

AUGUST-SEPTEMBER 2015

Your next appointment:



> Lifestyle & Pregnancy



> Flying With an 'Under-two'



> Hypertension



> How to Approach Acne



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

Dr Catherine Stackpole

Dr Nino Scuderi

● PSYCHOLOGIST

Mr John Boyle

● PRACTICE STAFF

Practice Manager: Jill Franklin

Practice Nurses: Kay, Gail, Vivian & Holly

Reception Staff: Colleen, Leeanda, Fiona, 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

Public Holidays 9am - 12noon

● EMERGENCY

Phone ambulance service – 000.

Monash Medical Centre

246 Clayton Rd, Clayton

9594 6666

● AFTER HOURS

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.

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 OR download the FREE "App" for your smartphone or tablet to make it even easier to book online.

● SPECIAL PRACTICE INFORMATION

Announcements: Welcome also to **Dr Nino Scuderi** who will be joining the practice from August 2015.

We would like to congratulate **Dr Emily McMullin** on the safe arrival of a baby daughter in early June. Dr Emily will be on maternity leave until February 2016

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.



Diabetes – Protect the Eyes

Diabetes, if not well controlled, can have major effects on the eyes. Glaucoma (i.e. high pressure in the eye) is twice as likely and cataract occur more often. However, the main visual problem is diabetic retinopathy – the sensitive retina at the back of the eye is damaged, leading to vision loss (even blindness), usually adults aged 20 to 65. Both type 1 or type 2 diabetes are involved.

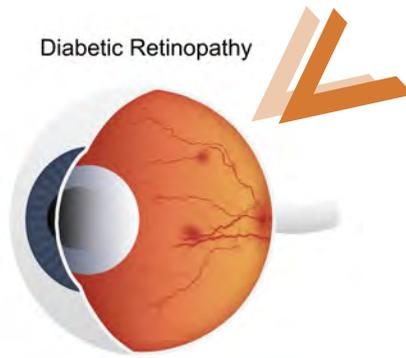
The light-sensitive retina, where specialised cells (called cones and rods) transmit information to the brain when we see, is damaged when poorly controlled diabetes causes blood vessels to rupture.

Prevention is the key, and this means managing your diabetes well, with lifestyle measures and medications as needed. Progress is slowed or halted. Everyone with diabetes should have an eye check-up with an eye specialist at least once every two years.

Symptoms of diabetic retinopathy to watch for are blurred or distorted vision not improved by glasses, sensitivity to light, and problems seeing at night. Early on there may be no symptoms!

Treatment depends on the stage of retinopathy but is done usually in the rooms with a laser. Vitrectomy (removing

part of the fluid in front of the retina) is done in severe cases. Treatment can at best improve vision or at least slow progress but is not a cure. Hence prevention by keeping your blood sugar controlled is critical.



What your doctor sees – retinal bleeds associated with diabetes.



http://en.wikipedia.org/wiki/Diabetic_retinopathy



Flying With an 'Under-two'

You may live in fear that your baby or infant will 'play up' the whole trip, with you cooped up in economy class and nowhere to go! Plan for the worst and, hopefully, you will be pleasantly surprised.

Babies and infants like familiar things, not the separation from toys, play area, high chair, and usual routines that air travel brings. The strange smells, potentially scary wooshed feeling on landing and take-off, weird turbulence, and everyone staying put in one place for seemingly ages is a lot to contend with! Little wonder that some young children become upset.

What can parents do to make life easier for them and fellow passengers, especially for long-haul flights?

- See if the airline booking can include a child's bassinet (up to 10kg usually). Bassinets attach to the wall in front of your seat so your baby has somewhere to lie down or play without being stuck on your lap.
- Changes in cabin pressure are most noticeable at take-off or landing. Being unable to equalise ear or sinus pressure can hurt. For this reason, babies aged under a week should not travel by plane. For others, sucking or swallowing helps equalise pressures – try the breast or bottle during take-off and landing, or a dummy or puree squeeze pack – whatever they prefer. Their usual food or drink will be comfortably familiar. For a 'cold' some decongestant nose drops can help but just for the flight.
- Make sure childhood vaccinations are up-to-date as bugs easily jump from person to person on planes.
- Have familiar food and toys for a baby. For older children, new baby apps and shows on your iPad or tablet can help. To help sleep, bring their usual sleeping bag or rug comforter, or bedtime teddy bear or toy. Give a bottle just before sleep, as you do at home. Where possible, stick to their usual routines, based on the time at which you took off.
- Feeding your child. Their own baby food will beat airline food hands down. Getting baby drinks or food through security is OK although mum may end up doing a 'taste test' in front of the security officer – baby milk, sterilised water, juice, and baby food as liquid, gel or paste. Check with your airline first before travelling.
- Most young children become overtired and irrational during long flights and it doesn't take much to make them cry. Don't panic! After food and drink, try the distraction of the galley area or bathroom. Airline staff can be very helpful.

After the long flight it can take your child up to two weeks to adjust to a new time zone. Be patient!

Lifestyle & Pregnancy

Pregnancy is a normal part of life, with just some do's and don'ts.

Ideally you would have given up smoking but if you need an extra reason to quit, being pregnant is it. Smoking can affect blood circulation to the baby and impact on growth. Talk to your doctor about quitting options. Cold turkey may be best.

Alcohol is not advised during pregnancy, at all. Alcohol can affect the development of your unborn baby, with fetal alcohol syndrome, when alcohol consumption is at its worst, causing heart defects and behavioural and intellectual problems. With no 'safe level', no alcohol is the best policy.

All drugs, whether illicit or prescribed medications are potentially dangerous to developing babies and may need to be stopped. Check with your doctor.

It is OK to have sexual intercourse whilst pregnant. As you get bigger you may be less or more inclined. There is no right or wrong frequency.

Plane travel, OK in early pregnancy, is generally not allowed after 34-36 weeks. Check with the airline. Morning sickness usually improves so that between week 14 and 28 may be most comfortable. Discuss with your doctor.

There are many standing jokes about a woman's change in appetite and tastes during pregnancy. Foods to avoid (due to possible Listeria) include soft cheese, seafood, salamis and soft-serve ice cream.



[www.betterhealth.vic.gov.au/search/\"FASD\" or \"Listeria\"](http://www.betterhealth.vic.gov.au/search/\)





Diagnosing & Treating Hypertension

High blood pressure (hypertension), which affects about one third of Australians, is a risk factor for heart attack, stroke and kidney disease. In turn, risk factors for hypertension are a positive family history, being male, older and overweight, consuming excess salt and insufficient exercise.

Hypertension can be caused by something, like kidney disease, but mostly it occurs without obvious reason.

While some people get headaches or tiredness, nearly all have no symptoms. Your doctor usually measures your blood pressure in the arm; normal is generally regarded as below 140/90 (systolic/diastolic). The systolic pressure is when the heart contracts, whilst the diastolic is in between, when the heart rests.

Blood pressure changes minute-to-minute so one reading is not diagnostic; the

reason why your doctor may recommend further visits to re-check the level. Home blood pressure monitors and 24-hour monitoring can be arranged. Your doctor may recommend extra tests to rule out other problems.

Blood pressure normally increases slightly with age, which your doctor takes into account. Regular blood pressure checks are recommended for people 40 and older, earlier if need be.

If you have high blood pressure, lifestyle measures such as weight loss, reducing salt

intake, doing more exercise, managing stress, and eating more vegetables can help.

For those who will benefit long term from medication, there are many possibilities. Which one is best for your circumstances is a decision your doctor can make. Changing to avoid predictable side effects can help you get the right one. Some people need more than one type of medication.

Treatment is generally long term but lifestyle changes and time may mean you can reduce or come off medications. Ongoing monitoring of blood pressure is life-long.



Weblink <http://www.hbprca.com.au/high-blood-pressure/>

How to Approach Acne

Acne is a skin infection. Under hormonal (mainly testosterone) influence, sebaceous glands in the skin produce excess oil. This can block the pores, allowing bacteria to build up. Teenagers are mostly affected, males in particular, and there are inherited tendencies at play too (e.g. women with polycystic ovarian syndrome). Those with more naturally oily skin may be more affected.

The face, chest, upper back and neck are the most affected areas. Acne can be made worse by stress, oily cosmetics and some medications. For women it may be worse with periods. Although an infection, acne is not contagious.

There are lots of myths about food causing acne – but no foods have been shown to make a difference. Eating sensibly and drinking plenty of water will help but not cure acne.

Basic treatments include keeping the skin clean and using good quality skin

cleansers. Next step is using more specific anti-acne creams or gels on the affected areas. Most of these are available without prescription and are best used under guidance.

If this is not helping, your doctor can prescribe antibiotics. The length of the course depends on how long it takes to improve. For some females there is a hormonal treatment which doubles as a contraceptive.

The most severe cases are often referred to a dermatologist – severe

cystic acne can be treated with more potent medications that must be carefully monitored as side effects can be a problem. Treatment is to prevent permanent scarring.

Fortunately for most, acne resolves by late teens or early twenties.



Weblink www.mydr.com.au/skin-hair/acne-overview

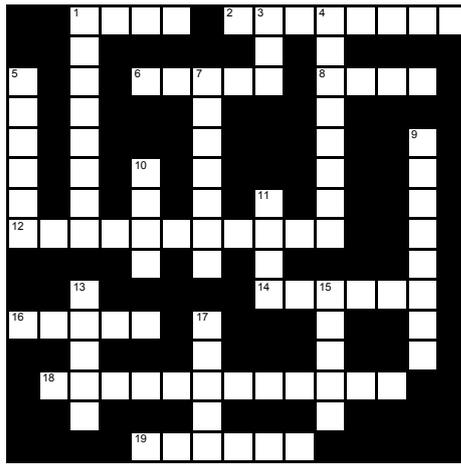
Crossword

Across

1. Sign of blood loss (4)
2. A ___ is usually not due to high blood pressure (8)
3. Kids and ___ trips can be a hassle (5)
4. Adolescent skin problem ___ (4)
5. To treat bacterial infection ___ (11)
6. Sexual desire (6)
7. Vaccinations protect a ___ (5)
8. Male hormone (12)
9. Lowering blood pressure after one, reduces recurrence risk (6)
10. 'Squint' means turned ___ (3)
11. Visual loss due to ___ is preventable (8)
12. The seeing part of the eye (6)
13. Incompatible with liver problems (7)
14. Measuring pressure in the eye helps detect this (8)
15. Take familiar food and toys for your ___ when flying (4)
16. Common name for contraception (4)
17. Too much fat in this organ can be damaging (5)
18. Heart pumps ___ (5)
19. ___ treatment used for diabetic retinopathy (5)

Down

1. Quit smoking before ___ (8)



LAUGHTER the Best Medicine

Q: Why was the scarecrow nominated for an award?

A: Because he was out standing in his field.

■ A little boy in the library suddenly shouts out, "I want a weel!" Everyone looks around and mum leans down and says, "Son, whisper." That night the boy has a

nightmare and climbs into his parent's bed. After awhile he wakes his Dad and says, "Dad, I want to whisper." Dad replies, "Whisper in my ear son."

■ **High Blood Pressure**
When a physician remarked on a new patient's extraordinarily ruddy complexion, he said, "High

blood pressure, Doc. It comes from my family." "Your mother's side or your father's?" the doctor asked. "Neither," he replied. "It's from my wife's family." "Oh, come now," the doctor said. "How could your wife's family give you high blood pressure?" He sighed. "You must meet them sometime, Doc!"

CHICKEN & MANGO CURRY

INGREDIENTS

- 1 x tin sliced mangoes (drained) or 2 fresh mangoes peeled and diced.
- 1 x tbslspn olive oil
- 1kg boneless chicken thighs (cut in to bite-sized pieces) or breasts
- 1 x medium brown onion (coarsely chopped)
- 2 x garlic cloves (crushed)
- 1 x tspn ginger (finely grated)
- 100gms Korma curry paste
- 1 x 400ml coconut milk
- 1 x 125mls chicken stock

Serve with:

- Basmati rice

Optional:

- Naan bread
- 1/3cup coriander leaves (optional)
- Lime wedges or lime pickle
- Finely sliced green chilli
- Mango chutney
- Red chilli

METHOD

Blend the drained mangoes until pureed. Heat ½ tbslspn of the oil in a heavy-based frying pan over medium heat. Cook the chicken in



batches until lightly browned. Put aside. Then heat the remaining ½ tbslspn oil in the same pan and cook onion until opaque (approx. 3 mins), then add garlic and ginger and cook for a further 2 mins. Add Korma paste and cook for a further 2 minutes. Add the browned chicken. Add coconut milk, chicken stock and pureed mango. Stir through. Bring to the boil and then simmer covered for approx. 20 minutes or until the chicken is cooked through. Serve with steamed basmati rice and any of the condiments mentioned above.

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.

• Melbourne Pathology available at 443 Centre Road, Bentleigh

● OTHER SERVICES OFFERED

- Travel Immunisations (including Yellow Fever)
- 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.

