

FREE TO TAKE HOME!

JUNE-JULY 2018 EDITION



**Osteoarthritis**



**Flash burns to the eye**



**Tonsillitis – say argh!**



**Cold and Flu Prevention**

YOUR NEXT APPOINTMENT:

### ● 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 Valerie Heard

#### Dr Jessica Khouri

### ● PRACTICE MANAGER

#### Jacqui Markou

### ● PRACTICE NURSES

Jenny, Sonia, Joanne, Anna, Cheryl,  
Jessie, Angie &  
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.

### 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)



 Weblink <http://www.arthritisaustralia.com.au>

## Coming to grips with **osteoarthritis**

As we get older our joints show wear and tear. The cartilage (lining) of the joints is affected most, though bones, ligaments and muscles can also be involved. This is known as degenerative osteoarthritis. It affects almost everyone over 40 but the severity and the joints involved varies. Risk factors include age, being overweight, positive family history and injuries to joints. Knees, hips, hands and the spine are the most commonly affected areas.

Symptoms include pain and stiffness and swelling in the joint. It develops gradually over many years. Pain may be worse with activity although stiffness is usually worse in the morning. Symptoms may be intermittent at first and may become constant.

Diagnosis is generally on the clinical findings. X-rays can help assess the extent of cartilage degeneration.

Treatment depends on severity. Weight loss (if overweight) reduces load on the joint. Heat packs help some people as does strapping or taping the joint. Regular exercise helps preserve function but needs to be

tailored for individual circumstances and a physiotherapist can assist. Water-based exercise puts less load on the joints.

Medications do not cure osteoarthritis but analgesics such as paracetamol can ease symptoms. Anti-inflammatory medications can be useful but may have side effects so talk to your GP, they are not suitable for everyone. Braces, walking aids and shoe insoles play a role too.

In more severe cases, injections into the joint can ease symptoms and surgery including joint replacement can be beneficial when non-surgical treatments have failed.

## Chickenpox is not child's play

Caused by the varicella-zoster virus, chicken pox is a highly contagious illness. It can affect any age but is more common in children. The number of cases has declined since the addition of a vaccine against chicken pox onto the childhood immunisation schedule in the early 2000s. Fortunately most cases are mild.

The main symptoms are low-grade fever, and 'cold'-like symptoms of sore throat, headache and runny nose together with feeling generally unwell. The hallmark symptom is an itchy blistery rash which appears after a few days. This can be anywhere on the body but is mostly on the trunk and head. Some may get mouth ulcers. Diagnosis is in the clinical appearance once the rash starts. If you suspect chicken pox,

inform your doctor's surgery as they may ask you to wait away from others. Newborn babies and those with weakened immune systems are at greater risk and pregnant women are also vulnerable as the virus can have a potential impact on her baby.

Anyone with chickenpox should stay home and away from others till the rash has dried out. The virus spreads by airborne droplets.

There is no specific treatment. General measures include bed rest, fluids and paracetamol or ibuprofen for symptoms. The rash, if scratched, can leave scars so use soothing creams. Antihistamine medications may ease the itch as can wearing mittens. Discuss this with your doctor.

Chickenpox is preventable via immunisation. Most children born after 2001 will have been immunised. Talk to your GP.



 Weblink <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/chickenpox>





## Flash burns to the eye


Flash burns occur when a strong light burns the surface of the eye (cornea). Causes include skiing without glasses or sun lamps. Symptoms include pain and burning in the eye, watery or bloodshot eyes, and blurred vision and can start up to 12 hours after exposure.

Diagnosis is on the history and examination of the eye. Investigations are not needed. Fortunately, most cases are mild and will resolve over a few days with no permanent damage. Treatment can include pain killers, use of antibiotic and anaesthetic eye drops, dilating drops to relax eye muscles and padding the eye. If you have contact lenses these will need to be removed. Artificial tear drops can be soothing.

You should not drive or operate machinery while being treated and you need a follow-up examination after 24-48 hours.

We only get one set of eyes so if there is any concern about your sight, seek immediate medical attention either at your GP or at an emergency department.

Flash burns can be prevented. Protect your eyes in the snow by wearing dark glasses with both UVA and UVB protection. When working use safety goggles that are made to Australian Standards. Most importantly, remember to wear them.

 Weblink [http://healthywa.wa.gov.au/Articles/A\\_E/Eye-injury-corneal-flash-burns](http://healthywa.wa.gov.au/Articles/A_E/Eye-injury-corneal-flash-burns)

## Tonsillitis – say argh!


The tonsils are located half way to the back of the throat and help 'trap' infections. They are particularly important for young children with less-developed immune systems. Unless they became enlarged or infected, we generally don't even know they are there.

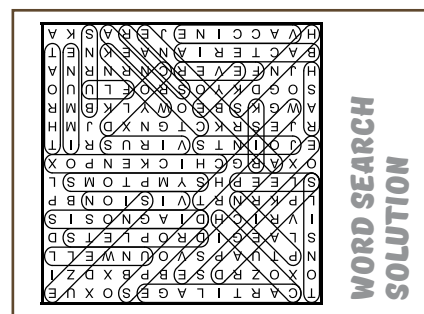
Tonsillitis is an infection of the tonsils caused by a virus (80%) or bacteria. The symptoms are a sore throat, fever, headache, tiredness, feeling generally unwell, pain on swallowing and loss of appetite. The tonsils may enlarge and have white or yellow spots on them. They may have a 'coated' appearance.

If you suspect tonsillitis see your GP. Treatment for the viral form is bed rest, fluids, gargling (if possible) or lozenges to ease pain and paracetamol or ibuprofen for fever and pain. Bacterial tonsillitis (usually a streptococcus) will be treated with antibiotics. Penicillin is first choice but there are other options for those allergic to it.

Some people get recurrent tonsillitis, which is when the question of having tonsils removed arises. Tonsillectomy is performed far less frequently than in the past. The rule of thumb is four or more episodes per year for two or more consecutive years. Severity, response to treatment and time off school or work are also factored in. You may be referred to an ENT surgeon, so talk to your GP.



 Weblink <http://www.mydr.com.au/respiratory-health/tonsillitis>



## Cold and Flu Prevention

Viruses are present all year round but more people get unwell with them in winter. It could be a case of less sunshine and spending more time indoors but, whatever the reason, we can do a lot to reduce the spread. Viruses spread by airborne droplets so covering your mouth when you cough makes a big difference, as does sneezing into a hanky or tissue. AND washing hands is imperative.

Many people try to soldier on with a virus even though staying at home not only helps you get better quicker but also makes it less likely you will pass it on to others. Air-conditioning makes it easy for viruses to spread, so don't contribute yours to the office pool.

Many workplaces offer flu vaccination

for employees and certainly is something to consider but it will not prevent a cold. Regular exercise has been shown to strengthen the immune system but it is wise to cease or at least reduce exercise while unwell. Eating a healthy diet with adequate fruits and vegetables and getting enough sleep also helps. Managing stress (e.g. meditation, guided relaxation and herbal teas) has been shown to benefit immunity as does having adequate vitamin D.

It is worth repeating, if you get sick, stay home, the world will keep spinning.





## VEGIE SOUP WITH SPINACH & PARMESAN DUMPLINGS

### Ingredients

- 1 tablespoon Extra Virgin olive oil
- 1 large leek, trimmed, thickly sliced
- 4 garlic cloves, peeled
- 2 teaspoons mixed spice
- 2 teaspoons sweet paprika
- 2 Desiree potatoes, peeled, cut into 2cm pieces
- 1 medium size sweet potato cut into 2cm pieces
- 2 parsnips, peeled, thickly sliced
- 2 small white turnips
- 2 baby fennel, trimmed, cut into wedges or 2 medium size onions cut into wedges
- 2 sprigs fresh sage
- 400g can whole peeled tomatoes
- 3 cups vegetable stock
- 500g Kent pumpkin, cut into 3cm pieces

### Spinach and parmesan dumplings

- 1 ½ cups self-raising flour
- 250g packet frozen spinach, thawed
- ½ cup grated parmesan
- ¾ cup milk
- 50g butter, melted

### Method

Heat oil in large heavy-based saucepan over medium-high heat. Add leek and garlic. Cook, stirring, for 4 minutes or until leek

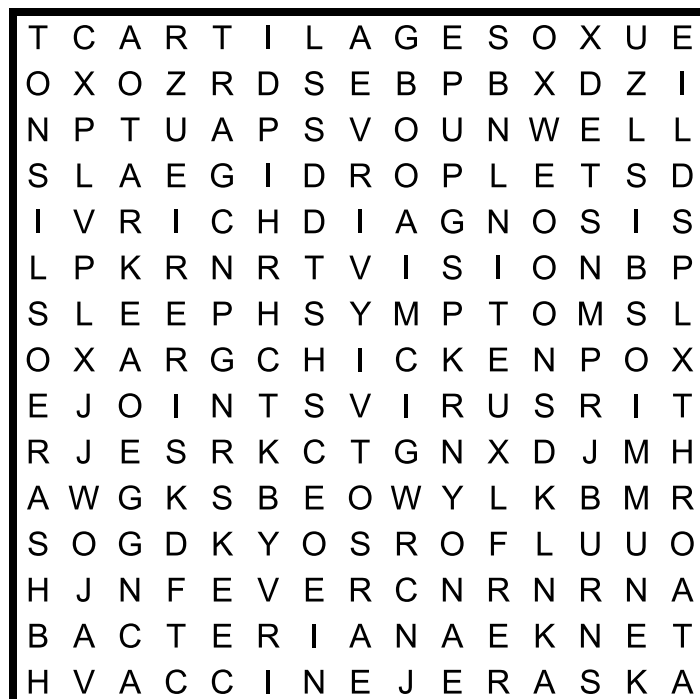
has softened. Add mixed spice and paprika. Cook, stirring, for 30 seconds or until fragrant. Add potato, parsnip, fennel and sage. Stir to combine. Add tomatoes, stock and 1 cup water. Bring to a simmer. Cook covered for 10 minutes. Add pumpkin. Cook for a further 5 minutes or until vegetables are almost tender. Remove and discard sage sprigs.

### Spinach and parmesan dumplings

Sift flour into a bowl. Make a well in the centre. Squeeze excess moisture from the spinach. Add spinach, parmesan, milk and butter to flour. Stir to form a soft dough. Roll into 12 balls. Top soup with dumplings. Reduce heat to medium. Cook covered for 20 minutes or until dumplings are cooked through. Serve.



## WORD SEARCH



Airborne  
Bacteria  
Burns

Cartilage  
Chickenpox  
Cold

Cornea  
Cough  
Diagnosis

Droplets  
Drops  
Exercise  
Eye  
Fever  
Flu  
Hands  
Immune  
Joints  
Pain  
Rash  
Risk  
Scar  
Sleep  
Sneeze  
Spread  
Symptoms  
Throat  
Tonsils  
Unwell  
Vaccine  
Virus  
Vision  
Weight  
Work

## 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.hadscowwa.gov.au](http://www.hadscowwa.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 a 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.

