

FREE TO TAKE HOME!

APRIL-MAY 2016 EDITION



Heart Attack Warning



Crohn's Disease



Taking the Load



Hearing Loss in the Elderly

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](http://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

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

In case of a medical emergency phone the 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 Jasper Medical Locum Service.

*Health brochures on various topics are available on request.*

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

● 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](http://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:**

We look forward to welcoming a new physiotherapist at Jasper Health in the coming weeks.

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.



## Heart Attack Warning

Angina is heart pain when heart muscle is under strain and starved of oxygen. Heart attack is severe angina that is not relieved 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 often smoke, are overweight or have high blood pressure, diabetes, 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!

 Weblink [www.heartfoundation.org](http://www.heartfoundation.org)

## Crohn's Disease

This is one of a group of conditions called inflammatory bowel disease (IBD). It typically affects the end of the small intestine, called the ileum but can affect the large intestine too.

The exact cause is not known but some reaction of the immune system against the intestinal cells is the leading theory. There is a genetic tendency as Crohn's, particularly some forms, tend to run in families. Ongoing symptoms are not due to an infection or true food allergy.

Common symptoms are abdominal pain and diarrhoea, which may be bloody. Tiredness, nausea, weight loss and fever may occur. Of course, none of these symptoms are specific to Crohn's.


It is slightly more common in women than men and generally starts in people under the age of 30. The condition is usually life-long.

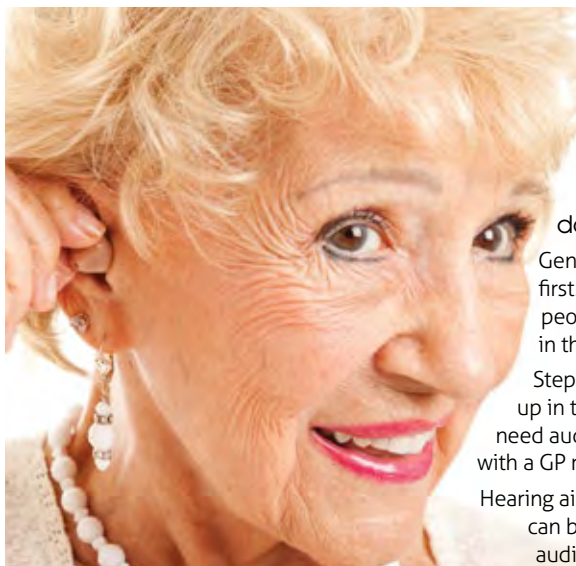
The symptoms may wax and wane and some people can go into remission.

As the symptoms are non-specific, diagnosis requires testing. Blood and stool testing will be done to exclude other conditions such as infection. You will likely be referred to a gastroenterologist. Definitive diagnosis is from a biopsy taken on colonoscopy.

Treatment is usually with medications – these include steroids and disease-suppressing agents. Anti-diarrhoeal medication may be needed to ease symptoms. In severe cases surgery may be needed to remove part of the bowel.

There is no specific "Crohn's" diet to follow but it is important to eat a healthy balanced diet. Due to absorption problems some people need dietary supplements such as vitamin B 12.

 Weblink [www.gesa.org.au](http://www.gesa.org.au)



## Hearing Loss in the Elderly

Age-related hearing loss (presbycusis) is common, affecting at least one in three older adults. We identify three types of hearing loss: conductive, where sound is blocked in the middle and outer ear; sensorineural, where the nerve receptors in the ear, which pick up sound, are damaged or worn down; and a mixed pattern of both.

Generally both ears are affected. Hearing loss also affects family and friends, who often notice it first! It can be isolating and even though there is no need for it to be so, embarrassing for some people. Unfortunately, it tends to get slowly worse with time. It can affect anyone – those with it in the family or who have had past exposure to loud noise are at greater risk.

Step one is to discuss the problem with your doctor to see what can be easily fixed. Wax build up in the outer ear or congestion in the middle ear can be easily identified and treated. Most cases need audiology (hearing) testing – Pensioners and Veterans with a gold card can get this done for free with a GP referral.

Hearing aids are not what they used to be! They are smaller, can plug into the TV or phone with Wi-Fi, can be directional, and are programmable for many different situations (e.g. background noise). An audiologist can match your budget with the right hearing aid and health insurance may chip in.

# Protect Against Influenza!

Every year, new strains of the highly contagious influenza ('flu') virus emerge and must be mirrored by the influenza vaccine if it is to provide protection. From time to time, the flu virus undergoes major change, people have less natural resistance and we get severe worldwide epidemics. This happened last year so a stronger vaccine has been produced against four strains of the virus.

Virus spread between people is by a simple sneeze or cough. Influenza emerges a few days later and is usually more severe than the common cold. Typical symptoms include fever, cough, sore throat, fatigue, muscle aches, headaches, runny noses and watery eyes. Those with weakened immunity or pre-existing illness are at risk of severe complications such as pneumonia.

The government has put \$40 million towards providing the vaccine's 70% protection free to vulnerable people under the National Immunisation Program. These include children under three years of age, people aged over 65, Aboriginal and Torres Strait Islanders, pregnant women and those with certain medical conditions.

Influenza vaccine is also recommended (but not free) for people under 65 with chronic medical conditions such as respiratory problems, diabetes, heart problems, or any illness that requires regular hospital admissions or intervention (e.g. immune suppression).

Caregivers and household contacts of high-risk children or adults should also be vaccinated (to try and prevent spreading influenza).



## Taking the Load

The backpack may have been a 'kid-safe' answer to the old grey school bag but it can present a problem for growing bodies. Too great a load over an extended period can lead to neck, back and shoulder pain and headaches. Here are some simple ideas to keep your children 'back-safe'.

- First, weigh the full backpack. It should not be more than 10% of the child's weight.
- Remove unnecessary items and put the heaviest closest to the body. Ensure your child wears the backpack over both shoulders to evenly distribute the load.

And while you are at it, check the weight of your own briefcase or backpack!

# Hepatitis A Travel Risks

Liver infection (hepatitis) is usually caused by one of one of a number of viruses. The severity and mode of transmission are not all the same. As well as Hepatitis B, C, D and E to think about, travellers also have HIV to worry about.

Hepatitis A is usually caught from consuming sewerage-contaminated food or water (faecal-oral spread).

About 2-7 weeks later, typical symptoms are nausea, vomiting, abdominal pain, fever and lethargy. There is no specific treatment other than rest and fluids, which is not what holidaymakers want to hear! The illness is rarely fatal, can cause jaundice, but is often mild.

In 2015, cases in Australia were linked to imported frozen berries. It can be caught anywhere but is more common in developing countries where almost 100% of people may have had past infection. So risk varies according to where you travel and your activities while there.

A vaccine is available (often combined with hepatitis B vaccine) that offers high protection, virtually 100% with a booster dose. Hepatitis A vaccine is now recommended for all non-immune travellers older than age one, going to lesser-developed countries.



Immune Globulin (IG) is a mixture of antibodies against a variety of infections, particularly hepatitis A. It gives short-lived immunity against hepatitis A (3-5 months) and is suitable for older people, immunocompromised travellers, those with chronic liver disease and people with other chronic illnesses (i.e. those who may not respond to vaccination).

Because some types of infective hepatitis are severe and cannot be vaccinated against, it is good practice to follow rules that reduce your risks of infections from contaminated food and water:

- Drink only boiled, commercially bottled, carbonated, or chemically treated water, soft drinks, fruit juices, beer, or wine.
- Don't put ice cubes in drinks unless you can vouch they come from safe water.
- Eat only well-cooked foods. Avoid raw or undercooked meat, fish and shellfish, and raw fruits and vegetables, unless you peel them yourself.

- Avoid salads

Hand washing before meals or using a hand sanitizer gel not only reduces gastrointestinal disease, but also reduces the transmission of respiratory viruses.

## CHICKEN CACCIATORE

### Ingredients

- 8 chicken legs, cut into thigh and drumstick
- ¼ cup extra virgin olive oil
- 1 large brown onion, peeled and chopped
- 2 garlic cloves, crushed
- 200gms button mushrooms - trimmed
- 1 ½ cups white wine
- 1 ½ cups chicken stock
- 6 pancetta slices
- 1 x 400g can whole tomatoes and juices – chopped
- 1 cup kalamata or black olives
- 1 bay leaf
- ¼ cup oregano leaves
- 2 sprigs fresh rosemary leaves
- 2 tbsp white wine vinegar
- Sea salt
- Fresh ground black pepper

Heat oil in a large deep frying pan over medium to high heat. Add half the chicken and cook, turning occasionally to brown evenly. Transfer to a plate and repeat with the remaining chicken. Add mushrooms and cook, stirring occasionally (for 2-3mins) or until golden.



Transfer to plate. Add onion, pancetta, garlic and sea salt and cook, stirring occasionally until soft (about 6 - 10 mins). Return chicken and mushrooms to pan. Pour over the wine and cook until wine reduces to a couple of tablespoons. Add tomatoes with their juice, chicken stock, olives, bay leaf, ½ of oregano and rosemary. Reduce heat and simmer for 30-40 minutes or until the chicken is cooked through and sauce thickens slightly. Add a good grind of pepper and fold the vinegar through. Sprinkle with remaining oregano and serve.

## SUDOKU

			6					
	7				4			
			9				1	
					3			2
8		2		4		7		
6				1			3	
		5						
		9				6	7	
7	2	6			5	9		4

4	8	9	5	1	3	6	7	2
5	7	6	8	2	4	9	1	3
3	2	1	7	9	6	1	2	8
6	5	4	2	1	7	8	3	9
8	3	2	4	9	7	6	1	5
1	9	7	8	6	3	5	4	2
5	6	3	9	7	2	2	4	1
9	7	1	3	8	4	2	5	6
2	4	8	6	5	1	3	9	7

## Laughter - the Best Medicine!

One morning, Peter went to see his doctor and told him that he hadn't been feeling well at all.

The doctor examined Peter, left the room, and came back with three different bottles of pills.

Looking at Peter he says, 'Take the green pill with a big glass of water when you wake up. Take the blue pill with a big glass of water after you eat lunch. Then just before going to bed, take the red pill with another big glass of water.'

Startled to be put on so much medicine, the man stammered, 'Doc, exactly what is my problem?'

The doctor replied, 'Peter, you're not drinking enough water.'



## Jasper Medical

### ● JASPER HEALTH

Website address:

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

