma.

Talk with your doctor before travelling. Your medical circumstances may make specific itineraries problematic. Ensure you take an adequate supply of any regular medications you have been prescribed. A letter from your doctor listing them can be helpful at airport security. You don't need a suitcase full of first aid supplies, but a kit of basics can be beneficial. What you may need depends on where you are going. A simple pain killer, anti-diarrhoeal and antihistamine in your kit can cover many issues. Band-aids and antiseptics may save a trip to a medical facility.

In many countries, you should only drink bottled water. Beware salads and fruits that might be washed in local water. Eat mainly cooked vegetables and fruits that are peeled (e.g., bananas).

Be aware of local customs and laws. Ask if there are areas to avoid. If you are driving, make sure you have insurance. This may be separate to travel insurance, which is also a must, and less expensive than you might think.

Holidays should be fun, and with some simple precautions, they can remain so.



Plantar Fasciitis – heel pain

A common cause of heel pain, plantar fasciitis is an inflammation of the tissue (plantar fascia) which runs along the sole of the foot connecting the heel to the toes creating the foot arch. Risk factors include age, being overweight, sports that stress the heel (e.g., running) and spending long periods on the feet.

The main symptom is pain under the heel. It can be dull or sharp. It is often worse first up in the morning, after prolonged sitting or after intense activity. Diagnosis is based mainly on history and examination. X-rays generally do not show anything. Some changes in the fascia may be seen on ultrasound or MRI.

Treatment is a mix of improving symptoms and preventing further aggravation. Analgesics or anti-inflammatory medications may help in the short term but are not a cure. Avoid activities that aggravate the situation. Wear shoes with good arch support and cushioning. Purpose-made insoles may be helpful, as can be stretching, as advised by a podiatrist or physiotherapist.

In more severe cases, cortisone injections may be recommended. Surgical treatment is viewed as a last resort.

Treatment is a medium-term proposition, so do not expect immediate results or get frustrated. Perseverance with treatment is important and, in most cases, will improve with time.



More info »

From all the team at Health News we wish you a very Merry Christmas and safe and prosperous New Year!





ALL-NATURAL CHOC PEANUT BANANA ICE CREAM

This all-natural ice cream is a great substitute if you want a healthier version of ice cream to feed the children or even dinner guests.

Ingredients

- 6 Bananas – peeled, chopped and Frozen
- ¼ Cup of freshly squeezed lemon juice
- 1/3 Cup of natural smooth (or crunchy) peanut butter
- 2 Tbs of cacao powder

Method

- Process all the ingredients together in a food processor or thermomix, making sure to scrape the sides down regularly.
- Once the mixture is smooth and resembles a soft serve ice cream, transfer to a chilled metal cake tin or loaf pan.
- Leave for approximately 2 hours and serve whilst still relatively soft.



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.

Telehealth consults are available for eligible patients; our staff can assist you to decide if this or an in clinic consult is more appropriate.

You can contact the practice by email. 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.

