

FREE TO TAKE HOME!

OCTOBER-NOVEMBER 2018 EDITION



Tinnitus



Asthma in children



Managing stress



Baby teeth

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 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
Currently on Maternity leave

Dr Mari Bardell

MB,CHB, FRACGP, PallMedDip

● REGISTRAR DOCTORS

Dr Valerie Heard

Dr Jessica Khouri

● PRACTICE MANAGER

Jacqui Markou

● PRACTICE NURSES

**Sarah, Jenny,
Sonia, Joanne,
Anna, Cheryl &
Rebekah**

● CARE PLAN/HEALTH ASSESSMENT NURSES

Jaci & Nicole

● RECEPTION STAFF

**Joyce, Denise,
Rosemary, Tracey,
Pauline, Suzanne,
Angie & Maddy**

● 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

● 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.**

When head noises get in the way – tinnitus

About one in five people have 'head noises' or tinnitus that annoys them. Most of us have noise in our hearing system, so it is how we focus on the problem that gets us in strife. This is a real dilemma for those helping – focus on what to do to overcome the problem, and if you can't overcome it, risk increasing someone's distress by increasing their focus on their tinnitus!



 Weblink: www.tinnitus.asn.au

Tinnitus only drives a minority of sufferers mad!

About 30-40% of people with tinnitus suffer socially and in the workplace. Negative thoughts and emotions can create a vicious cycle that accentuates tinnitus symptoms. Your doctor will probably want to know if you are curious, concerned or distressed about your tinnitus or if you have associated dizziness.

We know tinnitus is more common in people with a hearing loss or other ear problems. Your doctor may refer you to someone with specialised equipment or expertise. They may provide information and look at self-directed treatment options.

Alternatively, information may be provided by an audiologist who will ask if the problem is intermittent or persistent, if dizziness is associated with it or if there is hearing loss. The situation may be simple or complex, and it may take multiple investigations by different clinicians to get to the bottom of it. Fortunately, symptoms

are not usually a sign of severe disease, such as a brain tumour.

How an individual thinks and feels about tinnitus is important. It would be negligent if anxiety, depression and sleep problems were not asked about.

Often nothing gets rid of it. However, patients can successfully manage their tinnitus using different treatments to the point where it is no longer a concern. Common suggestions for management include avoiding silence, doing things to keep calm and relaxed, and limiting caffeine. Removing excessive earwax can also help.

From the doctor's perspective, some medications can cause or worsen tinnitus – aspirin, quinine, some antibiotics, diuretics and some anti-cancer drugs are the most well-known.

We are told celebrities that have suffered from tinnitus include Liza Minelli, Bob Dylan, William Shatner and Barbara Streisand.

Asthma in children

It is estimated that as many as one on five children will be diagnosed with asthma. It can range from mild to severe. Some children have symptoms all year round while others only in certain circumstances (e.g. a viral illness or when exposed to irritants like dust or grass).

Uncontrolled asthma can be fatal. However, asthma can be successfully managed and controlled through use of medication. Children with asthma can live a completely normal life and do not need to be restricted in their sporting or other activities.

Typical symptoms include a wheeze and cough. In more severe cases there may be chest tightness and shortness of breath. Diagnosis is by the history of symptoms and examination of the lungs. Lung function testing is helpful but can prove normal when asthma is dormant.

Asthma is generally treated with inhalers of which there are two mainstays – preventer and symptom relievers. The former is used on a regular basis to treat the underlying inflammation in the airways and the latter to improve symptoms as needed. In severe cases oral steroids may be used in short bursts.

The treatment rationale is to use the lowest dose necessary to control the condition, so doses will not be constant through the year.

For parents, the key is to recognise the pattern on your child's asthma – its triggers and symptoms. So it is important to have an asthma plan (available from the National Asthma Council) and to have your child checked regularly by your GP.

Most importantly, seek urgent medical attention if there is any worsening of the condition.

Younger children often are not frightened by a spacer mask, if it is introduced as a toy and the parents are involved.

SUDUKU SOLUTION

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

 Weblink: www.asthmafoundation.org.au

Managing stress in busy lives

It doesn't seem to matter who you talk to, everyone feels stressed at some stage of their lives. Relationships, money and work are consistently shown in polling to be the big three worriers. Our body reacts to stress today as it did in caveman days. It goes into fight or flight mode with the release of hormones such as adrenalin and cortisol which were helpful when the threat had a physical solution and would end (for better or worse). It is not so helpful with the type of stressors we face today.

However, there is much we can do to manage stress, starting with regular exercise. It can be as simple as going for a walk. Listening to calming music, doing slow, deep breathing or guided meditations can be helpful as well. There are many digital apps available to help people deal with stress and many are free. Drinking herbal tea helps some people as does keeping a journal. Drink mainly water and do not drink alcohol to excess. Try to minimise sugar in your diet. Taking a short vacation, if possible, may help.

Ultimately dealing with what stresses you is the key. Remember you don't always have to do this alone. For many, chatting with your GP or a counsellor can be beneficial, as can talking with trusted friends or family. Others may see solutions that you don't.

Stress can lead to mental health problems, so see your GP if you have any concerns.



Baby teeth – what you need to know

When one considers that the average life expectancy is over 82 years, it seems odd that we get two sets of teeth but the first set lasts only until we are 10 or so. Baby teeth develop while still in the womb and we are born with 20 hidden in the gums. Our 32 adult teeth will replace the baby set between the ages of six and 20.

The first teeth can appear as early as three months and as late as 12 months and in any order, though the central ones are usually first.

Teething gets a bad rap and, to be fair, it can be distressing. Equally, much gets blamed on teething which has nothing to do with them. Typical symptoms of teething are crying, dribbling and pulling on ears. Some babies may put their hands in their mouths. If your child is unwell or has a fever, go to your GP rather than assume it is due to teething.

For symptom relief, teething rings can be very helpful. You can also use paracetamol, ibuprofen and teething gels. Be prepared to do some trial and error to find what works for your child.

You can start cleaning teeth once they appear using a soft baby toothbrush with water only, and start baby toothpaste at 18 months.

Sugar is bad for teeth so minimise this and you can start regular dental checks from 12 months.

 Weblink: http://raisingchildren.net.au/articles/dental_care_babies.html
www.ada.org.au

Parkinson's disease

An estimated 40,000 Australians have Parkinson's disease – a progressive degenerative neurological condition which affects the control of body movements. Typical symptoms are trembling of the hands, arms, legs and face, together with slowing of movement, instability, tiredness and difficulty walking. It comes on gradually and early signs may be very subtle.

The condition comes about from nerve cells ceasing to produce enough dopamine, a chemical which sends message between cells. When those messages are blocked, muscle control is impeded. Why this happens is not clear. Family history is one risk factor as is head trauma and exposure to pesticides.

Diagnosis is based on history and examination. There is no specific blood or imaging test for diagnosis. Brain scans are generally normal. Given the slow onset of symptoms it can take some time for an exact diagnosis to be made.

Treatment is focused on maintaining function. A healthy diet and keeping active are important. Physiotherapy, to establish and guide an exercise program that includes daily stretching, helps. Medications can control the condition but not cure it. As time goes by their effectiveness can lessen

and dosages need to be increased. Side effects can also be a problem for some.

No two people will have the exact same experience, so treatment is always individualised. There are state and national support groups to assist.



A late sign is the smile. It is replaced by an expressionless stare.

 Weblink: <http://www.parkinsons.org.au/>

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. **A copy of our practice privacy policy can be located at reception.**

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. Feedback forms are available at reception, or email:

jmarkouloop@iinet.net.au

Unresolved issues can be addressed to Health & Disability Services Complaints Office:

www.hadsco.wa.gov.au

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.

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.



ROASTED ROOT VEGETABLE & FETA SALAD (SERVES 6)

Preheat oven 200 C

Ingredients

- 2 x Bunches Baby Carrots – trimmed and washed
- 6 x Medium Beets – peeled & cut into wedges
- 4 x Parsnips – peeled and cut into wedges
- 2 x Spanish Onion – cut into wedges
- 2 x Large Sweet Potatoes – Peel & cut into ¾ inch cubes
- 1 x Celeriac – Remove skin & cut into small wedges. Place in a bowl of water with lemon wedges to prevent browning
- 6 x Cloves garlic – peeled
- 1 x Lemon cut into wedges
- 1 x 75gms Baby Spinach leaves
- 1 x 200g Greek-style feta, cubed

Method

- Put all prepared vegetables in a bowl and toss with 3 tablespoons olive oil.
- Place in a single layer on a baking tray.
- Sprinkle with salt and pepper.
- Bake for approx 30 minutes or until just tender.
- Let cool completely.
- Toss the vegetables with baby spinach leaves and feta cheese.

Dressing

- Whisk together 1/3 cup olive oil, 3 tablespoons balsamic vinegar, 1 clove crushed garlic & 1 teaspoon brown sugar.
- Serve salad drizzled with dressing.

SUDOKU

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QUIZ

- What two things can tinnitus be associated with?
- A spacer is the best way of delivering puffer spray to young children - check with your doctor if one is needed.
- One of the late signs of Parkinson's Disease can be an expressionless stare - True or False?
- What is meant by "deciduous" teeth - an older term?