

FREE TO TAKE HOME!

FEBRUARY-MARCH 2016 EDITION



Sleep Apnoea



Glue Ear



The Importance of Reading



Keep It Simple!

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 Russell Wiseman
 Asthma & Respiratory Medicine

Dr Joe de Jager
 All aspects of General Practice

Dr Greg Beak
 Geriatrics, Skin Diseases, Travel Medicine & Cardiovascular Medicine

Dr Karen Sander
 Sport, Sexual Health and Emergency Medicine

Dr Mason Stevenson
 Mens Health, Skin Cancers & Musculoskeletal Medicine

Dr Rose Iron
 All aspects of General Medicine

Practice doctors are experienced in the broad range of health problems affecting all age groups.

● PRACTICE MANAGER

Heather

● PRACTICE NURSES

Jennine, Lizzy & Kerry

● RECEPTION STAFF

Anne, Leona, Gwen & Kerrie

● SURGERY HOURS

Monday – Friday8.00am – 5.30pm
 Saturday8.30am – 11.30pm

● AFTER HOURS & EMERGENCY

Family Care Medical Services Ph 137425
 or via 5446 5999 phone diversion.

● OTHER SERVICES

- General Medicine
- Mental Health
- Skin/Mole checks
- Women's Health
- Men's Health
- Travel Vaccinations
- Asthma Management
- Infant Health
- Musculoskeletal medicine
- Holistic Health
- Employment Medicals
- Cryotherapy
- Minor Surgery

Welcome Dr Natalie Varga

Dr Natalie Varga joined the practice in January as our new registrar. She has a keen interest in women's health, paediatrics, mental health and chronic disease.

● BILLING ARRANGEMENTS

We are a private billing practice. Information about our fees and services are available at reception.

Payment at the time of consultation is required.

A small fee may be charged for procedures, dressings, vaccines, plaster and resin casts, to cover costs.

Payment can be made by cash, credit card or EFTPOS.

Children under 16 years of age, pensioners and HCC holders are Bulk Billed. Gold Card holders are billed to DVA. Standard fee is \$75.00 and can be paid via Eftpos or Credit Card. We can access immediate refund from medicare providing patient has a debit card and pin number.

● SPECIAL PRACTICE NOTES

These notes are provided to help you during your visit to our practice. Suncoast Medical Centre would like to announce that **Dr Rose Iron** joined our practice on Thursday the 22nd January. Dr Iron is interested in all aspects of General Practice.

Referrals. Doctors in this practice are competent at handling common health problems. When necessary, they can use opinions from Specialists. You can discuss this openly with your doctor, including potential out of pocket expenses.

Despite our best intentions, we sometimes run late! This is because someone has needed unexpected urgent attention. Thank you for your consideration.

Patient Privacy. This practice protects your personal health information to ensure it is only available to authorised staff members for the intended purposes and to comply with the Privacy Act. To obtain a copy of our Privacy Statement or your medical records, please ask.

Test Results. Results are reviewed by the doctors and acted on in a timely manner, with your health in mind. We will contact you if necessary.

Test results are usually discussed at a follow up appointment. It is the policy of this Practice NOT to give results over the phone. You will be notified if your Doctor requests that you make an appointment to discuss your results.

● APPOINTMENTS

Consultation is by appointment. Urgent cases are seen on the day. **Booking a long appointment** is important for more complex problems – insurance medical, health review, counselling, a second opinion, etc. This may involve a longer wait. Please bring all relevant information.

Please notify us if you are unable to attend an appointment, well in advance.

If more than one person from your family wishes to see the doctor at the same time, please ensure a separate appointment is made for each family member.

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



Sleep Apnoea

This occurs when the walls of the throat collapse during sleep, obstructing the upper airway. Breathing can stop until the brain recognises a drop in oxygen and sends a 'wake-up call' that rouses the sleeper. In turn the airway opens with a snort or gasp after which the person goes back to sleep.

Up to five episodes an hour is considered normal. Severity varies from mild (5-15 episodes an hour) to severe (over 30). Your sleeping partner often notices first. Up to one in four men may have this condition but even infants can get it. Not everyone who snores has sleep apnoea.

Risk factors include being overweight, alcohol consumption, some medications, large tonsils, underactive thyroid and nasal congestion. Symptoms (apart from snoring and waking unrefreshed) include excessive tiredness, reduced concentration, irritability and reduced libido.

Sleep apnoea increases the risk of high blood pressure and heart attack.

Diagnosis is via a sleep study, where you are monitored overnight. Treatment starts with weight loss and reducing alcohol consumption and managing specific causes such as large tonsils. These can lead to significant improvement. Mouth splints at night may also help. For a few, surgery on the palate is beneficial.



The mainstay of treatment is a continuous positive airway pressure (CPAP) machine, which forces moistened air, via a mask, through the back of the throat to keep it open. Unfortunately, not everyone can tolerate this.

 Weblink www.betterhealth.vic.gov.au

Glue Ear

Many children suffer a middle ear infection. Some get recurrent infections and may develop 'glue ear' where mucous builds up in the middle ear.

It can occur without ear infection (e.g. allergies) and fortunately, often resolves without need for treatment. If glue ear persists, hearing and speech development can be affected.

How do we pick glue ear? Some children have no symptoms. Others get pain or pressure in the ear. Parents or teachers may notice the child's hearing is impaired. Younger children may present as irritable or have problems sleeping.

If your child has ear ache, get it checked by your GP. A red drum, seen using a doctor's auriscope, signifies infection. If fluid is present, the drum looks opaque instead of clear. Tympanometry, which measures the 'bounce' in an intact eardrum, is used to diagnose and monitor progress by indirectly measuring pressure in the middle ear.



If infection is present a course of antibiotics may be needed. Children with recurrent infections and any impact on hearing may need a grommet tube inserted in the eardrum. This allows pressure to equalise and fluid to drain from the middle ear. It is performed by an ENT surgeon.

The tubes generally fall out over time, though some may need to be removed surgically. A small number of children need more than one set of grommets.

 Weblink www.rch.org.au

Keep It Simple!

Parents are always looking for ways to get children to eat more vegetables.

Researchers at a Texas university may have found a remarkably simple solution. After studying plate waste data from 8500 children in primary schools (where school lunch is provided), they found that one variable affected children eating their greens – what else was on the plate!

For two decades, psychologists have noted how food pairing influences the attractiveness of foods and vegetables rarely win a child's affection.

So the solution is to serve vegetables by themselves as a first course, when kids are hungriest. Tests found this method quadrupled their vegetable consumption. Reducing choice makes it easier to make the right one!



Questions for Your Home Partner

- A tympanogram measures pressure in the what?
- What can you do yourself that will often greatly relieve sleep apnoea?
- Mobile phone Apps can help you and your doctor monitor raised blood sugars. Do you know any?
- Overdoing it can worsen rheumatoid arthritis and other lifestyle factors can help. What are they?
- How does choice alter vegetable eating in children?

Gestational Diabetes

Some women get abnormally raised blood glucose (sugar) during pregnancy, usually in the third trimester. Gestational diabetes (GDM) affects about 8-10% of pregnancies and diagnostic criteria have recently changed, lowering the threshold for diagnosis.

There are generally no symptoms. It is diagnosed via a blood test, the glucose tolerance test (GTT), between weeks 24 and 28.

Risk factors include being over 40, excess weight, a family history of diabetes, previous gestational diabetes and polycystic ovarian syndrome.

The key is lifestyle measures. This means controlled weight gain in pregnancy and eating a diet rich in vegetables and low in foods with increased added or some natural sugars (i.e. high glycaemic index). Regular exercise such as walking also helps control blood sugar, while some women may need oral medication or insulin to help.

After giving birth, breastfeeding seems to help reduce weight and blood sugar. All women with GDM are advised a follow up GTT between 6-12 weeks after delivery. There is a 50% risk of developing type 2 diabetes in the next 20 years, so regular testing is recommended.

 Weblink www.diabetesaustralia.com.au



The Importance of Reading to children

It is nice to know that something 'old fashioned', inexpensive and easy to do still makes a big difference. Reading to young children has been shown to stimulate the language processing part of the brain in 3-5-year-olds.

This is not a surprise. We know that young children learn by observing their world. The more words they hear, the more words they learn and start to use. It's also a pleasurable time for both child and parent and precious quality bonding time.

So get out the book, the tablet or kindle and establish a regular reading routine with your children.

Rheumatoid Arthritis

This is the second most common form of chronic arthritis, an autoimmune disorder.

Autoimmune illnesses mean the body produces antibodies against part of itself. Particular joints, typically hands, feet and knees (but can be others), become inflamed. The cause is unknown. There may be genetic factors. It affects an estimated 2% of the population with women more likely to be affected than men. In adults (there is a juvenile form), it can start at any age.

Typical symptoms are pain, heat and swelling of the affected joints. The joints may become stiff and, over time, deformed. Fatigue and muscle weakness may also occur.

If suspected your doctor will send you for various tests. A positive rheumatoid factor blood test clinches the diagnosis.



However, there is also a version where rheumatoid factor is not positive. You will likely be referred to a rheumatologist.

It is important to start treatment early to reduce symptoms, improve quality of life and slow the disease's progress. Anti-inflammatory medications (NSAID) can ease joint swelling and pain but can cause stomach upset. Disease modifying agents (of which there are quite a few)

can slow progress and physiotherapy can help symptoms. Some people need joint surgery.

Lifestyle measures include appropriate exercise, maintaining a healthy body weight (and eating a balanced diet), relaxation and use of aids and equipment. Fish oils may be beneficial.

 Weblink www.betterhealth.vic.gov.au

SIMPLE SEAFOOD PAELLA

Serves 4-6. Cooking time 30 to 40 minutes.

Ingredients

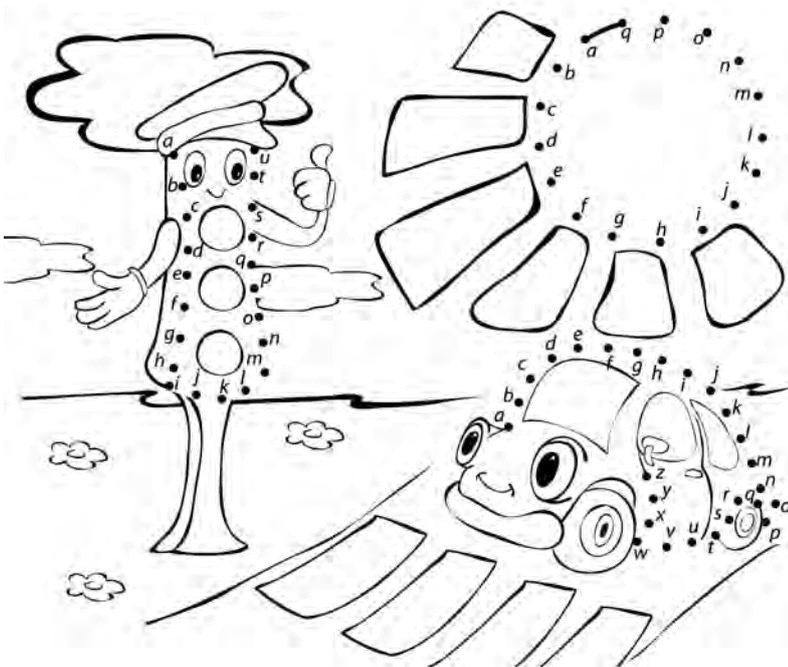
- ½ cup olive oil
- 1 large diced onion
- 2 cups Spanish rice
- 4 garlic cloves, chopped
- 2 large pinches of Spanish saffron threads soaked in ½ cup water
- 1-2 tsp smoked paprika
- chilli flakes to taste - about 1 tsp
- 10 small tomatoes, finely chopped
- ¾ cup chopped fresh parsley
- Tomato sauce - about ½ a cup
- Chicken Stock about 3 cups
- Salt if desired
- Approx 10 prawns - 500g prawns or large shrimp of your choice, peeled and deveined

Heat oil in large flat frying pan. Add onion garlic cook for 3-5 mins.
Add rice - make sure all rice is covered by oil - 3 mins.
Add saffron and smoked paprika.



Add chicken stock - small amounts until all stock is absorbed.
Add all other ingredients except prawns. Add prawns on low heat - cook for 5 mins in rice mixture.
Allow to stand for 15 minutes before serving.

DOT TO DOT



Laughter - the Best Medicine!

■ An elderly man was stopped by the police around 2am and was asked where he was going at that time of night.
The man replied, "I'm on my way to a lecture about alcohol abuse and the effects it has on the human body, as well as smoking and staying out late."
The officer then asked, "Really? Who's giving that lecture at this time of the night?"
The man replied, "that sir, would be my wife!"

■ A pipe burst in a doctor's house. He called a plumber. The plumber arrived, unpacked his tools, did some mysterious plumber-type things for a while, and handed the doctor a bill for \$600.
The doctor exclaimed, "This is ridiculous, I don't even make this much money!"
The plumber replied, "Neither did I when I was a doctor".



IMPORTANT SAFETY TIPS FOR SUMMER

Everyone loves summer vacation with its picnics, swimming, biking, visits to the beach, and more. A few simple reminders can make your summer a safe one.

The Sun and Safety. Kids and adults are at greater risk for sunburns during the summer months, and besides being painful, sunburns can lead to skin cancer down the road. According to the Centers for Disease Control and Prevention (CDC), only 58% of adults practice proper sun safety procedures, such as applying sunscreen and seeking shade. Teaching sun safety to kids can help them have better behaviors as adults.

Summer Heat Safety. In addition to its burning potential, the sun can also cause people to overheat, particularly in the long, hot summer days. Teaching summer heat safety tips can help prevent heatstroke and dehydration during fun activities or outside work.

Water Safety. Water is another source of summer fun and another hazard. According to the Consumer Product Safety Commission, drowning is the leading cause of death for children under four years. Additionally, 390 children die each year on average from water-related accidents. As you address summer safety topics, be sure to include water safety games, coloring pages, and other activities to help children and adults understand how to deal with this hazard.

● **SPECIAL PRACTICE NOTES**
Patient Feedback. We welcome your comments or suggestions. Please feel free to talk to your GP or the Practice Manager regarding any issues. If you prefer, you can contact the Office of the Health Ombudsman on 133 OHO (133 646).

