

OCTOBER-NOVEMBER 2014

Your next appointment:



> Middle Ear Infections



> Menopause and Me



> Nutritional challenges in the elderly



> 'Boys Don't Cry': Men & Suicide



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 Peter Drake

Dr Michael Stagg

Dr Vincent Griffith

Dr Lidia Grossman

Dr Elizabeth Orbach

Dr Maryallan Girolami

Dr Emily McMullin

● PSYCHOLOGIST

Mr John Boyle

● PRACTICE STAFF

Practice Manager: Jill Franklin

Practice Nurses: Kay, Holly & Gail

Reception Staff: Colleen, Leeanda, Fiona, Judy, Sue, Sushila, Jarret & Anthea

If you have any feedback – positive or negative that you would like to bring to our attention, please approach either your Doctor or Practice Manager.

If you prefer to make your concerns known outside the surgery, you can call the Office of the Health Services Commissioner on 8601 5200.

● SURGERY HOURS

Monday to Thursday 8.30am – 7pm

Friday..... 8.30am – 6pm

Saturday 9am – 12noon

● EMERGENCY

Phone ambulance service – **000**.

Monash Medical Centre

246 Clayton Rd, Clayton

9594 6666

● AFTERHOURS

For non-emergency after hours home visits, please ring the normal surgery number (**9563 9411**) and you will be put through to the JFMP Locum Service.

Health brochures on various topics are available on request.

● APPOINTMENTS

Our doctors see patients by appointment. You can make an appointment with your doctor by telephoning the surgery or at our front reception desk.

At the time of making your appointment, please advise the reception staff if you feel you may require an extended appointment (eg. Pap smears, medical report, to discuss multiple issues, surgical procedures etc).

Appointments are normally made at 15 minute intervals, this is the time you can normally expect to spend with your doctor. This may change if there has been an emergency or if the surgery is very busy.

In rare circumstances delays may be encountered leading to prolonged waiting times. Our reception staff will advise you if this is the case. We apologise for the inconvenience this may cause.

Unfortunately, your doctor may be delayed by emergencies, arrangement of urgent admissions to hospital and essential longer consultations which are often unpredictable.

We are aware that your time is valuable and always endeavour to minimise waiting times.

Coming Soon – Free Jasper Medical app for your smartphone or tablet will make it even easier to book your appointments.

Online Appointments. Book your next appointment online. Just go to our website "www.jasperfamilymedical.com.au" click the BOOK NOW tab and follow the prompts.

● SPECIAL PRACTICE INFORMATION

Repeat prescriptions. If you find it necessary to request a prescription prior to consulting your doctor, a minimum of 48 hours is needed. To avoid any errors, we also require a written request with your name, address, name and dose of medication clearly indicated.

Telephoning your doctor. Although most problems are best dealt with in consultation, a doctor will always be available during normal surgery hours for emergency advice.

Home Visits. Requests for house calls are best made before 10am. Please remember however that house visits should only be requested if the patient is too unwell to attend the surgery for consultation.

Visits can also be arranged for patients in Residential Aged Care Facilities.

Fees. We have displayed at Reception a list of current Private billing fees.

Patient Test Results. If your doctor orders any tests for you, please remember that it is your responsibility to follow-up these results, particularly when practice staff or your doctor requests you to do so. Please ask reception staff about the best way for you to do this.



▶ Please see the Rear Cover for more practice information.



Middle Ear Infections

Middle ear infections (called *otitis media*) are a common reason for a child's visit to their GP. Often it occurs with or after a cold-like illness. It may affect one or both ears. Typical symptoms are soreness of the ear(s), fever, nasal congestion and sore throat. Hearing may be affected.

One trap for parents is pain can be referred to the ear from the throat so not all sore ears are infected!

Middle ear infections are much more common in children than adults. This is due to immaturity of the Eustachian tube - the internal tube that connects the ear to the back of the nose. When mucous becomes trapped in it, infection can occur and/or painful pressure builds up.

Anyone who has had problems equalising pressure after flying knows what a blocked Eustachian tube feels like!

Your doctor bases treatment on symptoms and examination findings. Tests are not needed for occasional acute episodes but hearing tests and tympanometry (measuring pressure in the ears)

may be done for recurrent episodes to rule out *secretory otitis media* ("glue ear" or fluid in the ear). Undetected deafness from glue ear can affect development of speech and learning.

There is argument over whether antibiotics are needed or not for acute episodes. They are recommended if symptoms persist longer than 48 hours and if there is a fever of over 39°C. The child's symptoms are treated with pain relief, hot packs and nursing them upright (if possible).

Children with recurrent infections (say, three episodes in six months) or confirmed *secretory otitis media* may need referral to an ENT specialist for consideration of grommet tubes inserted into the eardrum to improve drainage and help prevent further infections.



Questions for Home...

Why is chronic fluid in the ear important?

What stops at menopause time?

Did you ever 'break the ice' with a bloke you thought was depressed?

What's important about Chlamydia?



STIs

Sexually transmitted infections (STIs) are passed on by sexual activity.

Chlamydia is the most common and can cause pain on urination, pelvic pain or discharge. Most important, it often is symptomless, which is the big dilemma as it can cause infertility later and rates have been on the rise. Other STIs include gonorrhoea, syphilis (fairly rare these days), herpes (1 in 10 people), hepatitis B and HIV.

If you are sexually active, prevention is better than cure so practise safe sex. Talk to your doctor about an STI screen - a urine test, swab, blood test or simple physical examination depending on which STI is suspected. It is easy to do, completely confidential and if something is found, there is treatment.



www.health.gov.au/internet/sti/publishing.nsf/content/home-1



Menopause and Me

Menopause literally means 'cessation of periods', when the ovaries stop releasing an egg each month. The average age for this is 50 but some women may experience it years sooner or later. This is an emotionally and psychologically challenging time for some women.

The time leading up to cessation of periods may last for some years. Egg production varies, and so do hormone levels, which decrease overall (called *perimenopause*). Symptoms vary and include erratic periods, hot flushes, headaches, bloating, mood swings, irritability, bloating, dryness of the vagina (with painful intercourse) and sleep disturbance. Women differ in their symptoms although some women enter menopause with hardly a ripple.

Treatment up till the early 2000s was with hormone replacement therapy. This lost favour when it was shown that long-term use slightly increased the risk of heart disease and some cancers.

Today it can still be used where symptoms are severe enough; used over the short term.

Your doctor's advice and treatment is directed towards symptoms. For example, simply using a fan can help hot flushes as can wearing light clothing. There are hormonal lubricant creams to ease vaginal dryness. Some women take herbal products such as black cohosh, and flaxseed, which claim to help menopausal symptoms.

It is important to look after your general wellbeing with things like Yoga (or other exercise), measures to improve sleep, cease smoking, and a sensible diet full of fruits and vegetables and not too much processed food. Having a good social network helps, as can counselling. Be watchful of alcohol and caffeine intake.

Have a chat with your doctor about what options best suit you. There is no one size fits all.



<http://womenshealth.gov/menopause/symptom-relief-treatment/>



www.who.int/nutrition/topics/ageing/en/

Nutritional challenges in the elderly



As we age we may not need as much food (especially if we are less active) but we still need good nutrition. A problem for many people over the age of 60 or so is not getting enough vitamins and minerals. Those living alone often stop cooking and live on snacks or convenience foods. These provide calories but not a balanced diet.

Key nutrients that older people may be deficient in are iron, folate, antioxidants like vitamin C and E, vitamin D (from sunlight) and vitamin B12. Levels of some nutrients can be checked on blood testing.

New work is suggesting that the elderly may actually need more of some micronutrients than younger people. Maintaining a healthy diet and exercise helps reduce some degenerative conditions as well as enhancing vitality and wellbeing.

Eating nutrient rich foods, especially fruits and vegetables, is the key. Getting good lean protein and good fats like the omega 3 fatty acids is also important. Fish is an excellent source of these.

If you want to help elderly friends or relatives, have them over for a meal! Eating in company is good for us. Drop them in meals you have prepared. Offer to do food shopping for them. There are also various meal delivery services, which provide good pre-prepared nutritious meals that only need reheating.

Your Heart Needs Exercise

People with chronic health problems ride bikes, work out in the gym and walk to keep healthy. They build "cardiovascular" fitness, sleep better, and are in a better place mentally. We now know these benefits even extend to people with heart failure – aerobic exercise improves longevity and resistance exercise improves muscle strength and endurance.



An appropriate intensity for resistance exercise is when a weight can be lifted 15 times without straining but then your muscles fatigue. Doing this 2-3 times a week is effective.

Nobody wants someone with heart failure to lose 'condition' through prolonged unnecessary rest (like we did in the 'good old days'). Avoiding activity can lead to a downward spiral that eventually makes even modest physical tasks difficult.

Of course, before embarking on regular exercise, get advice for comfort and safety from your doctor. Gradual build up is the key. Mind you, you are allowed to 'feel crook' when domestic chores come around but perk up when playing with grandchildren or walking the dog!

Guidelines are like those for the general population – try to clock up at least 30 minutes of moderate intensity activity on most days; the sort of exercise that causes you to breathe more heavily (without getting puffed out or stopping that interesting conversation!), isn't pushing things (so you have to stop), and raises a slight sweat.

Maybe that's a light stroll, or a brisk walk or a light jog, depending on your age and health problem.

For many people, initial exercise for 30 minutes seems out of reach. To start, you can break up the 30 minutes into multiple smaller bouts of exercise over the day – this accumulates a benefit.

Moderate intensity exercise is very safe. Avoid the heat, get advice if medications change, and your doctor can warn you what to watch out for if you have heart problems.

'Boys Don't Cry': Men & Suicide



While the road toll has dropped sharply over the last 20 years, it is a sad fact that suicides in Australia have changed little. Men are particularly at risk (the main cause of death in those aged 15 to 44), more so than women who have higher rates of mental illness.

Why is this? We know men are less likely to seek help and more likely to "self medicate" with alcohol or other substances. Yet doing this can worsen the problem or make them more depressed.

Young men are especially prone to do this, believing (wrongly) that they need to appear independent and deal with issues alone. Men respond differently to pressure than women.

Warning symptoms that things are getting on top of them can include anger or irritability, disturbed sleep, withdrawal from social activities and a fall-off in work performance.

Many men are uncomfortable talking about their feelings but that is what is needed. Support from friends, or a 'paid friend' (counsellor, psychologist or doctor), can be therapeutic. So too can regular exercise and sleep.

If you have concerns or are concerned about a friend or family member, encourage them to see their doctor or contact Lifeline on 13 11 14



www.mantherapy.org.au





CARAMELISED SCALLOPS WITH BEETROOT & WALNUT SALAD

INGREDIENTS

- 6 baby beetroots – already cooked and sealed
- 2 tbspsns toasted walnuts - roughly chopped
- 1 large Granny Smith apple cored and cut in to wedges
- 2 thinly sliced radish
- 150gms Lettuce Salad Mix
- 12 scallops – cleaned and ready to cook
- Freshly ground black pepper and sea salt
- Olive oil – approx 1 tbspn
- Persian Fetta or Goat's cheese if desired

DRESSING - WHISK TOGETHER

- ¼ cup olive oil
- 1 tspn Dijon mustard
- 1 tbspn honey
- 2 tbspsns Balsamic vinegar
- Season with salt & freshly ground pepper



Recipe for health

METHOD

Cut beetroot into wedges. Pour dressing over apple, salad mix, radish & walnuts and set aside whilst cooking scallops. Brush scallops with oil & season with pepper & salt. Heat pan and sear scallops for approx 30 seconds each side – or until caramelised on the outside. Divide salad between plates and add beetroot and scallops. Drizzle over remaining dressing. Crumble Persian fetta or goat's cheese over platter if desired.

Laughter the Best Medicine



■ Two dogs are walking along a street. They are passed by a third dog driving a lorry load of logs. One turns to the other and says: "He started fetching a stick and built up the business from there."

■ Two nuns were driving through a Transylvanian forest when the road was blocked by a fearsome looking vampire. "What do we do now?" said one nun. "Get out and show him your Cross," said the nun in the driving seat. So the nun in the passenger seat stepped out onto the road, wagged her finger and exclaimed: "Get out of our way, you stupid vampire."

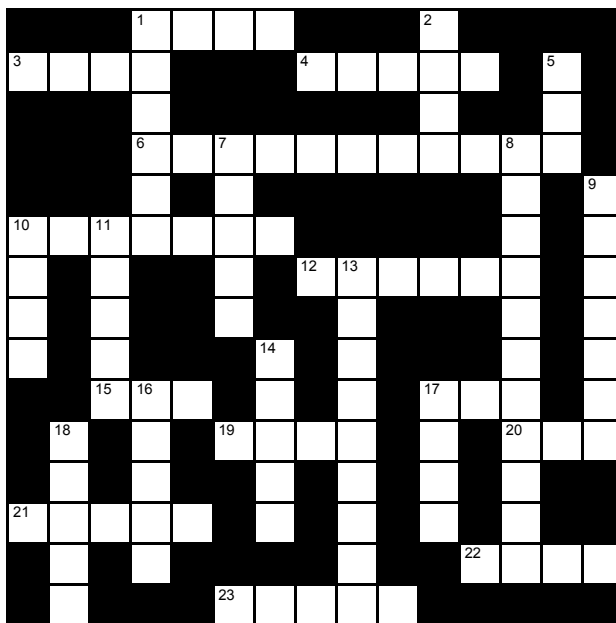
CROSSWORD

ACROSS

- Severe discomfort (4)
- Tender (4)
- Fructose sugar is in (5)
- Protects against infection (11)
- Childhood contagious virus, vaccinated against (7)
- Sore may also cause earache (6)
- Glue causes deafness (3)
- A place where people wear Lycra! (3)
- Exercise to calm the mind (4)
- When ovaries stop releasing an ... it is called menopause. (3)
- Sign of major infection (5)
- Easy cheap exercise (4)
- Hotes a sign of menopause (5)

Down

- "Elvis the" (6)
- Balanced helps the elderly (4)
- Women need them, to fix things! (3)
- Steroid for allergic dermatitis (5)
- Common infection in children (6,5)



- Common term for emotion (7)
- In the right (4)
- Sudden and severe =(5)
- come with caffeine withdrawal (9)
- Where red corpuscles live! (5)
- Common emotion in someone depressed (5)
- ".... ear" is fluid inside the middle ear (4)
- SIDS less likely when babies on their back (5)

Jasper Family Medical Practice

● ALLIED HEALTH ON CENTRE

Website address:
www.alliedhealthoncentre.com.au

- Physiotherapy
- Podiatry
- Psychology
- Massage Therapy
- Exercise Physiology
- Dietetics

• Traditional Chinese Medicine/ Acupuncture. NOW available at 443 Centre Road, Bentleigh. Phone: 9557 1700 for appointments.

• Cabrini Pathology available at 443 Centre Road, Bentleigh

● OTHER SERVICES OFFERED

- Travel Immunisations (including Yellow Fever)
- Dive Medicals
- Minor Surgery
- Immunisations
- Child Health
- Women's Health
- Men's Health
- Accidents & urgent conditions

● BULK BILLING AVAILABLE FOR:

- CURRENT HCC holders
- Pensioners
- DVA card holders
- Commonwealth Seniors Health Card holders
- Children Under 16

● SPECIAL PRACTICE INFORMATION

Medical Records. Your medical record is a confidential document. It is the policy of this practice to maintain security of personal health information at all times and to ensure that this information is only available to authorised members of staff.

Reminder Systems. Our practice participates in national/state reminder systems/registers, in conjunction with internal reminder systems.

