



Your Family Medicine Specialists

The Surgery

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PO Box 546 Albany WA 6331
Online Appointments: healthengine.com.au | www.thesurgery.net.au

APRIL - MAY 2021 EDITION

FREE TO TAKE HOME!



COVID vaccination



Medicinal Cannabis



Pet infections



Listeria in pregnancy

● PRACTICE DOCTORS

Dr Steve Gust MBBS, FRACGP, JCCA
Family Medicine, Diabetes, Skin Cancers;
Paediatrics, Travel Medicine, Anaesthetics & Lap
Band Adjustments.

Dr Victoria Hayward
MBBS (Hons), FRACGP
Family Medicine, Diabetes & Women's Health

Dr James (Jim) Lie MBBS
Family Medicine, Asthma, Diabetes, Skin
Cancers, Paediatrics, Sports Medicine &
Obstetrics.
Speaks Mandarin.

Dr Brian Malone MBBS, FRACGP, BSc, DCH
Family Medicine, Diabetes, Travel Medicine &
Skin Cancers.

Dr Bill Plozza MBBS, DipRACOG
Family Medicine, Paediatrics & Aged care.

Dr Susan Shaw MBBS, DRACOG
Family Medicine, Women's Health, Mental
Health, Asthma & Diabetes.

Dr May Ure MBBS
Family Medicine & Women's Health.

Dr Mark Zafir MBBS, DA
Family Medicine, Aged Care, Anaesthetics, Ante-
natal care, Men's Health; Diabetes, Skin Cancers
& Lap Band Adjustments.

Dr Lorri Hopkins

MBBS, FRACGP, DRANZCOG, DCH
Family Medicine, Ante-natal care; Asthma, Diabetes,
Paediatrics, Women's Health & Skin Cancers.

Dr Giulia Kitchin MBBS
Family Medicine & Paediatrics.

Dr Maida Akhtar
MBChB, Post Grad Dip Public Hlth, PDHIV
Family Medicine, Paediatrics, Women's Health &
Emergency Medicine. Speaks Urdu.

Dr Andrea Guenther
MD, DRCOG, MRCGP
Family Medicine, Paediatrics, Women's Health,
Antenatal Care. Speaks German

Dr Pieter Austin MBChB, FRACGP
Family Medicine, Paediatrics, Geriatrics, Diabetes,
Cardio-vascular disease, skin cancers.
Speaks Afrikaans.

Dr Steve Lee MBBS, FRACGP
Family Medicine, Emergency Medicine & Skin Cancer

Dr Tom Isinkaye
BSc (Hons), BM BS, PGDip (ClinRes), MRCP (UK)
General Medicine, Aged Care and Sports & Exercise
Medicine. Speaks Portuguese.

● PRACTICE STAFF

General Manager:
Charles Giliam

Manager Patient Services
Dee Maquire

Practice Nurses:
Elizabeth Quinn (Nurse
Manager), Connie, Jenna,
Jess, Leanne, Penny, Emma
& Lisa

Reception Staff:
Kate Stanhope (Office
Manager), Bec, Brett,
Imogen, Jess, Julie, Kaylene,
Kelly, Liz, Nette, Shauna,
Carley, Lauren, Rosemarie,
Dela & Julie

● **SURGERY HOURS**
**Monday, Wednesday &
Friday**

8.30am – 5.30pm

Tuesday & Thursday
8.30am- 7:00pm

*We closed on Public
Holidays, Saturdays &
Sundays.*

● PRACTICE BILLING POLICY

We are a private billing practice.

We generally bulk bill children under 16. We do not routinely bulk bill. Payment is made at the time of the consultation. If you are experiencing financial difficulties, please discuss with your Doctor or with our Practice Manager.

● SPECIAL PRACTICE NOTES

Flu Vaccinations. Flu Clinics are now running, please phone Reception to make an appointment.

Emergency or Urgent Appointments.

Please notify staff if your request is urgent or requires immediate medical attention. If an immediate appointment is not available, you will be assessed by a practice nurse for appropriate Management.

After hours & Emergency. Outside our normal surgery hours go to Albany Regional Hospital if you need urgent treatment. In an emergency call 000 for an ambulance. Our doctors provide after hours services all year round. Follow the prompt on our after hours phone message if it is medically essential to talk to the on call doctor. Maternity cases are to contact the labour ward direct.

Home Visits. Any requests for home visits will be directed to the patient's GP and the visit will be made at the discretion of the treating Doctor.

Telephone Advice. To obtain advice regarding your treatment phone the practice and you will be put through to the appropriate person or you can leave a message for a return call. Phone calls will not be put through to the GP while they are consulting.

Prescriptions. Scripts should usually be requested during a consultation. You may make a short script appointment at 1.45pm which is bulk billed, otherwise there will be a charge, \$10 for non-urgent scripts not required with 48 hours; \$15 for those that are urgent and \$12 if they are posted. Please phone after 10am for script requests.

Your Test Results. It is not practice policy to routinely contact patients with test results. Doctors review all test results and will either inform the patient themselves or ask a staff member to contact the patient with appropriate instructions. Patients are strongly encouraged to phone the surgery for results after 1 week. Please phone after 10am in the morning. INRs are now done in the treatment room by the Nurse. Results are reviewed by your GP and management discussed with them.

Skin Lesions & Skin Cancers. A number of our doctors have special interest in and considerable experience treating skin lesions. Ask the doctor to check any lesions you are concerned about. A full skin check is also advisable on a regular basis. A Treatment Room Fee is charged, in addition to the doctors fee, when a skin lesion is removed.

▷ **Please see the Rear Cover for more practice information.**



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



COVID vaccination

There has of course been much media reporting about vaccination for Covid19.

There are a number of different vaccines being used around the world. No vaccine is approved for use until it has demonstrated both efficacy (that it works) and safety (that the side effects profile is acceptable). In Australia, the Therapeutic Goods Administration (TGA) must approve a medicine of any kind before it can be used or prescribed. Currently, two vaccines have been ordered by the Federal government, and the vaccination program has now started to roll out. There are many moving parts, so delays are always possible. It is hoped to have virtually all the population covered by the end of 2021 and maybe sooner.

The Federal government has called for

expressions of interest from general practices to be vaccine hubs. The process will be more complicated than with seasonal flu vaccination and will take longer due to extra documentation being needed and a requirement for monitoring for a time post-vaccination.

There will be stages of the rollout with quarantine and border workers, certain frontline healthcare workers and aged care staff and residents first in line.

Australia has done extraordinarily well by world standards, and so there is not the extreme urgency to start compared to, say, the UK or USA.

Clinics may choose to run dedicated vaccine clinics separate from regular appointments. Some practices may not choose to be involved, and there is no need for every clinic to do so in order to get the job done. Booking will be made centrally rather than via your clinic.

This is a fluid situation so ask your GP for guidance but also be aware that they may not have every answer and that the answers may change over time if new guidance comes in.

EDITORS NOTE: This information was current as at the time of print.

Medicinal Cannabis

In early February there was much media coverage of cannabidiol (CBD) being available over the counter at chemists.

It is true that the Therapeutic Goods Administration (TGA) last year down scheduled CBD to S3 which does allow sales at chemists without prescription for up to 30 capsules of 150mg each. However, there was a caveat. The only products which will have this classification are those on the Australian Register of Therapeutic Goods (ARTG) and presently there are none. To get on the register requires expensive trials of efficacy and other data.

However in the next 12 -24 months this will happen, and products will eventually appear on chemist shelves. CBD is one of two main cannabinoids found on medicinal cannabis. The other is tetrahydrocannabinol (THC) which is the component which is psychoactive. However its use in medicinal forms, combined with CBD, can be beneficial in chronic pain and other conditions.

To end 2020 there have been over 85,000 approvals granted to prescribe medicinal cannabis for Australian patients. This is mainly for chronic pain, multiple sclerosis, anxiety,



<https://www.tga.gov.au/medicinal-cannabis-information-consumers>

and cancer pain nausea and vomiting. It can only be prescribed when other treatments have failed to assist or caused unacceptable side effects. Different states have different approval systems. Not all doctors are familiar

with its use as, yet. It is not for everyone and some claims about its benefit are without basis. However, medicinal cannabis has a legitimate role in certain people in certain circumstances.

Pet infections

Australians have one of the highest pet ownership rates in the world. Pets provide much joy and there are many health benefits associated with pet ownership including better mental health and lower rates of high blood pressure and heart disease (especially in dog owners).

However, pets can also be a source of infections.

This mainly happens if you are bitten or scratched by a pet. Dog bites can easily be infected, so if bitten, see your GP. These are commonest in young boys and more often from pets rather than stray dogs. Cat bites are commonest in older women and most often on the hand.

Superficial wounds can be managed with cleaning and local antiseptic. Deeper or larger wounds may need a course of antibiotics.

In rare cases, if the tendon or muscles are involved, then referral to a hospital

may be needed. Other infections that may be transmitted by pets are worms. This affects children most often and is generally easily treated with worm medicine from the chemist. Fungal skin infections such as ringworm can also be caught from pets. This can be treated with an antifungal cream.

After you have handled a pet, make sure you wash your hands. This minimizes the chances of getting an infection.

For most people having a pet in their lives and their families lives far outweighs any of the above and play a very important role in society.



 <http://www.pethealth.com.au/Page/diseases-you-can-catch-from-your-pets>



 <https://www.pregnancybirthbaby.org.au/listeria-food-poisoning>

Avoid Listeria in pregnancy

Listeria is an infection caused by a common bacterium. It occurs in the soil and water. Thus, plants and marine life can be infected as well as animals which eat plants with the bacteria.

There are around 65 cases in Australia each year, and 10% of these are in pregnant women who are at greatest risk in the third trimester.

Listeriosis increases the risk of stillbirth, low birth weight and premature labour. Symptoms can be mild or severe, with fever, headaches, vomiting and diarrhoea.

Whilst uncommon, it is important to take steps to avoid potential exposure to Listeria. Fortunately, this is not difficult and involves not eating "high risk" foods whilst pregnant. Foods to avoid are processed deli poultry meats (e.g. sliced chicken), soft cheeses (brie camembert), raw seafood (e.g. oysters), pre-made sushi,

unpasteurised juices, and soft-serve ice creams.

There are plenty of foods that you can continue to enjoy whilst pregnant, including hard cheeses, smoked seafood's, hard frozen ice cream or gelato, freshly prepared sushi, pasteurised juices and hot deli meats (cooked at over 75°C).

When pregnant, it is important to maintain a balanced diet, and you may need certain supplements. Talk to your GP about any concerns you have and also about both diet and the need (if any) for supplements.

Avoiding Listeria is not difficult, and there is no need to stress over every mouthful of food you eat.

Shin Splints

Shin splints are a common condition seen in runners and those who play sports involving running and rapid acceleration.

The exact cause is unknown but is thought to be due to repeated stress on the shinbone, and it's attaching connective tissue. It is more common in females and those with a previous leg injury and also more likely in those often running on hard or uneven surfaces.

The typical symptom is pain in the shin with running. There may be associated swelling. At first, the pain is when one starts running and eases after warm-up.

 <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/shin-splint>



As the condition advances, pain persists for longer and can even continue after ceasing exercise.

Diagnosis is based mainly on the history. There is no diagnostic test. X-rays (or

rarely an MRI scan) may be done to rule out other causes such as a stress fracture.

There is no specific treatment. Ice packs and simple painkillers provide symptom relief in the short term. Rest and avoiding activity, which worsens the pain, is key. However, you don't need to stop all exercise. Swimming or walking in water are two options to maintain fitness.

Attention to training techniques is helpful in some cases. Use of orthotics or insoles may also help, as can change of shoes. For the more serious athlete, having a biomechanical assessment of their running style may lead to technique changes, which are beneficial.



ANZAC BISCUITS

Ingredients

- 1 1/4 cups plain flour, sifted
- 1 cup rolled oats
- 1/2 cup caster sugar
- 3/4 cup Desiccated Coconut
- 150g unsalted butter, chopped
- 2 tablespoons golden syrup or treacle
- 1 1/2 tablespoons water
- 1/2 teaspoon Bicarbonate Soda

Method

1. Preheat oven to 170C. Place the flour, oats, sugar and coconut in a large bowl and stir to combine.

2. In a small saucepan place the golden syrup and butter and stir over low heat until the butter has fully melted. Mix the bicarb soda with 1 1/2 tablespoons water and add to the golden syrup mixture. It will bubble whilst you are stirring together so remove from the heat.
3. Pour into the dry ingredients and mix together until fully combined. Roll tablespoonfuls of mixture into balls and place on baking trays lined with non stick baking paper, pressing down on the tops to flatten slightly.
4. Bake for 12 minutes or until golden brown.

WORD SEARCH

A	M	I	E	I	N	F	E	C	T	I	O	N	S
N	I	E	R	U	N	I	N	G	O	T	T	C	
Y	C	N	A	N	G	E	R	P	N	B	O	N	E
E	D	E	V	A	C	C	I	N	A	T	I	O	N
S	T	N	I	L	P	S	E	S	N	V	R	Z	C
N	A	M	R	O	W	G	N	I	R	V	I	N	E
B	N	S	T	N	E	M	T	A	E	R	T	I	A
T	S	A	I	C	C	A	C	I	S	S	T	I	I
C	N	L	A	C	I	D	E	M	F	H	I	T	G
I	S	A	I	C	C	A	N	A	L	N	I	A	I
R	A	A	A	I	O	C	C	I	I	C	N	N	E
I	E	Z	N	B	V	S	I	B	A	N	N	A	C
I	N	I	I	A	I	R	E	T	S	I	L	R	N
A	U	S	N	N	D	C	V	I	N	T	R	D	I

BONE
ANZAC
SHIN
MEDICAL
SPLINTS
COVID
PREGNANCY
INFECTIONS
VACCINATION
RINGWORM
RUNNING
TREATMENTS
LISTERIA
CANNABIS

The Surgery

● MORE PRACTICE NOTES

Chronic Disease Management Our practice will prepare a plan to ensure conditions such as Asthma, Diabetes, Heart Disease, and Osteoporosis and also Mental Health Problems are properly managed. If you have a chronic condition ask your GP about a plan. Help us to help you.

Recall & Reminders. Our practice uses a Recall and Reminder system to flag patients for preventative health care. We recall patients for health assessments and checks, skin checks, breast checks, pap smears, colonoscopies, IUD and Implanon removal. This surgery participates in State & National registers.

Patient Feedback. We would like to hear about your concerns, complaints or suggestions. Please feel free to talk to your GP or the Practice Manager regarding any issues. If you prefer to make your concerns known outside the surgery, you can call the Western Australian Health & Disability Services Complaints Office on 1800 813 583

Patient Privacy. Our practice protects your personal health information to ensure it is only available to authorised staff and to comply with the Privacy Act. To obtain a copy of our Privacy Statement or your medical records, please ask.

Telehealth. Our practice is fully set up for video conferencing with participating specialists. Using Telehealth may save you time and travel costs; ask your GP and Specialist for advice.

My Health Record. Our practice is participating in the My Health Record program. If you wish to activate your My Health Record or would like to know more please ask your doctor or discuss the issue with our Practice Manager.

On Line Appointments. You can make appointments from our website www.thesurgery.net.au or through Healthengine: <https://healthengine.com.au>

Communication Policy. We use mail, facsimile & secure electronic mail to transmit patient information. If you have a mobile phone we will send an SMS to confirm appointments. Patients can contact us via our website for non-urgent matters.