

DECEMBER-JANUARY 2016

Your next appointment:


> Allergic Rhinitis



> Anxiety Disorder



> Have a Cute Christmas!



> Tips to Overcome Constipation

TAKE ME  
HOME!

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 Sally Blombery**

**Dr Katherine Salter**

## ● 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 back to Dr Emily McMullin returning from maternity leave.

Welcome to Dr Sally Blombery as a permanent member of the practice team.

Welcome to Dr Katherine Salter who will be joining the practice from 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.



# Dental Health Tips

## Dislodged tooth.

Getting a tooth knocked out is a painful dental emergency. A permanent tooth re-implanted in its tooth socket within 30 minutes has a good chance of successful regrowth. How we do this is important.

Touch only the crown (top part) of the tooth, not the root. Rinse the tooth carefully, only to remove obvious dirt, and do not scrub or scrape it. Do not apply alcohol and if transporting tooth and patient to a dentist, transport the tooth in milk. If possible put the tooth in its socket but don't force it. Control any bleeding with sterile gauze and apply a cold compress to reduce swelling.

**Plaque** builds up on the teeth each day and this can damage the tooth enamel. Gum disease comes with poor dental hygiene. This can lead to infection and in severe cases teeth falling out. Just chewing pushes mouth bacteria into the blood stream – too much of the wrong bugs can lead to more serious infections.

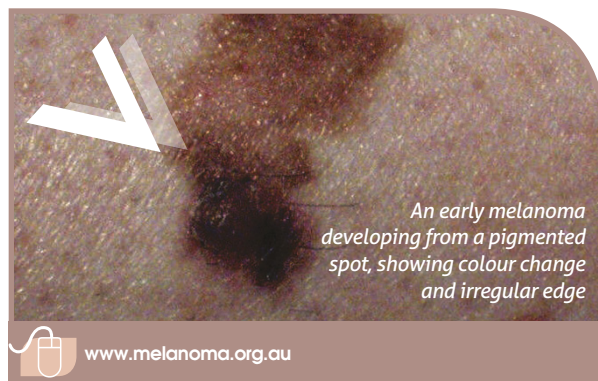
**Associated conditions.** Poor dental hygiene has been associated with conditions like diabetes, premature labour, Alzheimer's and some forms of cancer but exactly why is unknown.

**Hence, recommended dental hygiene** is brushing twice daily and flossing. Avoid sugary food, which increases tooth decay (e.g. fruit juices often). Have an annual checkup with your dentist. Keep an eye out for signs of any mouth problem such as sores not healing or irritated gums.



Colour in for kids.

 [www.dentalhealth.org](http://www.dentalhealth.org)



An early melanoma developing from a pigmented spot, showing colour change and irregular edge

 [www.melanoma.org.au](http://www.melanoma.org.au)

## Melanoma Watch

About 60 Australians each day are diagnosed with melanoma. Because every spot on the skin is not potentially cancerous it is important to look out for melanomas, which can be the most life threatening. Why? Early detection (i.e. stage 1, before there is spread) is important for a surgical cure. All ages can be affected.

Certain characteristics point to a spot on the skin being a melanoma but none are absolute. A 'textbook' melanoma is a skin spot has an uneven overall appearance, an uneven border and multiple shades through it. It changes in appearance over a short period, like a few weeks.

These days, digital photos can be compared over time. Raised suspicion, for whatever reason, often leads to complete removal of the offending mole for it to be examined under the microscope. Most prove to be non life-threatening.

An annual skin check with your doctor is a good idea, especially if

- a member of your immediate family has had melanoma,
- you have more than 50 moles on your body,
- you have fair skin,
- are taking immune suppressing drugs,
- or had blistering sunburn as a child.

The best way to avoid getting skin cancer is to avoid skin sun damage. The message of slip, slop, slap is still valid today, so remember it this summer!

## Allergic Rhinitis

Allergic reaction in the nose leads to a blocked, itchy or runny nose, with sneezing, usually. Itchy watery eyes often accompany. Repeated allergy attacks can lead to tiredness, headache and disrupted sleep – which can impact on work, study and fun times. Family and friends often don't understand what the sufferer is going through.

• Seasonal. Usually allergens like grass pollens and certain moulds – in Australia, depending on where you live, the season can last from August to March.

• Perennial. Triggering allergens include house dust mites, animals (tiny airborne particles from feather, fur or skin) or moulds (e.g. mowing the lawn). Some workplace wood dusts or chemicals can react.

If allergens are not easily avoided by keeping the cat out, wearing a face mask, or the like, medications may be needed to help manage bothersome symptoms such as nose blockage. Either way, you have to think ahead

and try to avoid or medicate before exposure occurs.

Over-the-counter medication options for allergic rhinitis include:

- Antihistamines. They are available in tablet or topical spray forms, and even eyedrops.
- Decongestants. These come in handy when a blocked or runny nose causes sinus pain but overuse can be a problem.
- Nasal steroid sprays. These are said to be the most effective treatment for most symptoms but regular use is required to build an effect.

Ask your doctor what is best for you. If necessary, they can arrange allergy tests.





# Anxiety Disorder

Anxiety symptoms can include a racing heart, tight chest, shortness of breath, sweaty palms, nausea and, of course, worried thoughts together with a feeling of "something bad is going to happen". We all feel anxious about an exam or a deadline and once the stress passes you feel OK again. We say anxiety disorder exists when symptoms of anxiety persist for six months or longer.

Additional symptoms can be tiredness, feeling irritable, headaches or muscle pain and an inability to stop worrying.

Anxiety can be debilitating. Some with social phobia can struggle to leave the house while others seem prevented from enjoying life. Panic attacks can occur for no apparent reason.

As there is no blood test or scan to diagnose anxiety, most tests are done by your doctor to rule out other causes (e.g. overactive thyroid).

Treatment depends on the severity and type of anxiety. It is 'horses for courses'. There are medications, psychological counselling, cognitive



Visit <http://smilingmind.com.au/> and download the App

behavioural therapy (CBT), and 'desensitisation' programs to get you used to what you fear. Support groups where people with anxiety can meet and support each other and share tips are very helpful. Online therapies (e-therapies) are a new innovation and can be as effective as face-to-face services.

## Heart Attack Warning



Angina is heart pain when heart muscle is under strain and starved of oxygen. Heart attack is severe angina that does not relieve with anti-angina medication (if you carry it) or rest, usually because blockage of heart arteries has reached a critical point. It is a medical emergency.

Those people prone to problems smoke or have high blood pressure, diabetes, overweight, high cholesterol or a family history of heart attack or stroke.

Classic Warning Symptoms

- Uncomfortable pressure, fullness, squeezing or pain in the centre of the chest, lasting more than a few minutes.
- The pain spreads to the shoulders, neck, arms or jaw.
- Chest discomfort comes with light-headedness, tiredness, sweating, nausea or shortness of breath.

Less Common Signs and Symptoms

- Chest pain of a different sort, or abdominal pain.
- Nausea or dizziness.
- Difficulty breathing.
- Unexplained anxiety, weakness or fatigue.
- Palpitations, cold sweats, or paleness.

Heart pain can be confused with indigestion, muscle aches or anxiety so get it checked out by your doctor!

## Tips to Overcome Constipation

Chronic constipation can drag you down. It can bring on fatigue, headache, bad breath, skin problems, abdominal bloating and loss of appetite. Fortunately, constipation can often be cured by changes to lifestyle, diet and bowel habits. Normal bowel habit is said to be anywhere between three times a week or three times a day, as long as stools (bowel motions) are not hard or difficult to push out.

Some self help tips for overcoming constipation:

- Eat more fibre. Wholemeal bread and breakfast cereal with added bran (wheat, oat or rice bran). Fruit and vegetables — the crunchy ones — are a must each day. Use pulses (beans, lentils, peas) more often and eat potatoes with jackets on.
- Drink plenty of fluids. At least 3 litres of water each day but avoid caffeine and alcohol.
- Massage your abdomen. This stimulates the large bowel. Using the palm of your hand or by rolling a tennis ball, massage up the right side of the abdomen, across the top and down the left side.
- Become physically active. Regular exercise is a strong stimulus for the bowel, particularly in the morning.
- Don't suppress bowel urges. Due to a natural

reflex, the urge to go to the toilet usually comes on within 30 minutes of eating. If you are busy, rushing about or preoccupied, it is possible to override this natural urge. The bowel becomes sluggish. Allow time for your bowel habit to establish itself – early morning exercise, followed by breakfast and then enough time to go to the toilet before work will often establish a normal bowel habit.

- Medications. Some medications worsen constipation (ask your doctor). Others can help – by increasing the bulk of your stools, making them softer, lubricating them or stimulating the bowel. But remember - taking laxatives too often can be harmful.
- Finally, if constipation is a recent change or if there is pain or bleeding from the bowel, see your doctor for a check-up.



# COLORING BOOK



## LAUGHTER the Best Medicine

■ The Johnsons were shown into the doctor's office, and one of the parents, who was in a hurry, said, "No fancy stuff, doctor, no need for local anaesthetic or explanations."

"I wish more of my patients were as brave as you," replied the doctor admiringly. The parent turned to his child. "Get your arm ready for the vaccination, sunshine."

## SEASONED CHRISTMAS TURKEY WRAPPED IN CRISPY PROSCIUTTO

PREHEAT OVEN TO 180°C

SEASONING:

- 2 cups fresh breadcrumbs
- 2 garlic cloves crushed
- 2 green shallots chopped finely
- 170gms raisins (dried cranberries)
- 80gms chopped pistachio kernels
- ½ cup fresh continental parsley
- ¼ cup chopped fresh sage
- 1 tblspn finely grated lemon rind
- 2 eggs
- Pinch salt

Combine all ingredients until well combined.

Set aside.

INGREDIENTS:

- Size 60 turkey
- 40gms butter – melted
- 150gms thick slices prosciutto
- Approx. 10 sprigs fresh thyme

Rinse turkey inside and out under cold water. Pat dry with paper towel.

Fill cavity with the seasoning mixture.

Tie legs together with unwaxed kitchen paper.

Tuck wings under.

Place a small amount of water in bottom of roasting pan.

Put turkey breast-side up on wire rack in pan.



Recipe for health

Brush with melted butter.

Place thyme over the turkey and under the prosciutto, which has been overlapped over the turkey.

Cover turkey with baking paper followed by covering the entire pan with foil.

Cook for 2½ hrs.

Remove paper and foil.

Increase oven temperature to 200C

Roast for a further 45 mins or until prosciutto is crisp and the juices run clear when the turkey's thigh is pierced with a skewer.

Transfer turkey to a plate and cover with foil. Set aside for 10-15 mins before carving.

## Jasper Medical

### ● JASPER HEALTH

Website address:

[www.alliedhealthoncentre.com.au](http://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.

