

FREE TO TAKE HOME!

DECEMBER 2017 - JANUARY 2018 EDITION



Connecting with teenagers



Children at the beach



Tips for travellers



Chlamydia the hidden STI

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**

- Dr Tian Tu**
August 2017 to February 2018

● **PSYCHOLOGIST**

- Mr John Boyle**

● **PRACTICE STAFF**

- Practice Manager:**
Jarret Williams
- Practice Nurses:**
Danielle, Kay, Jayne, & Vivian
- Reception Staff:**
Colleen, Leeanda, Fiona, Sue, Sushila & Nathan

Patient feedback. 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

Health brochures on various topics are available on request.

● **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.

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.

Our partner site Jasper Health also offers online bookings for a variety of services including psychology, physiotherapy, personal training, pilates, myotherapy, dietetics, exercise physiology, podiatry, acupuncture, and traditional Chinese Medicine. Jasper Health is located just 3 doors away at 443 Centre Road Bentleigh and at:
www.jasperhealth.com.au

● **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.

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.

Best wishes for the festive season and a happy New Year to all of our patients.

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



Connecting with your teenager

The teenage stereotype of a monosyllabic adolescent behind a slammed-shut bedroom door has some validity but it is far from the whole story. Adolescence is a time of change, physically, mentally emotionally and socially. The transition from child to adult is not always easy. In this era of social media and smart phones, there are additional pressures.

Parents often lament that their teenagers do not listen, and they may be right. However, communication is a two-way street. This means listening is as important (possibly more so) than talking to your teens. We know that teenagers (despite what they may say) still want guidance and parental support. While outwardly they may claim to know it all, deep down there is still insecurity.

Seek out common interests. Talk about topics they raise. Be prepared to talk when they are ready to open up about a situation (even if you are doing something else). Be opportunistic. When driving to school or other places, you have a captive audience. This can be a good time to talk. Aim to sit down for dinner with your teen at least a few times a week. Talk around the dinner table can be revealing. No matter how many times the answer is nothing much, ask about their day, every day.

Communication is the key to connecting. Ask your own parents how they coped with you. Talk to your doctor about any concerns you have about your teenager. ■



Children at the beach

The summer holiday is the perfect opportunity to get children away from electronic devices and into the outdoors. While we want children to play safely and avoid injury, we need to recognise that a grazed knee is not a major drama.

Compared to previous generations, most public playgrounds are remarkably safe. The modern synthetic surfaces cushion falls and equipment is designed with safety in mind. However, there is no substitute for watching your children.

Older children can be left more to play independently but younger children need a watchful eye. There is much to be said for parents and carers playing with them, which gives the adults some exercise too.

Trampolines are fun but children need instruction on how to use them safely. Once more, design is far better than in the past. Bicycles are a popular Christmas present and learning to ride a bike is still a childhood joy. While falling off when starting is impossible to avoid, wearing a bike helmet and offering physical support can minimise major damage.

Running and ball games are fun in summer. It is important for children to wear appropriate footwear and, where applicable, safety equipment.

Injury risk can be minimised but not eliminated. Fortunately, most play-related injuries will be minor. Talk to your doctor about any concerns you have. ■



Tips for travellers

Travel vaccinations are important considerations before travelling, but most of the health issues people face on their travels can't be vaccinated against. Insurance claim statistics suggest that people experience similar health issues travelling as they do at home – chest or sinus infections, viruses, gastro, cuts and bruises and more serious ones like heart attack and broken bones from trauma.

Talk with your doctor before travelling. Your own medical circumstances may make certain itineraries problematic. Make sure you take adequate supply of any regular medications you have been prescribed. A letter from your doctor listing them can be helpful at airport security.

You don't need a suitcase full of first aid supplies but a kit of location-relevant basics can be helpful. Having a simple pain killer, anti-diarrhoeal and antihistamine in your kit can cover many issues that may arise. Simple band aids and antiseptic may save a trip to a medical facility.

In many countries, you should only drink bottled water. Beware for salads and fruits that might be washed in local water. Eat mainly cooked vegetables and fruits which are peeled (e.g. banana).

Be aware of local customs and laws. Ask if there are areas to avoid. If you are driving make sure you have insurance. This may be separate to travel insurance, which is also a must, and less expensive than you might think.

Holidays should be fun, and with some simple precautions they can remain so. ■

Getting on top of Impetigo

Impetigo is a skin infection caused by common bacteria (staphylococcus and streptococcus).

It is more common in children, as the name school sores suggests, but it can also affect adults. The bacteria can live quietly on the skin but minor grazes or other disruptions of the skin's surface can allow infection to set in. It is not a reflection of poor hygiene.

The condition is not serious but is unsightly and very contagious. It often starts with redness which quickly develops into sore blisters which may weep or develop crusts. It can spread from point to point around the body.

Diagnosis is generally on the appearance. Sometimes your doctor may suggest a swab test to confirm the type of bacteria.

Treatment is topical antiseptic and often an antibiotic. It is important to keep your child away from other children. Wash the child's clothes, bedding and towels in hot water and a germicidal washing agent. Avoid sharing towels.

Encourage hand washing but discourage scratching the sores and cover them if necessary. The sores will heal in a few days without permanent scarring. ■



 **Weblink:** <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/impetigo-school-sores>



Chlamydia the hidden STI

The commonest sexually transmitted infection (STI) in Australia is Chlamydia with the number of cases rising over the past 20 years, particularly in the 15-25 age group. Both sexes are equally affected and it is very treatable.

Common symptoms are burning with passing urine and a discharge from the genitals. Women may experience lower abdomen or pelvic pain. Often the symptoms are mild which emerge between one and three weeks after exposure. Many people don't have any symptoms at all.

Diagnosis is by urine or swab testing and, generally, a full STI check will be done which involves a urine and blood test.

Treatment is with antibiotics. If chlamydia is confirmed then a repeat test will be needed about three weeks later to ensure the infection has cleared up. It is a notifiable infectious disease, so cases are reported to the WA Health Department.

The other critical part of treatment is contact tracing. If you have been diagnosed with Chlamydia, you need to notify sexual partners as they will also need treatment.

Left untreated Chlamydia can lead to infertility, which is why screening is recommended if you are sexually active. Prevention is relatively simple although not 100%. Always practise safe sex and use protection to reduce the chances of getting chlamydia and other STIs.

Don't be scared of raising concerns with your doctor. They will have dealt with this issue often. And, remember, it is a common condition, you may have no symptoms and it is treatable. ■

 **Weblink:** <https://www.sexualhealthaustralia.com.au/chlamydia1.html>



Jellyfish

While shark attacks make headlines, there are other creatures in the water that can cause us problems when swimming. These are many and varied and influenced by season and where on the coastline you are.

Most jellyfish stings are not serious but can be itchy or painful. However, tropical marine stingers found across Northern Australia can cause swimmers serious reactions and even death.

There are ways to minimise the chances of getting stung: Always swim between the red and yellow flags and inside stinger nets (where provided). Don't enter the water if beaches are closed. Look for and obey safety signs.

If a person is stung by a marine stinger they will need first aid. Apply vinegar to the sting area. Call for the lifeguard and seek urgent medical attention.

Stings by less toxic jellyfish can be treated firstly by removing the sting. You can use simple analgesia for pain, antihistamine for itching and soothing creams. ■

 **Weblink:** <https://beachsafe.org.au/surf-safety/tropical-stingers>

SMOKED SALMON BLINIS



Ingredients:

Smoked salmon
Salted capers
Fresh dill
Red onion, thinly sliced in half rings
Horseradish relish
Dijon mustard
Egg mayonnaise

For Blinis:

(makes 30+)
2 cups SR flour
1 tsp baking soda
1 egg, beaten
Pinch of salt
½ cup finely grated parmesan
1 tblspn finely grated parsley
Milk as needed

Method:

To make horseradish cream: add
1 tblspn horseradish relish, 1 tspn

Dijon mustard to 1 cup of egg mayo
(homemade or quality shop-bought).
Adjust quantities to your own taste.

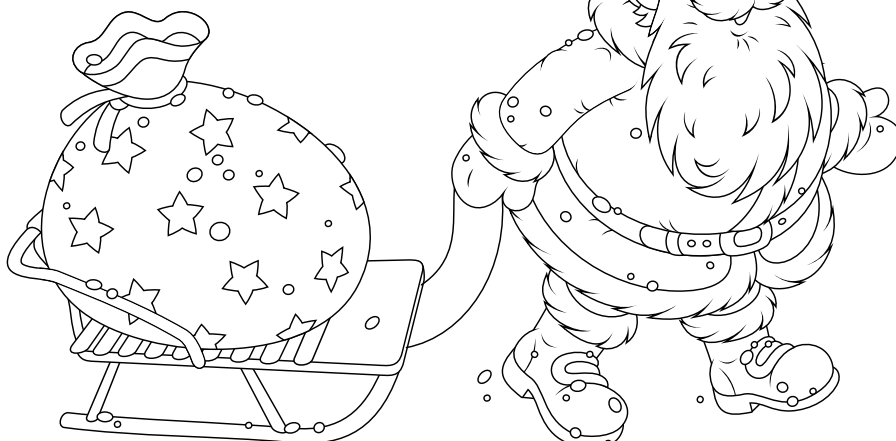
To make blinis: Sift flour and baking
soda together. Add salt. Make a well
and add egg. Mix to combine then
add milk to create a thick batter. Add
parmesan. Let stand until bubbles
start appearing on the surface of the
batter.

Heat a frypan or griddle to about
170C, spray with cooking oil and add
heaped teaspoons of batter leaving
room for a little spread. When
bubbles appear on the top of the
blini, turn and cook other side.

Continue until all the mixture is used
(leftovers can freeze)

To assemble: Spread horseradish
cream on blini, add a portion of
smoked salmon and top with a caper
and a sprig of dill.

CHRISTMAS 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.

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.

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.