

FREE TO TAKE HOME!



Non-alcoholic fatty liver



Flash burns to the eye



Post-Traumatic Stress



Heartburn in pregnancy

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

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JUNE - JULY 2022 EDITION

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

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.

● 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

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.

Dr Maida Akhtar

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

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

Dr Ben Bradley MB BCH BAO (Hons)
Family Medicine, Emergency Medicine, Mental Health

Dr Stephen Chiang MBBS
Family Medicine, Internal Medicine, Geriatrics and
Chronic Conditions.

Dr Darcy Smith
MBBS, FRACGP, FRACMA, FACRRM, BHA, DIP RANZCOG
Paediatrics, Mental Health, General Medicine,
Obstetrics, Women's Health, Men's Health

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

● PRACTICE STAFF

General Manager:
Ian Graham

Co-Ordinator Patient Services

Dee Maquire

Practice Nurses:
Elizabeth Quinn (Nurse
Manager), Jenna, Jess,
Leanne, Lisa, Bonnie 7
Nadene

Reception Staff:

Kate Stanhope (Office
Manager), Brett, Imogen,
Julie W, Kaylene, Kelly O, Liz,
Nette, Shauna, Lauren, Julie
M, Kiara, Hedi & Kelly M

● SURGERY HOURS

Monday to Friday
8.30am – 5.30pm

*Vaccination clinics held on
scheduled Saturdays.*

*We are closed on Public
Holidays & Sundays, and for
general appointments on
Saturdays*

Covid-19 Safe Care in our practice

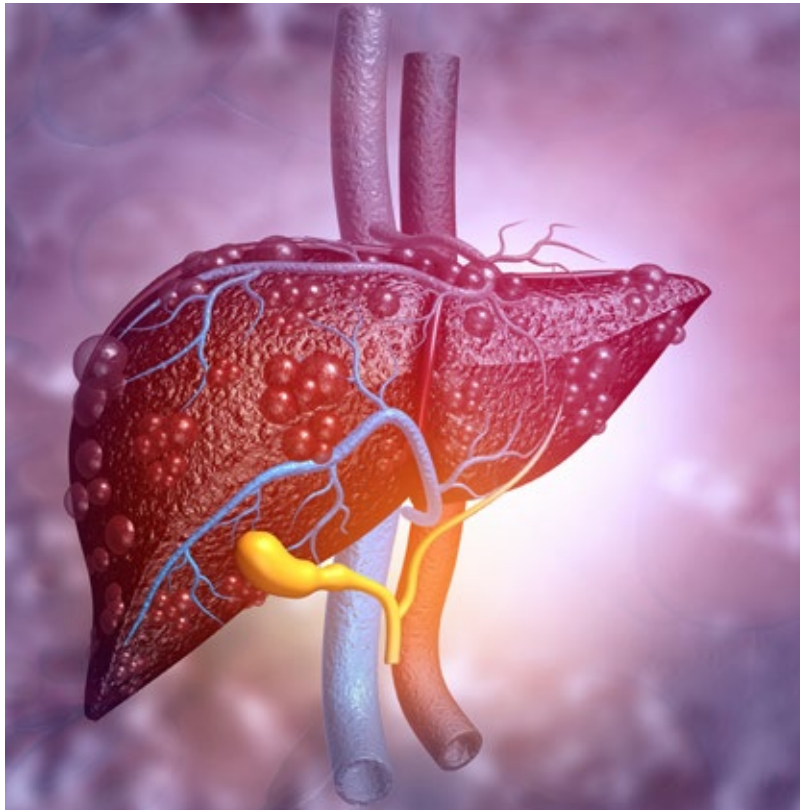
We abide by Health Department directives. Do not attend the practice if you have a fever, sore throat, runny nose, difficulty breathing or have a loss of taste or smell. Phone us to make an appointment to talk with a doctor. Masks are to be worn at all times when in our practice. You will be asked for proof of vaccination. Appointments may be by phone or video.


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 be requested during a face to face or phone consultation with your regular GP. Non-urgent scripts done outside of an appointment will incur a \$10.00 fee and should be ready within 48 hours. Scripts needed urgently, on the same day as requested, will incur a \$15.00 fee.

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



 <http://www.mayoclinic.org/diseases-conditions/nonalcoholic-fatty-liver-disease/basics/prevention/con-20027761>

Non-alcoholic fatty liver disease

This occurs when fat accumulates in the liver of a person who drinks little or no alcohol.

It is common and usually causes no symptoms. It can cause liver inflammation and, in rare instances, liver failure. The exact cause is unknown. It happens when the liver has difficulty breaking down fats, and hence there is a build-up. Risk factors include obesity, high blood cholesterol, type two diabetes, metabolic syndrome, and an underactive thyroid.

Symptoms, if they occur, may include fatigue and pain in the right upper abdomen. Diagnosis is made by blood tests for liver function and imaging (usually ultrasound) of the abdomen focusing on the liver. This will typically show fat deposits in the liver. In severe cases, a liver biopsy may be done.

There is no specific treatment, and for the vast majority, there are no symptoms to treat. Management is directed at treating risk factors. Lifestyle measures like weight loss, eating more vegetables and doing regular exercise are important, as is good control of any underlying condition like diabetes or hypothyroidism. Avoid medications which could strain the liver and, of course, alcohol. Some work suggests Vitamin E may help but do not take this unless recommended by your doctor. Coffee has also been shown to possibly have a beneficial effect on fatty liver but would not be regarded as "treatment".

Eating a healthy diet with adequate fruits and vegetables, maintaining a healthy weight, and doing regular exercise all reduce your chances of getting a non-alcoholic fatty liver.

Flash burns to the Eye

Flash burns occur when a strong light burns the eye's surface (cornea). Causes include welding with sparks flying, skiing without glasses, or using sun lamps. Symptoms include pain and burning in the eye, watery or bloodshot eyes and blurred vision. It 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, antibiotics 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 whilst being treated. You will be asked to return for an eye check after 24-48 hours.

There is an adage that we only get one set of eyes. This remains true today. If there is any concern about your eyes, seek immediate medical attention either at your GP or an emergency department.

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



 http://healthywa.wa.gov.au/Articles/A_E/Eye-injury-corneal-flash-burns

Post-Traumatic Stress

First described in the 1970s in Vietnam War Veterans, PTSD is a reaction that people can develop after being through or witnessing a traumatic event which threatened the life or safety of themselves or others.

This includes war, natural disaster, assault or serious accident. It is estimated that 12% of Australians may experience it during their life. Risk factors aside from trauma include a history of other mental health problems and stress.

Symptoms include feelings of fear, flashbacks, sleep disturbances, anxiety, sweats, heart palpitations, being on high arousal, irritability, anger, emotional numbness, and withdrawal from usual activities. They can start straight away or some weeks after the event and persist for weeks to years. PTSD can co-exist with other mental health issues such as depression or anxiety.

Diagnosis is by history. There are no specific examination findings or diagnostic tests. Bloods may be ordered to rule out other

conditions. Treatments mainly involve psychological counselling, of which there are different forms. Medication may be advised but not in the first four weeks of symptoms and usually not until psychological treatments have been started.

Lifestyle measures which can help include meditation and mindfulness, regular exercise, avoiding alcohol, and getting adequate sleep (have a regular sleep routine). For most, there will be an improvement over time and complete recovery. Some may have relapses and need further treatment. Some will need long term treatment.

If you have been subjected to any trauma or have any concerns talk to your GP.



<https://www.beyondblue.org.au/the-facts/anxiety/types-of-anxiety/ptsd>



<https://www.babycenter.com.au/a242/heartburn-in-pregnancy>

Heartburn in pregnancy

Gastro-oesophageal reflux disease (GORD), commonly known as reflux, occurs when acid from the stomach goes up to the base of the oesophagus.

This is due to a laxity of the sphincter, which normally shuts off the upward flow of stomach acid. The stomach lining is designed to cope with acid (which we need to help digest food), but the oesophagus lining is not. The typical symptom is a burning sensation in the low chest or upper abdomen - hence the name heartburn.

The pain can be mild to severe. It can occur in anyone, and most people will experience it at some point in their lives.

Pregnancy can aggravate reflux in those who already have it or bring it about in those who haven't for two reasons. In pregnancy, the hormone relaxin is produced to "relax" joints

and ligaments and ease the delivery, but this hormone can slow digestion and also relax the sphincter. Secondly, as your baby grows, the pressure on the stomach can increase, pushing acid up the oesophagus.

So, what can help?

Not smoking and avoiding alcohol (which are no-no's in pregnancy anyway) helps. Eat smaller meals more frequently. Avoid foods which trigger reflux in you (unfortunately, no one size fits all here). However, carbonated drinks, caffeine, acidic foods, and spicy food are common culprits. Avoid eating for at least three hours before going to bed. Antacids can be used but discuss this with your doctor.

Psychedelics

Mental health remains an area where less progress has been made than we would like. There have been significant amounts of money spent which implies that more than just more dollars are needed.

In North America, there is renewed interest in the use of Psychedelics in mental health illnesses, especially treatment-resistant depression and Post Traumatic Stress Disorder (PTSD).

Recently a conference on Psychedelic Therapies for Mental Illness was held

virtually in Melbourne. It included the real-life experience of patients and physicians with first-hand experience of their use in highly controlled conditions. Some patients reported significant improvement in symptoms, which was sustained for some time in some cases.

The US FDA regards MDMA as a "breakthrough" therapy for PTSD, and trials on psilocybin for depression have been very encouraging.

Last year the Federal Government allocated \$15 million for psychedelics trials in Australia,

and some of these will commence soon. The TGA rejected an application to have the scheduling changed from nine to eight (which would enable prescription to patients outside of trials). Whilst this disappointed some, it was probably not a surprise that the TGA would not pre-empt the findings of trials yet to be completed.

Currently, it is not a treatment option in Australia, so do not ask your doctor for a prescription. However, if we tend to follow North America, and somewhere in the foreseeable future, psychedelic therapy may well become a treatment option for certain people in certain circumstances. Watch this space.



SEAFOOD CHOWDER

Ingredients (serves 6)

- 6 Sourdough bread rolls or crusty rolls (about 12 cm diameter)
- 500g scrubbed & cleaned mussels
- 225g waxy potatoes peeled
- 40g unsalted butter
- 100g smoked chorizo
- 1 small onion or banana shallot, finely chopped
- 1 leek, cleaned, halved lengthways and finely chopped
- 2 sticks celery, chopped
- 30g plain flour
- 500ml whole milk
- 200ml double cream
- 1 bay leaf
- 500g seafood mix
- 1 tsp salt
- Pepper to taste
- Small handful flatleaf parsley or chives, chopped to finish

Method

1. Heat 250ml of water in a large shallow pan and add the clams. Put a lid on the pan and allow the clams to steam for 3–4 minutes until they open. Set a

colander over a bowl, drain the opened mussels, and reserve the cooking liquid. When the mussels are cool enough to handle, remove the meat from the shells and set aside.

2. Cut the potatoes into 1.5cm dice and boil them for 5–10 minutes until tender, then drain and set aside.
3. Melt the butter in a separate large pan over a medium heat and fry the chorizo, onion or shallot, leek and celery until soft. Add the plain flour and cook for a minute or so, then add the reserved mussel cooking liquor and stir until thickened. Add the milk, cream, bay leaf, potatoes and seafood mix, then bring to the boil. Turn the heat down and simmer for about 5 minutes until the seafood mix is cooked, then add the mussel meat and season with salt and pepper.
4. Cut the tops off the rolls and scoop out as much of the dough as you can, leaving the crust. Spoon the chowder into the hollowed-out bread rolls or serve in bowls with sourdough on the side. Garnish the chowder with chopped parsley or chives.

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SUDUKO

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.