

FREE TO TAKE HOME!

OCTOBER - NOVEMBER 2017 EDITION



Heat Rash v Urticaria



Carpal Tunnel Syndrome



When Periods Cease



Night Terrors

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

August 2017 to February 2018

Dr Tian Tu

● PSYCHOLOGIST

Mr John Boyle

● PRACTICE STAFF

Practice Manager:

Jarret Williams

Practice Nurses:

Danielle, Kay, Jayne, & Vivian

Reception Staff:

Colleen, Leeanda, Fiona, Sue, Sushila & 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**

Health brochures on various topics are available on request.

● 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. Jasper Medical is now sending SMS reminders for appointments. Please ensure your mobile phone number is up to date with reception.

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.

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

Heat Rash v Urticaria

Heat rash or prickly heat is caused by sweat being trapped under the skin. It is more common in children than adults with the neck shoulder and chest the most affected areas. It can come on in hot weather or after sport. There is an itchy 'lumpy' rash. While uncomfortable, it is not serious.



First-line treatment is to change out of sweaty clothes after exercise. Try to find a cooler place when the weather is hot and wear loose-fitting clothing. Anti-itch creams can be applied as can topical steroid cream (talk to your doctor before using these). It will generally settle by itself.

Urticaria is a generalised reaction causing a blotchy itchy red rash (sometimes raised) anywhere on the body (palms, soles and scalp generally excluded). It can be due to a specific allergen (food or plant) or be triggered for no apparent reason. The rash can come on within minutes of exposure and

can last for minutes to days. In rare instances, it can be associated with auto-immune or other underlying conditions and can come on hours after contact with something (e.g. plant) you have a contact allergy to.

Diagnosis is usually apparent on history and examination. Investigations are not usually needed. You may be referred to an allergist for allergy testing if the problem is recurrent.

Treatment depends on severity. Antihistamine medication can help the rash and itch. Anti-itch creams and topical steroids can be used. In more severe cases, short courses (3-5 days) of oral steroid may be prescribed. ■

 www.allergy.org.au/patients/skin-allergy/urticaria-hives



When Periods Cease

Menopause literally means cessation of periods. It happens as the ovaries stop releasing eggs. In theory, this makes menopause the day of the last period. In reality, it is not so simple. Some women may experience issues related to menopause for months and even years. Symptoms vary from minor to severe. It can be natural with age or occur prematurely.

The perimenopause is the time before menopause and often when symptoms start due to fluctuating and ultimately declining levels of oestrogen. Symptoms can include sweats, hot flushes, headaches, mood changes, nausea, low libido, vaginal dryness and dry skin.

Menopause is a normal part of a woman's life so treatment is aimed at alleviating symptoms. Women who don't have troubling symptoms don't need treatment.

For three decades till 2002, hormone replacement therapy (HRT) was the mainstay of treatment. This was recommended as

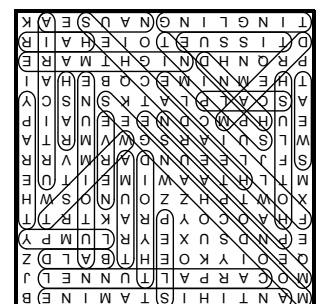
lifelong therapy. Following a major trial that showed increased risks of breast cancer and heart disease, many were scared off HRT. Today it is used but more judiciously and for shorter periods of time. Discuss this with your doctor.

Non-medical therapies include regular exercise, a regular sleep routine, dressing in 'layers' and a diet lower in sugar. Acupuncture and herbal treatments have their supporters but not much trial evidence. Massage can be therapeutic and specific symptoms such as dryness can be treated with creams or gels. Vaginal dryness can be treated with hormonal cream. ■



Questions for the 'Other Half'

- A weakened grip (e.g. screwing the lid off a jar) can be a sign of what?
- Vaginal dryness can come with menopause – true or false?
- Does 'where the rash is' tell us about a possible contact allergy (e.g. jewellery)?



Word Search Solution

 <https://jeanhailes.org.au>



Carpal Tunnel Syndrome

This is a painful condition caused by pressure on the median nerve running through a narrow space in the wrist (the carpal tunnel) into the hand. The nerve supplies the feeling sensation to thumb, index and middle fingers and aids thumb movement.

Typical symptoms such as tingling, pins and needles or pain are subtle at first and worsen over time, especially at night. Later there can be weakening of the thumb muscles. Risk factors include a family history, being female, age between 40 and 60, under-active thyroid, previous wrist injuries, arthritis and overuse. Carpal tunnel can come on in pregnancy due to hormonal factors but generally resolves after giving birth.

Diagnosis is largely symptoms-based. Examination may reveal some change in muscle power or sensation, but these may not be present early on. The definitive test

is an electromyogram (EMG) or a nerve conduction study, which shows the electrical activity of the median nerve.

Conservative treatment includes resting, wearing a splint and avoiding aggravating activities. Anti-inflammatory medications and pain killers can alleviate symptoms but do not fix the problem. Injections of local anaesthetic and cortisone can be effective for some.

Surgery can be 'open' or increasingly these days laparoscopic (keyhole). The ligament tissues pressing on the nerve are cut to release the pressure. Recovery, usually full, is gradual over some months. ■

 www.betterhealth.vic.gov.au/health/conditionsandtreatments/carpal-tunnel-syndrome

Children's Night Terrors

Dreams are something we have no control over. They come from our subconscious and can be pleasant, neutral or frightening. Adults, when they awake, instantly realise they were dreaming. For young children, dreams can seem very real.

A night terror is a nightmare for a child. Although sound asleep, the child may roll around, cry or scream out in distress and in turn, it is distressing for parents.

There is no known cause. Foods are not thought to play a part. In school-age children, stress or worry may be a factor but not necessarily. A virus (especially if accompanied by fever) may make them more likely.

Night terrors usually last 5-15 minutes and then stop. They may occur multiple times a night and may go on for some weeks. They can be occasional.

There is no specific treatment. As it is just a dream it cannot cause any harm, either physical or mental. Once awake the child tends to forget they ever had the dream. However, don't wake the child and if they do wake in a distressed state, simply provide comfort and reassurance.

Having a regular night-time routine and ensuring adequate sleep can reduce the chances of night terrors. As children age, they effectively disappear. Talk to your doctor if you have concerns about any aspect of your child's sleep. ■



 http://raisingchildren.net.au/articles/night_terrors.html

Hair-Raising Symptoms

Nearly all men and 10% of women will suffer some head-hair loss. The commonest form is male pattern hair loss, which can start as young as 20 and sees the hairline gradually recede from the front. The main risk factors are being male and a family history.

There are other causes of hair loss (alopecia), including an under-active thyroid, trauma to hair follicles, some auto-immune conditions and side effects of some medications.

By the age of 50, 50% of men will have some degree of hair loss. The follicle growth cycle begins to weaken making the hairs thinner and eventually the follicle stops producing new hairs.

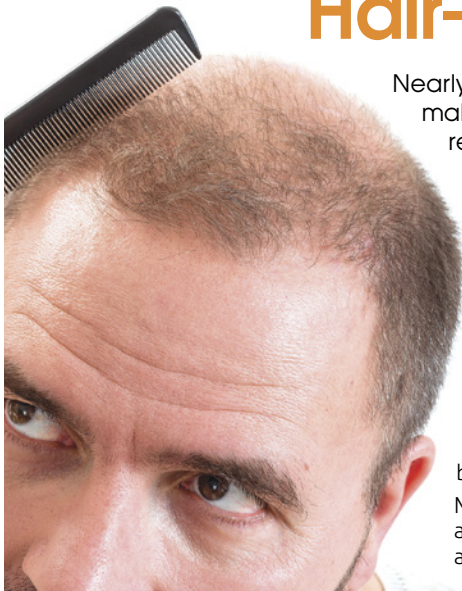
This is influenced by the male hormone, testosterone. The condition isn't harmful and doesn't affect hair elsewhere on the body or face.

No tests are needed unless there is concern about other causes of hair loss. There are many different and well-advertised

treatments available. The most commonly used treatment is a tablet which blocks the effects of testosterone and is prescribed by your doctor. It does not work in everyone and only works while taken. A lotion rubbed into the scalp can also be used.

Hair transplant is a definitive treatment but can be expensive. Laser treatment is controversial.

While upsetting for some, there is nothing abnormal with going bald. Treating hair loss is big business and treatments vary in their degree of success, so be wary of advertising claims. ■





Ingredients: Serves 4

- 500g chicken breast fillets, fat trimmed, halved horizontally
- 400g can cannellini beans, rinsed, drained
- 2 Roma tomatoes, chopped
- 1 medium avocado, chopped
- 1 Lebanese cucumber, chopped
- 1 red onion, finely chopped
- 1 fresh corn on the cob – husks and silk removed.
- ½ cup chopped fresh coriander or Italian parsley if preferred
- 1 tbs olive oil
- 1 tbs lemon juice or lime juice
- 1 tsp crushed garlic
- Optional: 1 red chilli seeded and chopped finely

Method:

1. Lightly spray a chargrill or barbecue with oil and heat on medium-high. Season the chicken with salt and pepper and chargrill for 4-5 minutes each side or until cooked through. Alternatively cook in a large frypan.
2. Combine the beans, tomato, corn, avocado, cucumber, onion, coriander and chilli (optional) in a medium bowl. Whisk the oil, lemon juice and garlic in a small bowl until combined. Season with salt and pepper. Add the dressing to the salsa and toss to coat. Serve the chicken with the salsa.

WORD SEARCH

M	A	N	T	I	H	I	S	T	A	M	I	N	E	B
M	O	C	A	R	P	A	L	T	U	N	N	E	L	J
Q	E	O	I	Y	K	O	E	H	T	B	A	L	D	Z
E	P	N	D	S	U	X	E	Y	R	L	U	M	P	Y
F	H	A	O	C	O	Y	P	R	A	K	T	R	T	T
X	O	W	T	P	H	Z	Z	O	U	N	O	S	W	H
M	T	L	H	T	A	A	W	I	M	E	I	T	U	E
S	F	J	L	E	E	U	N	D	A	R	M	V	R	R
W	L	S	U	I	A	R	S	G	W	V	M	R	T	A
E	U	H	P	M	C	D	N	E	E	E	U	A	I	P
A	S	C	A	L	P	L	A	T	K	S	N	S	C	Y
T	H	E	M	N	I	M	E	C	Q	B	E	H	A	I
P	R	Q	N	H	D	N	I	G	H	T	M	A	R	E
D	T	I	S	S	U	E	T	O	I	E	H	A	I	R
T	I	N	G	L	I	N	G	N	A	U	S	E	A	K

- Antihistamine
- Auto-immune
- Bald
- Carpal tunnel
- Dream
- Follicle
- Hair
- Hand
- Headaches
- Hot flush
- Lumpy
- Menopause
- Mood changes
- Nausea
- Nerve
- Nightmare
- Pattern
- Rash
- Scalp
- Sleep
- Splint
- Sweat
- Therapy
- Thyroid
- Tingling
- Tissue
- Trauma
- Urticaria
- Wrist

See inside for the solution

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.

