

FREE TO TAKE HOME!

OCTOBER-NOVEMBER 2016 EDITION



Falls prevention



Childhood Discipline



Hot flushes in menopause



Male Hormone Deficiency

● 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, Holly, Vivian & Jayne
Reception Staff: Colleen, Leeanda, Fiona, Sue, Sushila, Jarret & Nathan
 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.

● 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.jaspermedical.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 to **Glenn Membrey**, our new physiotherapist at Jasper Health. If you would like to make an appointment to see Glenn, please phone 9557 1700 - he is currently working on Mondays and Thursdays at 443 Centre Road, Bentleigh.

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.

Health brochures on various topics are available on request.

▷ Please see the Rear Cover for more practice information.

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



Falls prevention


Falls seem to be a part of getting older - one in three Australians aged 65 or more each year, sometimes causing injury severe enough to require hospital admission. Women make up 70% of these admissions.

Bruising, head injuries and bone fractures can all result from falls - 12 times more likely than a motor vehicle accident in the elderly. Hip fractures are a particular concern.

The good news is that much can be done personally to prevent falls: regular exercise keeps the muscles and bones stronger and improves balance; tai chi is excellent; properly fitting shoes with slip resistant soles; avoiding alcohol and medications that cause sedation; getting a doctor or pharmacist to review all your regular medications; an annual eye test; and a podiatrist's opinion on any foot problems.

Around the home some simple measures can help prevent falls: adequate lighting; handrails in bathrooms and at stairs; clutter removed from corridors; ensure mats or rugs won't slide when stepped on; fix uneven walking surfaces; and wipe up any spills immediately.

Have an adequate intake of vitamin D and calcium, with supplements sometimes. Some people may need medication to improve bone density. Talk to your doctor about a test for osteoporosis. ■

 Weblink www.betterhealth.vic.gov.au/health/healthyliving/falls-prevention-for-older-people

Childhood Discipline

All children behave differently. The College of Australasian Physicians says smacking a child to discipline them may teach them instead that violence may be a solution to a problem! Back in 2006, 69% of Australian adults disagreed somewhat, saying it was sometimes necessary to smack a naughty child. Clearly, this is something all parents need to think about.

The truth is children seek the approval of parents, so rewarding wanted behaviours works strongest. While there is a place for "consequences" in disciplining children, any consequences are designed to guide and teach children the two most important things – how to stay safe and use self-control.

Can a parent unknowingly undermine a child's self-control? The parent who disciplines too much can sound like a nag while the child shows limited self-control, the unwanted behaviours continue, and discipline is required more often – things can feel a bit of a disaster!

Here is the suggested way of tackling things:

CHILD'S BEHAVIOUR	PARENT'S RESPONSE
Very wanted	Reward – with attention, approval and appropriate praise
Wanted	Reinforce – by just noticing or acknowledging
Unwanted	No reaction
Very unwanted	Consequence

The good news is most children's behaviour falls into the middle two rows – parents simply have to learn to reinforce wanted behaviour and ignore unwanted behaviour most of the time. And both parents should apply the same rules for this to work.

The very unwanted behaviours should be decided on by both parents, so the child is only getting consequences every few days and doesn't feel the world is ganging up on them. These family rules, decided by parents, should include any child over five while setting them, as a

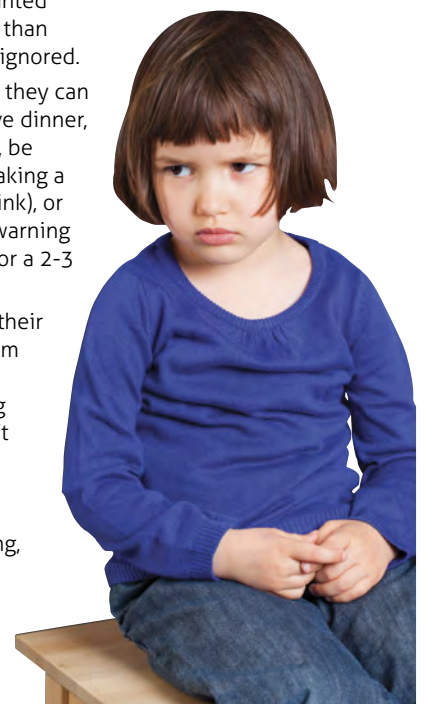
way of improving how you relate to your child. Done at family chats, they can feel a bit artificial, like workplace reviews – prior warning, no distractions around, done in a neutral environment (like the back lawn), and the child is seriously listened to.

Let's face it, most kid's unwanted behaviour is irritating rather than antisocial and can be safely ignored.

If consequences are needed they can flow naturally (refusal to have dinner, means going to bed hungry), be related (cleaning up after making a mess, so the child sees the link), or loss of privilege (with prior warning for an older child; time out for a 2-3 year old).

A good parent can separate their own childhood 'baggage' from what they need to do with their own child – disciplining baggage are things that don't work include screaming, constantly explaining, repeatedly warning, threatening, pleading, arguing, bribing and giving in.

Most parents fall into the trap of doing some of these things at times! ■





 Weblink www.thewomens.org.au/health-information/menopause-information/managing-menopause/

Hot flushes in menopause

Menopause literally means cessation of periods and is a normal part of life. However, it can cause distressing symptoms. For most women, natural menopause occurs around the age of 50. Sometimes menopause comes earlier (younger than 40) such as when the ovaries are removed surgically.

Symptoms range from mild to severe. They include tiredness, sleep disturbances, loss of libido, vaginal dryness, irregular periods hot flushes and night sweats. These symptoms may persist for weeks to a few years (occasionally longer).

Generally the diagnosis can be made based on symptoms. Testing of hormone levels can confirm that you are menopausal or close to it.

Treatment depends on the severity of symptoms. Lifestyle measures of regular exercise, adequate sleep, managing stress, not smoking and eating a sensible diet all help with a feeling of wellbeing.

Before 2002, many women were treated with hormone replacement therapy (HRT) upon reaching menopause. This lost favour when researchers found that the risks of cancer and heart disease were increased with HRT and benefits did not justify its use.

Hot flushes can be helped by: dressing in layers that can be easily shed; avoiding triggers if known (alcohol, caffeine and stress are three common ones), and drinking cold water, and herbal remedies such as red clover, primrose oil and St John's wort help some women. Low dose antidepressants and clonidine (a blood pressure medication) can be used.

Hormone replacement can be prescribed with caution but is now recommended at lower doses and for a shorter period. ■

Male Hormone Deficiency

Low testosterone levels in men, called andropause or "male menopause", is controversial and often not clear-cut (unlike women where menopause is marked by the cessation of periods).

Full-page newspaper ads tell us that there is a market for male hormones. Some operators have charged men substantial amounts of money up front for long-term treatment

The symptoms of low testosterone include tiredness, irritability, and grumpiness, loss of focus and motivation, muscle weakness, and low sex drive (libido). All of these are not unique to low testosterone so it is best to get the opinion of your GP if you have these symptoms. Blood tests can help also.

In 2015, the diagnostic criterion for subsidised replacement treatment of age-related low testosterone was changed to two morning blood samples showing a testosterone below 6mmol/l in a man over the age of 40. Under the subsidised Pharmaceutical Benefits Scheme (PBS) system, men who qualify on blood testing need a urologist or endocrinologist to give the 'green light' to hormone supplements. These come in the form of cream or gel applied to the skin each day,



or injections given every few weeks or months.

Outside the PBS, prescribed treatment done privately costs between \$60 and \$100 per month.

Weight loss, regular exercise, reducing stress and alcohol together with better sleep can all help raise the body's production of testosterone.

Talk to your doctor before any self-treatment with hormones, as this can be costly and potentially dangerous. ■

Drug-induced liver injury

The liver can be injured by many prescription drugs, over-the-counter and herbal medications, as well as some dietary supplements. Usually the damage is mild and reversible. However, drug-induced liver damage accounts for 20% of liver transplants for liver failure in Australia.



There may be no symptoms. You may experience nausea, abdominal pain, itching or jaundice (yellowing of the skin). Blood tests will show the extent to which the liver has been affected.

It is vital to disclose to your doctor all medications you have been taking, including any non-prescription medications, supplements and herbal formulations. Sometimes combining drugs is the problem.

People with pre-existing liver disease are at greater risk, as are those with fatty liver, cirrhosis or alcohol related liver damage.

Any new symptoms commencing after you start a medication should be reported to your doctor. Most side effects of medications are mild and self-limiting but not all are.

You may require testing, need to cease the medication and avoid it in the future. Some drug reactions require treatment with steroids.

Preventative measures include always taking the correct dose of any medication and being particularly careful with any self-administered medication, especially paracetamol. Avoid combining alcohol and medications. Be honest with your doctor about any non-prescribed formulations you take. ■

MINUTE STEAKS WITH ROMESCO-DRESSED SALAD

Ingredients

- 4 (x 100g) beef minute steaks
- 1/2 teaspoon smoked paprika
- 1/4 cup (60ml) olive oil
- 1kg chat potatoes – wash and cook with skin on
- 200g green beans, trimmed
- 1/2 red onion sliced - optional

Dressing

- 3 chargrilled capsicums – or jar of chargrilled capsicum
- 4 cloves garlic
- Pinch of dried chilli flakes (optional)
- 1 tablespoon red wine vinegar
- 3 vine-ripened tomatoes or Roma tomatoes - sliced or quartered
- 50g whole roasted almonds, chopped (can substitute with hazelnuts)

Method

Steaks: Rub steaks with paprika and 1 tablespoon oil, then season. Set aside.

Potatoes: wash and put in a saucepan of cold water. Cover and bring to the boil. Reduce heat to medium and cook for 12-15 minutes until tender. Drain, quarter potatoes and set aside.

Beans: add beans for the final 2 minutes of the potatoes cooking. Drain and set aside.

Tomatoes & red onion: slice and set aside.



Dressing: Place capsicums, garlic, chilli (optional), vinegar, one-third of the tomato, 30g almonds/hazelnuts and remaining 2 tablespoons oil in a food processor and blend.

Season to taste.

Preheat a chargrill or frypan over medium-high heat. Cook the steaks for 30 seconds each side or until just cooked through. Remove from the pan and rest, loosely covered with foil, for 2 minutes.

Toss the beans, potato and remaining tomato and almonds with the dressing and season. Divide the Romesco salad among 4 serving plates and serve with steaks.

COOK'S NOTE: This dressing makes a lovely dip for parties or sandwiches.

SUDOKU

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Sudoku Solution



KIDS COLOUR FUN!

Jasper Medical

● JASPER HEALTH

Website address:

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.

