

FREE TO TAKE HOME!

APRIL-MAY 2017 EDITION



Teething Babies



Influenza Vaccination



Thyroid Tests



Sports Drinks

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

● 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

● REGISTRAR DOCTORS

February - July 2017

- Dr Meg Jordan (full time)
- Dr Laura Lamb (part time)

● 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](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

**Announcements.** Dr Maryallan Girolami is on maternity leave and will be returning to Jasper Medical in the second half of 2017.

**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 we recommend you follow-up these results. This is best arranged at your consultation.

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

▷ Please see the Rear Cover for more practice information.



## Teething Babies

During teething an infant's first teeth (the deciduous teeth, often called "baby teeth" or "milk teeth") sequentially emerge or 'erupt' through the gums. They typically arrive in pairs, the lower two incisors come first at 6-8 months of age, before all 20 teeth take a few years to erupt. This is sometimes called "cutting teeth", but emerging teeth don't in fact cut through the gums but hormones released cause some cells in the gums to die and separate, allowing the teeth to come through.

The level of pain varies remarkably. Some babies are not even bothered by teething. Some appear to suffer more than others - soreness and swelling of gums before a tooth comes through, starting 3 to 5 days before the tooth shows, and disappearing as soon as the tooth breaks through.

Common symptoms include drooling or dribbling (perhaps causing a rash around the mouth), increased chewing, mood changes, and irritability. Babies might also refuse to eat or drink due to the pain. Crying, restless sleep, and mild fever may come with teething, especially when the first larger molars erupt around age 14 months.

Symptoms generally fade on their own.

Teething may cause a slightly elevated temperature but does not cause high fever (temperature over 38.3 °C) or diarrhoea. Think about other illness, particularly infection by human herpes viruses.

Find out what is going on. Rub a finger gently along the gums in search for swollen ridges or the feel of a tooth below the gums.

If unsure, see your doctor or child nurse for guidance.

A teething ring or a wet washcloth in the freezer for a few minutes can help as can drawing water into a pacifier and freezing it. The cold pressure on the gums gives relief without making the child's fingers cold. Some children respond well to chilled foods like applesauce, yoghurt, and pureed fruits. Perhaps something firm like a sugar-free rusk

In cases where the infant is in obvious pain your doctor or pharmacist can help by prescribing a numbing or teething gel or suchlike.

About half of all 6-year olds have decay in their baby teeth. Use a soft cloth or infant tooth brush at least twice a day (but no toothpaste until after 18 months). Healthy eating and drinking also reduces tooth decay. Keep sugary food and drinks like fruit juice and biscuits out of the diet. And don't put your baby to bed with a bottle and never give a dummy dipped in honey or sugar. ■

## Helping with Learning Difficulties

There are many possible reasons why your child may fall behind in their schoolwork—anything from not getting on with the class teacher to ADHD or a hearing problem. Learning problems need to be detected and remedied early.

Here is a useful checklist for any child experiencing learning problems:

- Have a meeting with the class teacher or year coordinator to get their ideas on your child's problem.
- Get your child formally tested (e.g. by the school psychologist) to find out their strengths and weaknesses for learning (in literacy and numeracy skills).
- Get your child checked over by your GP, especially if they have physical complaints. Arrange an eyesight and hearing test.
- If your child is unusually impulsive, easily distracted, has poor attention or communication (at school and home), consider a formal assessment for ADHD or autism.
- If your child shows signs of distress, anxiety, insecurity or uneasiness about going to school, take time to talk to them about the things that are happening in the classroom, playground and around home. ■



## Body Facts...

- Skin cells only last about a week before they die. Red blood cells live for about 4 months. Bone cells last 10-30 years.
- Hair is very strong. A rope made from just 1000 hairs could lift the average adult.

- Scattered throughout the skin are millions of nerve endings which can detect pain, touch, heat, cold and pressure. The most sensitive part of the body as far as touch is concerned is the lips; the least sensitive is the small of the back. The most sensitive

for pressure is the fingers, and the least sensitive is the bottom. This is rather important; otherwise it would be agony to sit down!

- The average brain is 80% water. The average adult has about 75 km of nerves throughout the body.

# Influenza Vaccination: Key Points

Annual vaccination prevents influenza and its complications and is recommended for any person  $\geq 6$  months of age who wishes to reduce the likelihood of becoming ill with influenza.

Quadrivalent influenza vaccines (QIV) only are available in 2017. They protect against one completely new virus strain.

Vaccines are free on the National Immunisation Program in 2017 for:

- Aboriginal and/or Torres Strait Islander children aged 6 months to <5 years and persons aged  $\geq 15$  years
- Everyone aged  $\geq 65$  years
- All persons aged  $\geq 6$  months at risk of influenza complications; e.g. severe asthma, lung or heart disease, low immunity or diabetes.
- Pregnant women (any stage of pregnancy).

Influenza vaccination is also strongly recommended, but not funded, for other groups who are at increased risk of influenza and its complications.

People with egg allergy can be safely vaccinated, with precautions taken in some cases. ■



## Thyroid Tests Serve a Function

The thyroid gland in the front of the neck controls the metabolism of the whole body. Sometimes the gland becomes overactive or underactive. This happens most often in women over 50 who have a family history of thyroid problems or pernicious anaemia (vitamin B12 deficiency).

Failure of the thyroid to produce enough thyroid hormone usually comes on slowly. Symptoms are excessive tiredness, coarse or dry skin, hair loss, weight gain, poor memory and intolerance of cold weather.

An overactive thyroid speeds up the body—anxiety, rapid heartbeat, weight loss, trouble sleeping, and menstrual changes.

All these symptoms can be mimicked by other health disorders, so it can be hard for a doctor to spot thyroid problems. If you feel it may be a problem for you, discuss it with your doctor.

The problem shows up on blood test. Any lack of thyroid hormone can be easily replaced with a daily tablet. After that, the correct dose is monitored with regular blood tests.

Unfortunately, thyroid problems cannot be remedied with a change in diet or lifestyle. The problem comes about because the body, by some quirk of Nature, produces antibodies against the thyroid gland, slowly destroying its function. Taking kelp or iodine supplements can make the problem worse. ■

## Profile: Sports Drinks

Highly fashionable sports drinks offer improved sports performance and recovery but is this at the expense of your teeth!?

Athletes who regularly sip on sports drinks are bathing their teeth in sugar and mild acid, just the recipe for dissolving tooth enamel and promoting tooth decay. The risk is greater if a mouth guard is used after consuming a sports drink.

To prevent this problem, rinse the mouth with water immediately after your sports drink.

And you can make your own sports drink, as well as the commercial ones.

During strenuous exercise, especially in hot

weather, the body needs more than just water replacement. After an hour of heavy exercise, taking some carbohydrate helps the body conserve glycogen stores in muscle, maintain blood sugar levels and delay fatigue. A little sodium and potassium is also beneficial.

Try this recipe. Dissolve 1 tablespoon of sugar and a pinch of salt in a little hot water. Add 1 tablespoon of 100% orange or lemon juice. Add 250 ml of iced water. Bingo!—your own effective sports drink. ■



## ANZAC BISCUITS

### Ingredients

1 cup plain flour  
1 cup rolled oats  
1 cup brown sugar  
1/2 cup coconut  
125 g butter  
2 tbs golden syrup  
1 tbs water  
1/2 tsp bicarbonate of soda

### Method

- Sift the flour into a bowl. Add the sugar, rolled oats and coconut.
- Melt the butter in a saucepan and add the golden syrup and water.
- Stir the bicarbonate of soda into the liquid mixture.

- Add the liquid to the dry ingredients and mix thoroughly.
- Place walnut-sized balls of mixture on a greased tray and bake at 175C for 15-20 minutes.
- All biscuits to cool a little to harden before transferring to a wire rack to cool completely.



## SUDOKU PUZZLE

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

## HAPPY EASTER!



## 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.

