

## FREE TO TAKE HOME!

## DECEMBER 2016 - JANUARY 2017 EDITION



Fun in the Sun



Swimmer's Ear



'I Don't Want to go to School'



Finding Your Ho-Ho-Ho

### 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, 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.

*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.jaspermedical.com.au](http://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 SEASONS GREETINGS

#### Public Holiday Surgery Hours:

Monday 26th December ..... 9am - 12.30pm  
 Tuesday 27th December ..... 9am - 12.30pm  
 Monday 2nd January ..... 9am - 12.30pm



**Announcements.** Dr Maryallan Girolami will be on maternity leave from late December, and will be returning to Jasper Medical in the second half of 2017. Best wishes for the impending birth!! In February, 2017 we will be welcoming Dr Meg Jordan for 12 months and Dr Laura Lamb for 6 months to our team of doctors at Jasper Medical.

**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.

# Fun in the Sun

Summer time is great fun for children and with a few handy safety tips it can be fun for parents as well. Children love being outside but they can overheat, so ensure they drink plenty of water through the day.

Get them to play in the shade or come inside in the hottest part of the day. If travelling, be aware that cars can heat up and children may feel the effects before you do. Do not leave children in a car on a hot day.

Remember to slip, slop and slap.

Kids love a romp in the park. Playgrounds are much safer than they were, but there is never a substitute for supervising your children and guiding them to age-appropriate play equipment. Similarly, water activities are great fun on a hot day but pool fences do not replace watching your child. Floatation devices are helpful for young children but, again, cannot replace your vigilance. Teach your children to always swim between the flags at the beach.

Summer offers good opportunities to connect with your children. You can enjoy splashing around with them in the pool or catch a ball or Frisbee in the park. You can go bike riding together or simply lie down at night and watch the stars. Outdoor activities are good for both your health (reducing stress and improving sleep and fitness) and your children's wellbeing. ■



## Back-to-School Nutrition

Holidays are over and thoughts will turn to getting children back to school and what to put in that dreaded lunchbox. While lunch boxes can be a difficult problem for parents, they needn't be.

Before considering lunch, ensure your child eats breakfast every day. This can be an egg, or some fruit with yoghurt or toast. Many breakfast cereals are high in sugar and food colouring, so read the labels carefully. The best drink for your child at breakfast is water.

The sandwich remains a popular lunch. Choose wholegrain or multigrain bread in preference to white. Fillings can be cold meats, vegetables or cheese or whatever

your child likes. Wraps are another option. Pack some carrot or celery sticks, a hard-boiled egg and fruit – and you have a nutritious and inexpensive lunch!

If allergies are not a concern a small pot of mixed seeds, nuts and dried fruit is a healthy recess snack. Just as at breakfast, the best drink during the day is water. Fruit juices are high in sugar so it is better children eat a piece of fruit and drink a glass of water than have fruit juice. ■



## Swimmer's Ear

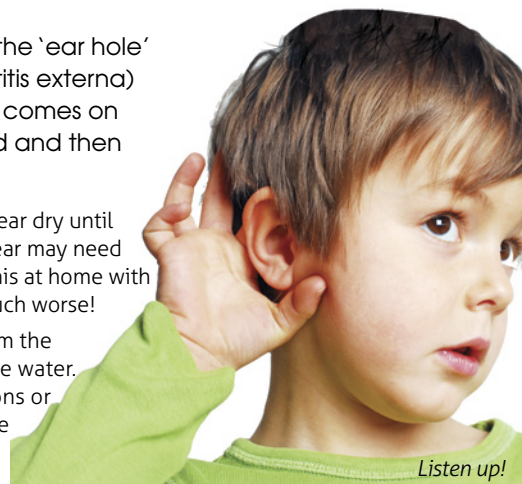
The ear has three parts – outer, middle and inner. The outer ear or ear canal is the 'ear hole' we can feel and leads to the eardrum. If this gets infected (technical name, otitis externa) it is called swimmer's ear or tropical ear. While not caused by water, it typically comes on if water remains in the ear canal. This can cause the lining to become inflamed and then bacteria or fungi multiply in the moist environment.

The hallmark symptom is a painful ear and the pain can be quite intense. There may be a fever but not commonly. It is rare to get 'cold'-like symptoms of runny nose or cough as is common in middle ear infections. The ear canal may become red and swollen.

See your doctor. Swimmer's ear is easily differentiated from a middle ear infection on examination of the ear. Treatment is antibiotic

drops and it's important to keep the ear dry until the infection clears. Sometimes the ear may need cleaning by your doctor. Do not do this at home with cotton buds as it can make things much worse!

Prevention includes using drops from the chemist after swimming to evaporate water. For those prone to repeated infections or who swim regularly, earplugs may be helpful. ■





# 'I Don't Want to go to School'

School refusal is serious and emotional. It is hard to stay detached. But finding a solution early can prevent unnecessary school absence.

Watch for things such as tantrums or tears about going to school; not wanting to leave mum or dad; refusal to leave the car or home; repeated visits to the school nurse; and feelings of physical sickness like nausea, headache and stomach cramps.

The causes can be simple or hard to find. We look for bullying, change of school, transition from primary to high school, separation anxiety, family stress, problems with teachers, academic pressures, moving house or changes in home life.

It may not be a condition of itself but a response to anxiety or fear, often because things are seen through a child's eyes.

It is serious when a child gets behind in their education or misses out on friendships.



Early recognition is vital. Discussing possibilities with your GP and school teacher can help, rather than guess what might be affecting your child. A psychologist can sometimes help.

Simple measures include being clear and direct about school attendance, offering incentives for going to school, or banning toys and electronic devices if the child is at home. It is important for the parents and teachers to be in regular contact and to 'be on the same page'.

State education departments have programs that help in difficult cases. ■



*Getting into the spirit*

## Finding Your Ho-Ho-Ho

Kids can't wait for Christmas and a good number of adults can't wait for it to be over.

Christmas can be stressful for some. This might be because you dread 'enduring' family members who you have carefully avoided since last Christmas, or it might be you've just got your credit card under control from the last festive season. It might be that you feel obligated to everyone.

There are simple things you can do to reduce Christmas stress.

- Practise slow deep breathing every day. This reduces stress and anxiety.
- Cull the present list to those you genuinely care about and you don't have to spend a fortune.
- Cut up the credit card and buy your Christmas presents with cash. That way you buy what you can afford and there won't be nasty surprises on the January credit card statement.
- Close down. Many businesses close over Christmas. You can do the same. Switch off the phone and go away.
- Be a kid again. Pop crackers, enjoy unwrapping presents and give yourself to the silliness of the season. This will make you laugh and you can't stress when you are laughing.

Not all these tips suit everyone. Do what works for you. Do remember that Christmas (whether you are religious or not) can be a time for joy and relaxation. ■

## Alcohol and the Festive Season

Christmas is a time we can overindulge in food and drink but there are simple ways to avoid this. There is no need to accept every invitation – everyone knows it's a busy time, so you can politely decline.

When you do go out, alternate your alcoholic drink with a glass of water. This means that you can always have a drink in your hand but will only consume half the number of alcoholic drinks. Taking this one step further there is no problem drinking water or mineral water all night. An increasing number of people choose not to drink alcohol at all. Claim a medical cause if you feel the need for an excuse but you needn't feel any need to justify abstinence.

Drink a big glass of water before leaving for the event, that way you won't arrive thirsty and eager for the first offering. If you are consuming alcohol, it is important to eat. This slows the alcohol absorption and also helps to fill you up.



*'Frogs need water and so do we'*

Know when you've had enough. It's OK to be sociable and in an hour or so, leave.

Family gatherings at Christmas should be enjoyable but too many drinks can fuel tension. If you are hosting, be aware of responsible serving of liquor and if you are a guest, remember to enjoy festive cheer in moderation. ■



## SEASONED ROLLED PORK SERVED WITH SPICED APRICOTS



### Ingredients

- 1.7kg boned loin of pork
- 1 small handful fresh rosemary, leaves picked
- 3 heaped tablespoons fennel seeds
- Sea salt
- freshly ground black pepper to taste
- 500g sourdough or rustic bread
- 2 red onions, peeled and finely sliced
- 4 garlic cloves, peeled and finely sliced
- 1 small handful fresh sage leaves, torn
- 2 handful pine nuts or pistachios kernels roughly chopped
- extra virgin olive oil
- 4 tblspns balsamic vinegar

### Spiced Apricots:

- 6 ripe apricots
- Chilli flakes
- Dark brown sugar
- Knob butter

### Method

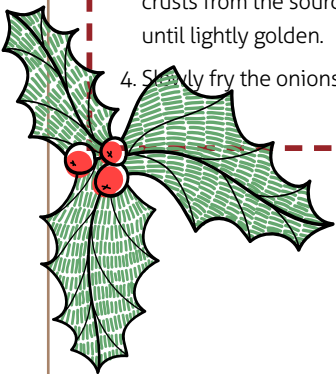
1. Preheat your oven to 220C.
2. Score across the pork skin – about 5cms wide and 1cm deep.
3. Pound the rosemary and fennel seeds in a pestle and mortar with approx 1 tblspn flaked sea salt until fine, then rub into all the score marks on the pork. Remove the crusts from the sourdough bread and toast until lightly golden.
4. Slowly fry the onions, garlic, sage and



pine/pistachio nuts in a little olive oil for 10 minutes until the onions are sweet and soft. Season with salt and pepper, add the balsamic vinegar and put the mixture in a bowl. Tear your bread into smallish pieces and add to the bowl. Mix everything together really well. Put to one side and allow to cool.

5. Place pork rind side down. Spread seasoning in centre, then roll the pork over and tie it with a few pieces of string. Place the pork on a roasting tray and cook in the preheated oven for 30 minutes then lower the temperature to 190C for a further 50-60 minutes until skin is crisp and golden.

Serve with spiced apricots: Halve and stone ripe apricots. Dot each with a little butter, then sprinkle with a pinch of dried chilli flakes and dark brown sugar. Place apricots around the pork for the last 5-10 minutes of cooking.



# CHRISTMAS COLOUR FUN!

## Jasper Medical

### ● JASPER HEALTH

Website address:

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

• Physiotherapy  
**Please phone 9557 1700 to make an appointment with Glenn Membrey, the newest team member at Jasper Health**

- 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.

