

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](http://www.healthnews.net.au)

### ● PRACTICE DOCTORS

#### Dr Steve Jarvis

MBBS, FRACGP, DipObs, BSc

#### Dr Shahrooz Roohi

MBBS (Hons) FRACGP

#### Dr Russell Bock

MBBS, FRACGP, DipObs

#### Dr Galal Tadros

MBBS, AMC

#### Dr James Setiawan

MBBS, FRACGP

#### Dr Christina Bien

MBBS (Hons), DCH, SH&FPA, FRACGP

#### Dr Mari Bardell

MB, CHB, FRACGP, PallMedDip

### ● REGISTRAR DOCTORS

#### Dr Carolin Behrens

#### Dr Janet Hutchens

### ● PRACTICE MANAGER

#### Jacqui Markou

### ● PRACTICE NURSES

Jenny, Sarah, Sonia, Joanne, Anna,  
Cheryl, Nicole &  
Jaci (Care Plan/Health Assessment Nurse)

### ● RECEPTION STAFF

Joyce, Denise, Rosemary, Tracey,  
Pauline, Suzanne & Sarah

### ● SURGERY HOURS

Monday ..... 7am – 6pm  
Tuesday ..... 7am – 8pm  
Wednesday..... 7am – 7pm  
Thursday..... 7am – 6pm  
Friday..... 7am – 5pm  
Saturday ..... 8am – 3pm  
Public Holidays ..... 8am – 1pm

### ● AFTER HOURS & EMERGENCY

After hours Locum Service - Home Visit  
**9321 9133**  
Health Direct ..... **1800 022 222**  
Joondalup Hospital Emergency  
**9400 9400**

Appointments can be made online, visit our website: [www.whitfordsmedical.com.au](http://www.whitfordsmedical.com.au)

### ● OTHER SERVICES

- 24 Hr blood pressure monitoring
- Travel vaccines & advice
- Chronic disease management
- Health Assessments for over 75s
- Anti-wrinkle injections/treatment
- Skin Cancer Check/Mole Scan
- ECG
- Audiometry
- Medicals
- Diving medicals
- Family Planning
- Myofascial therapy
- Minor surgery

Our aim is to give our patients the highest possible quality of care, by ensuring excellence in all aspects of our practice. We endeavour to provide patients with the best and most current treatments, methods, materials and equipment within our resource capabilities to ensure that the patients receive the high quality of service they have come to expect.

### ● ALLIED HEALTH PROFESSIONALS

Allied Health appointments available at reception:

- Podiatrist
- Diabetes Educator
- Consultant Dietitian

### ● BILLING ARRANGEMENTS

We are a bulk billing practice Monday to Friday. Medicare Card required.

Saturday is Private Billing. Payment is required on the day of consultation.

### ● APPOINTMENTS

**Consultation is by appointment.** Urgent cases are seen on the day.

**Home Visits.** If unable to attend our surgery, one of receptionist can arrange for a locum Doctor to visit you at home. (See after hours for phone number.)

**Long Appointments.** If booking for a medical or for a more complex problem or Pap smear, please inform reception.

**Non-Cancellation Fee.** If you fail to attend appointments a fee of **\$38.50** will apply. To avoid receiving a fee, adequate notice is required.

### ● SPECIAL PRACTICE NOTES

**Molescan/Skin checks.** Full skin cancer mole checks are available by appointment to ensure a qualified Molescan doctor is available. An appointment specifically is necessary for this service.

**Contacting Doctors.** Should you wish to speak to a Doctor, please be aware the he/she is likely to be consulting. A message can be left and your Doctor or staff member will return your call with a reply.

**Reminder system.** Because our practice is committed to preventive care, we may send you an occasional reminder regarding health services appropriate to your care. If you wish to opt out of this, please let us know.

▷ 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. ■

 **Weblink** [www.allergy.org.au/patients/skin-allergy/urticaria-hives](http://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

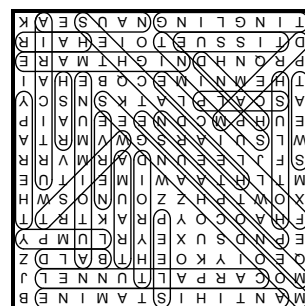
lifelong therapy. Following a major trial that showed increased risks of breast cancer and heart disease, many were scared off HRT. Today it is used but more judiciously and for shorter periods of time. Discuss this with your doctor.

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

 **Weblink** <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. ■

 **Weblink** [www.betterhealth.vic.gov.au/health/conditionsandtreatments/carpal-tunnel-syndrome](http://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.

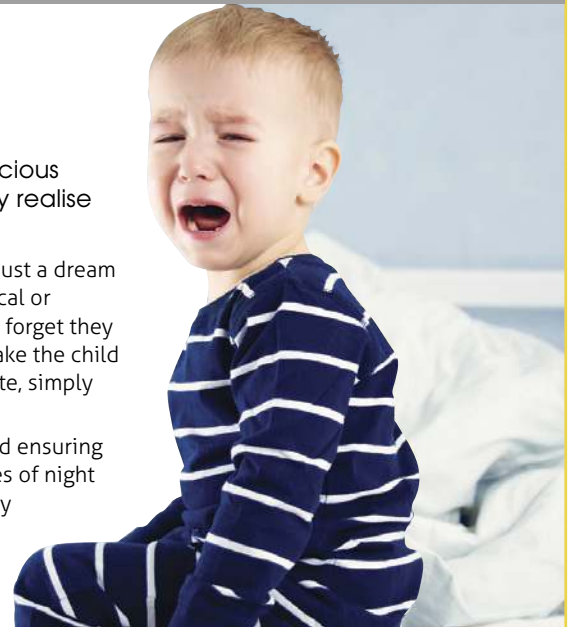
A night terror is a nightmare for a child. Although sound asleep, the child may roll around, cry or scream out in distress and in turn, it is distressing for parents.

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. ■



 **Weblink** [http://raisingchildren.net.au/articles/night\\_terrors.html](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.

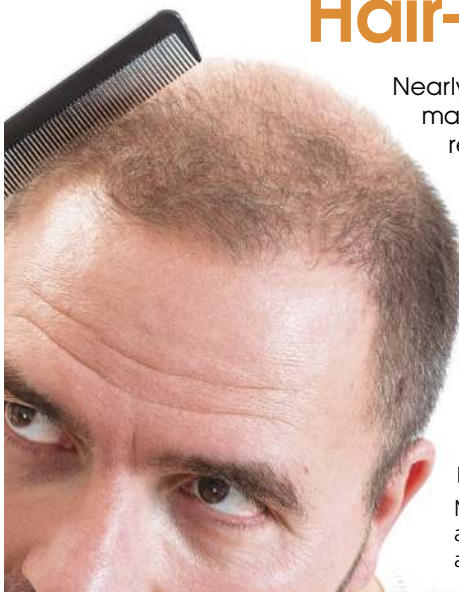
By the age of 50, 50% of men will have some degree of hair loss. The follicle growth cycle begins to weaken making the hairs thinner and eventually the follicle stops producing new hairs. This is influenced by the male hormone, testosterone. The condition isn't harmful and doesn't affect hair elsewhere 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
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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	Nightmare
Auto-immune	Pattern
Bald	Rash
Carpal tunnel	Scalp
Dream	Sleep
Follicle	Splint
Hair	Sweat
Hand	Therapy
Headaches	Thyroid
Hot flush	Tingling
Lumpy	Tissue
Menopause	Trauma
Mood changes	Urticaria
Nausea	Wrist
Nerve	

See inside for the solution

## Whitfords Avenue Medical Centre

## ● SPECIAL PRACTICE NOTES

**Test results.** Please ensure you make a follow-up appointment with your doctor, as results are not given over the phone.

**Despite our best intentions,** we sometimes run late! This is because someone has needed unexpected urgent attention. Thank you for your consideration.

**Medical record confidentiality.**

This practice protects your personal health information to ensure it is only available to authorised staff members for the intended purposes and to comply with the Privacy Act.

**Your comments on our medical services are always welcome.**

We strive to improve for your benefit. Please direct any queries or complaints to the Practice Manager. Comments box is available, or in writing addressed to Practice Manager. Unresolved issues can be addressed to Health and Disability Services Complaints Office, [www.hadsco.wa.gov.au](http://www.hadsco.wa.gov.au) or ph: **6551 7600**.

**Molescan/Skin checks.** Full skin cancer mole checks are available by appointment to ensure a qualified Molescan doctor is available. An appointment specifically is necessary for this service.

**Implanon insertion.** Can be done in our minor theatre room after assessment by a family doctor at this practice.

**Myofascial medicine.** For treatment of back neck shoulder pain. Requires appointment for assessment and arrangement of treatment plan. Treatment type can be seen on Professor Chan Gunns web site: <http://www.istop.org> Naturally not all cases are suitable for Myofascial Treatment and may require other or combined treatment modalities. This treatment requires careful assessment prior to being used.

**Cosmetic treatment.** Cosmetic treatment is available at the Whitfords Avenue Medical Group. For more information about the service available please visit our Whitford's Cosmetic Medicine website.

