

FREE TO TAKE HOME!

AUGUST - SEPTEMBER 2019 EDITION



Galling Gallstones



Eczema



Swollen Ankles



Sinusitis on the Nose

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

Dr Mari Bardell

MB, CHB, FRACGP, PallMedDip

Dr Jessica Khouri

● **REGISTRAR DOCTORS**

Dr Thanh Mun

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
- 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.**



Gallstone 'colic' is due to blockage by stones, and can lead to yellow jaundice

Galling Gallstones

Bile produced in the liver to help digest fats is stored in the gall bladder. The liquid can crystallise, which over time, can grow into gallstones. It is estimated that 10% of Australians are affected. Risk factors include being female, over age 40, overweight and a family history of gallstones. Use of oestrogen (e.g. the contraceptive pill) and having diabetes can also increase the risk.

About 70% of people with gallstones may have no symptoms and they are only found if a scan of the abdomen is done. These are called 'silent' gallstones. Symptoms generally occur if a stone is stuck in one of the bile ducts (tubes).

The main symptom is pain, usually in the upper middle part of the abdomen which may radiate through to the back. It is most likely to come on after a fatty meal and last a few minutes to a few hours of mild to moderate pain.

More serious symptoms would be a fever or chills, persistent pain and vomiting. If this occurs seek immediate

medical attention.

Milder episodes may be recurrent. Diagnosis is based on the history. Examination when no symptoms are present may reveal nothing although there may be tenderness under the rib cage on the right side. An ultrasound scan will diagnose the condition. Blood may also be ordered to assess liver function.

Pain is treated with analgesics. Avoid fatty foods. Stones may pass out of the gut by themselves.

Definitive treatment is surgery if the situation warrants it. There is no medication to 'dissolve' stones.

 Weblink www.mydr.com.au/gastrointestinal-health/gallstones-what-are-they

Eczema – Prevention & Treatment

Many children will have eczema at some stage and it is common in adults too. Typical symptoms are redness, itching and inflammation of the skin. The commonest areas are the face, elbows, knees and hands, but any part of the body can be affected.

The exact cause is not known. There may be genetic tendencies and those with other allergy/sensitivity problems such as asthma or hay fever are at higher risk.


It is thought that eczema is related to an inability of the skin to retain moisture. Hence prevention starts with use of skin moisturisers. There are many on the market, so people wonder which one is best. The answer is the one that works best for the individual.

Higher price is not always an indicator of better quality. Soaps may not cause eczema but can worsen it so use no-soap substitutes. Avoid parabens and perfumed products. Foods such as dairy can trigger eczema in some people. However, allergy tests are not generally useful. Avoiding a food for a number of days can give an indication. Discuss this with your doctor before making dietary changes.

While identifying triggers can be helpful, in most instances, this is not possible.

So general measures as outlined above are key. Despite this, flare-ups may occur and these can be treated with hydrocortisone-based creams on prescription. These should always be used thinly, only for as long as needed and only as advised by your doctor.



 Weblink www.allergy.org.au/patients/skin-allergy/eczema



What's in a handshake?

The handshake is believed to have existed for thousands of years but its origin is unclear. One theory is that it was a gesture of peace – showing a right arm devoid of a weapon. Another is that it consecrated an agreement between people. The earliest recording comes from the ninth century BC.

The contemporary handshake as a greeting is thought to have started in the 17th century by Quakers who regarded it as more egalitarian than bowing.

There are millions of bacteria that live on the skin so a handshake can transmit them. Whilst this


is generally not an issue, it is a good idea to wash your hands if you are going to meet someone where a handshake is likely.

If you have a cold then consider coughing into your elbow rather than your hand. Obviously if you have been to the toilet then wash

your hands, even more so if you have diarrhoea. The skin wart virus can also potentially spread via a handshake.

With some of these simple measures, shaking hands need not be a health hazard but a welcoming gesture.



 Weblink www.health.nsw.gov.au/Infectious/factsheets/Pages/malaria.aspx

Avoid the Bite

Mainland Australia is free of malaria although it is found on the Torres Strait Islands. Malaria is a potentially fatal infection caused by a parasite which is transmitted by mosquito bites.

There are five types of parasite (called plasmodium) that cause the infection. Travellers to tropical and sub-tropical countries are at risk. Typical symptoms include intermittent fever, chills, headache, sweats, nausea and vomiting and joint pain. These start 7-14 days after being bitten.

Diagnosis is based on history and blood tests. The parasite may be seen under the microscope, although more than one sample may be needed. Treatment is specific anti-malarial medication and some people may need hospitalisation. In Third World countries, the infection is often fatal whereas in Australia treatment can generally prevent this.

The key is prevention.

Talk to your doctor before you travel. Certain areas are classed as malarial zones and you may be recommended preventative medication. Other measures include avoiding being outside at dusk and wearing loose-fitting long-sleeved shirts and long pants. The use of mosquito repellents is important. Sleep in screened or air-conditioned rooms. Try to avoid swamps and other areas where mosquitos are more likely to be found.

If you become unwell after returning from travels, see your doctor promptly. Take out travel insurance because if you become unwell overseas you may need treatment before you return.

Swollen Ankles

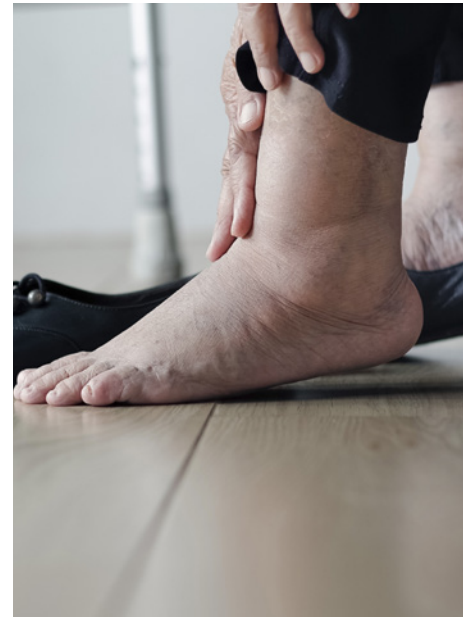
Ankles can swell for many reasons, most of which are not serious. It is best to think about causes as being local (e.g. injury) or 'distant' (e.g. kidney disease).

The ultimate cause is a build-up of fluid at the feet and ankles. Most people as they age will experience this to some degree as the circulation can slow. It is more noticeable at the end of the day and may not be apparent on waking.

Symptoms are a swelling of the ankles. When pressed there may remain an indentation for some seconds if fluid is present. Usually it is not painful but some experience an ache.

The cause may be obvious such as injury. Where both sides are affected and there is fluid, it is important to consult your GP. Swelling may not reflect an underlying issue with the kidneys, liver or heart. Ankle swelling associated with calf swelling and pain may be a deep vein thrombosis. Fortunately, most of the time there is no major underlying problem.

Your doctor may send you for imaging or blood tests depending on other symptoms, or no tests may be needed. Treatment depends



on cause. It may be as simple as elevating your legs or wearing compression socks. Fluid tablets are best avoided unless there is a specific reason for their use.

Sinusitis on the Nose

The body has a number of air-filled sinuses which sit below, above and behind the eyes, and are in communication with the nasal passages. Their role is to warm and filter air and produce mucous to trap inhaled dust and other irritants. Too much mucous production, swelling of the linings or blockage can lead to sinusitis.

Risk factors include smoking, regular use of decongestant sprays, dental infection, and nasal polyps. Common predisposing factors are a viral illness such as a cold or allergy issues such as hay fever. Sinusitis can also be of itself.

Typical symptoms are a blocked nose, headache or facial pain, post nasal drip, cough, yellow or green nasal mucous and a feeling of pressure in the sinuses. There may be a fever.

Treatment depends on cause. If allergy related then antihistamines and steam inhalation, with or without eucalyptus, can help. Avoid decongestant sprays. Over the counter steroid sprays may help but best talk to your doctor before self-medicating. Simple analgesics such as paracetamol or ibuprofen can ease symptoms.

Where a bacterial infection is suspected antibiotics will be prescribed

and some people need two courses. Some people develop chronic or recurrent sinusitis. This can, in turn, impact hearing by blocking the eustachian tube, which drains from the middle ear. If the sinuses become permanently congested and do not respond to treatment, they may need drainage or clearing which is a hospital procedure.



 Weblink www.betterhealth.vic.gov.au/health/conditionsandtreatments/sinusitis

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@inet.net.au

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

www.hadscow.a.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.



HEARTY BEEF STEW – SLOW COOKER

Ingredients

- 1.5kgms boneless beef chuck (cut to 1 inch cubes)
- 5 medium carrots (sliced)
- 8-10 baby potatoes - halved (leave skin on)
- 1 large white onion (small, diced)
- 3 Roma tomatoes (diced)
- 4 cloves garlic (minced)
- 3 cups beef broth (can substitute with 2 ½ cups broth and ½ cup of red cooking wine)
- 1/2 cup tomato sauce
- 1 tablespoon Worcestershire sauce
- 1 tablespoon Italian seasoning
- 1 tspn oregano
- salt & pepper

- 1/4 cup flour
- 2 cups frozen peas or green beans
- 1 cup frozen corn

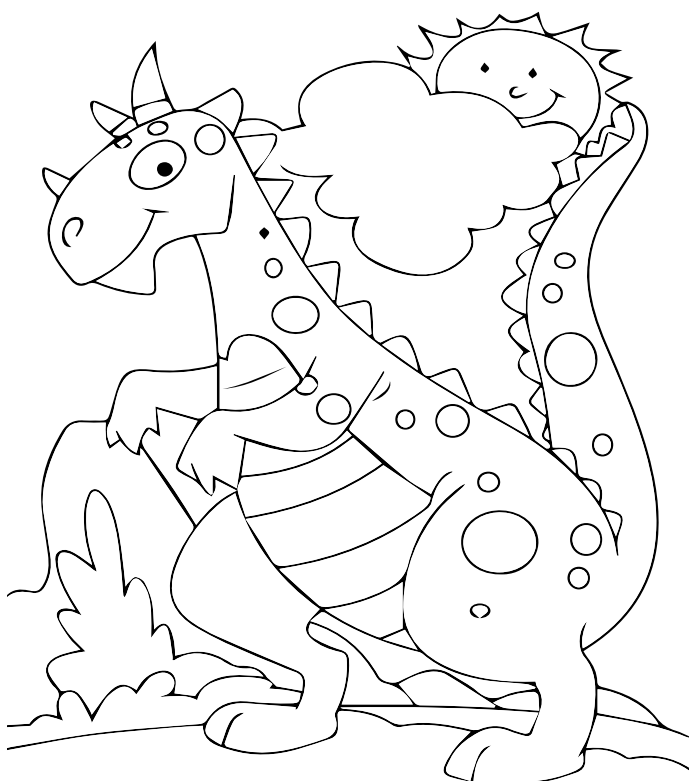
Method

Sear the meat on a grill or frypan. This helps to seal the flavour into the beef while it cooks. Add to slow cooker.

Cut your veggies and put them in the slow cooker with the beef broth, tomato paste and seasonings.

Let the beef and veggies cook on low for a good 8-10 hours. This ensures the beef and the vegetables to be nice and tender.

About an hour before serving the stew, stir in flour. This will help the sauce to thicken up and be nice and hearty and rich. Add more flour if necessary.



COLOUR ME IN!