

FREE TO TAKE HOME!

APRIL - MAY 2019 EDITION



Otitis Media



Sleep deprivation



Warts and all



Hepatitis C

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 Thanh Mun

Dr Elliane Moynihan

● 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
- Health Assessments for 45- 49 y/o
- Anti-wrinkle injections/treatment
- Skin Cancer Check/Mole Scan
- Travel vaccines including Yellow fever
- Medicals
- Audiometry
- Diving medicals
- Family Planning
- ECG
- Minor surgery
- Wedge resections
- Implanon insertion & removal

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
- Consultant Dietitian
- Diabetes Educator
- Psychologist

● 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

Otitis Media

The human ear has three parts – outer, middle and inner. All three can get infected. Otitis media is an infection of the middle ear. It is most common in children and peaks between six and 18 months. The cause may be a bacteria or virus. It can affect one or both ears and may come with a “cold” type illness or just by itself. It is more common in Indigenous children.

Typical symptoms of otitis media are a painful ear. There may be a sore throat in the lead up or concurrently. Fever may be present but it is usually mild. Children may lose appetite and be distressed – especially younger children.

When diagnosed, the ear drum is typically bright red in colour when infected and there may be fluid in the middle ear “behind the drum”. Glands in the neck may be enlarged and the throat may be inflamed too. There is generally no need for blood tests.

Current thinking is that most infections are viral and after two to three days will settle without antibiotics. Some cases may still require antibiotics. Pain relief is important as is comforting your child. Maintain hydration but if the child’s appetite is low there is no need to force this.

Children with repeated middle ear infections can develop glue ear where fluid stays in the middle ear and does not drain to the sinuses. This can impact on hearing. Children with glue ear may benefit from the insertion of grommet tubes by an ENT surgeon.



Weblink www.healthdirect.gov.au/otitis-media



Insomnia is interesting in a variety of ways.

Sleep – What Happens to Your Body!

In the 20th century people slept for nine hours. By the turn of the 21st century this had shrunk to seven and a half. Since then our 24/7 society, complete with computers and smart phones has affected us all. Even one generation ago TV stations closed overnight. However, our need for sleep has not disappeared.

The human body can go far longer without food than without sleep. NASA estimated that being awake for 20 hours was equivalent to a blood alcohol level of 0.05% (the legal cut off for driving), due to impaired judgement and coordination.

Lack of sleep is also associated with obesity, type two diabetes, high blood pressure, depression, stress and even Alzheimer’s. We feel we can “get away” with inadequate sleep because the symptoms are not always immediate nor clearly linked.

Many people find it difficult to get enough sleep. Allow four months for any change in habits to have their effect. Regular exercise helps as does avoiding eating within two hours of bedtime. Switch off any screen 45 minutes before going to bed, have a regular routine and have a comfortable bed and pillow. Consider also guided relaxation, meditation before bed or relaxing herbal teas.

Avoid sleeping tablets as regular use causes addiction. Above all do not stress about sleep. Relax and let the body do its thing.

CROSSWORD SOLUTION

Across
 2. Hands
 5. Pelvic
 6. Weight
 8. Infected
 12. Fatigue
 13. Bladder
 15. Cough
 18. Stress
 19. Middle
 9. Exercise
 10. Diagnosis
 11. Ear
 14. Throat
 16. Urine
 17. Liver
 20. Sleep
 21. Knee
 22. Wart
Down
 1. Dementia
 2. Hepatitis
 3. Sole
 4. Feet
 7. Glands

Warts and all

Warts, extremely common, especially among children, can appear anywhere and are most often found on the hands, knees and feet. These small eruptions on the skin are caused by the Human Papilloma Virus (of which there are at least 70 types).

Warts are almost always pain free and do not itch. They may be single or in clusters, raised, have a rough appearance and the same colour as surrounding skin.

The exception is plantar warts on the feet, also called verrucae, which may be flattened. The main problems on the soles of the feet are cosmetic (appearance), and pain due to the pressure from weight on them. Warts can be spread by direct contact to other people or to other parts of your own body.

Left alone most warts will disappear after months to years. The immune system overcomes the infection which can remain dormant in the skin for many years. However, many people do not want to wait months to years. Treatment is simply burning the wart. This can be done chemically with ointments or paints, by freezing with liquid nitrogen or dry ice, or via cautery with a hot wire under local anaesthetic.

Freezing is the most popular method, done a few times over weeks. The warts may

swell and change colour in response. Your doctor will advise care of the area between treatments.

There is no "right or wrong" approach with otherwise harmless warts. Chat with your GP about the options before deciding.



 Weblink www.mydr.com.au/skin-hair/warts



Hepatitis C – Avoiding Damage

Hepatitis C virus was first "discovered" in 1989. Catching the virus was associated with blood transfusions before 1990 but today the main risk factors are sharing intravenous drug needles, tattooing and body piercing (if not sterile). Hepatitis C is no longer officially classed as a sexually transmissible disease but its spread via sexual contact is still possible if there are cuts or open wounds. Needle stick injuries carry a very small risk. The virus is not spread by hugging or through sharing food.

At the end of 2017 it was estimated that 200,000 Australians had Hepatitis C.

There may be no symptoms of infection. Symptoms include tiredness, fatigue, nausea, fever, itchy skin and loss of appetite. Some people only get symptoms many years after contracting the virus.

Long term the virus can damage the liver leading to cirrhosis and /or liver cancer.

Diagnosis is by blood testing. A liver scan

may also be advised. Since 2016 there have been new and successful treatments for hepatitis C that can cure the condition in 95% of cases, with few side effects. Treatment before 2016 was less effective and side effects were a major problem for many people.

If you think you are at risk of Hepatitis C talk to your doctor. If diagnosed, treatment can be through your GP or a specialist.

 Weblink www.hepatitisaustralia.com/how-do-you-get-hep-c/



 Weblink www.thewomens.org.au/health-information/continence-information/urinary-incontinence

Urinary Incontinence

Urinary incontinence means no amount of voluntary effort stops the flow of urine. The two main forms of incontinence are *urge* where one cannot hold on when feeling the need to pass urine and stress where coughing, sneezing or movement can cause urine flow. Incontinence is far more common in women than men (affecting up to 50% of women) and while not age-specific, it is more frequent in later years.

The exact cause of incontinence is not always known but damage to the pelvic floor is a factor e.g. after childbirth. Chronic constipation, a prolapsed bladder and dementia are other risk factors.

Diagnosis is generally based on history and pelvic examination. You may be asked to record a "bladder diary" to document urine flow and the circumstances leading to it. Your doctor may refer you for urodynamic testing which assesses the workings of the bladder.

In days gone by women were often told "don't worry about it dear". Today we know better. There are many treatments options. Losing excess weight and quitting smoking can help (if relevant to you). Physiotherapy and pelvic floor exercises are very beneficial. Some women may require medication and, in some cases, surgery is recommended. Surgery has generated controversy lately but there are options.

The key is to discuss the problem with your doctor. Do not feel embarrassed or that you should "live with it". Proper diagnosis is the first step to treatment and improvement.



THAI CHICKEN SALAD – SERVES 4

Ingredients

- 2 x 180gms Chicken Breast Fillets – halve the chicken breasts lengthways to create 4 fillets
- 1 tsp sesame oil – for basting chicken
- 2 Lebanese cucumbers – thinly sliced into ribbons
- 2 carrots – thinly sliced into ribbons
- 200gm punnet Perino tomatoes - halved
- ½ red onion thinly sliced
- ½ cup coriander leaves
- ½ cup basil leaves
- 1 long red chilli, thinly sliced diagonally
- ½ cup roasted peanuts, coarsely chopped

Dressing - combine the following

ingredients:

- ¼ cup lime juice (60ml)
- 2 tbs brown sugar
- 1 ½ tbs fish sauce
- 2 tsp soy sauce
- 1 lemongrass stem finely chopped (pale section)
- 1 tbs finely grated ginger
- 1 garlic clove – crushed

Instructions

Marinate the chicken fillets with half the dressing and put in fridge for 30 mins.



Heat a barbeque or chargrill pan on medium. Drain chicken and discard marinade. Brush chicken with sesame oil. Chargrill chicken until golden brown and cooked through. Once cooked, set aside to rest. Combine the cucumber, carrot, tomato, onion, mint, coriander, basil and chilli in a bowl. Drizzle with the remaining dressing and toss to combine. Place salad on a large platter. Thinly slice the chicken and arrange on the top of the salad. Sprinkle with peanuts to serve.

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.hadscow.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.

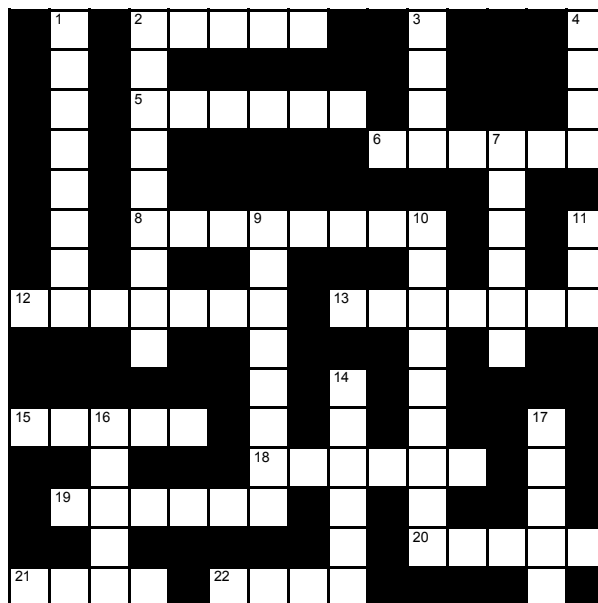
Cosmetic treatment. Cosmetic treatment is available at the Whitfords Avenue Medical Group. For more information about the service available please visit our Whitford's Cosmetic Medicine website.



CROSSWORD

Across:

2. Warts are mainly found on ____, knees and feet (5)
5. Elvis Presley made this part of the body famous (6)
6. Shedding excess ____ can help sleep problems (6)
8. ____ ears can cause pain (8)
12. Extreme tiredness (7)
13. Urge incontinence is due to an overexcited ____ (7)
15. A ____ can be the first sign of mesothelioma (5)
18. Strain felt by someone (6)
19. Otitis media affects what part of the human ear? (6)
20. Deprivation of ____ can send you crazy (5)
21. Footballers and netballers get ____ pain often (4)
22. Caused by the Human Papilloma virus (HPV) (4)



Down:

1. Disease of old age (8)
2. Inflammation of the liver (9)
3. Bottom of the foot (4)

4. They take 215 million steps by the time we are 80 (4)
7. An ear infection can enlarge ____ in the neck (6)
9. ____ is good for you in so many ways (8)
10. Identification of an illness (9)
11. Hearing sense organ (3)
14. At the top of the windpipe (6)
16. Waste fluid made by the kidneys (5)
17. Human organ that can lose 90% before it fails (5)