

## OCTOBER - NOVEMBER 2022 EDITION

**FREE TO TAKE HOME!**



Vaccination in children



Baby teeth



Fibroids



Parkinson's disease

### ● 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

### 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](http://www.healthnews.net.au)



## Vaccination in children

With the focus on covid vaccination, data suggest that regular childhood vaccinations may be being forgotten or delayed. The WHO has expressed concerns about this. The situation is fortunately not as bad in Australia as some other countries.

Conditions like measles and polio are extremely rare in Australia today because of childhood vaccinations. However, success can breed complacency, and we have seen cases of disease-preventable infections in unvaccinated people.

So, what is the best way to protect your child? There is a schedule of vaccinations that applies nationally. This covers a number of diseases, including hepatitis B, measles, whooping cough, and certain forms of meningitis. The initial vaccination is done in the hospital before discharge, with the next one at six to eight weeks. Your GP will advise when the next set is due at each visit.

Some children may get a fever after vaccination; talk to your doctor about using paracetamol or ibuprofen. Also, raise any questions - sadly, there is misinformation out there, but your doctor has the facts.

Most states have no-jab-no-play policies (daycare and school), so ensure your child is up to date. This is also important for certain family benefits payments.

If your child has missed some vaccinations through covid time, this can be caught up. Talk to your doctor about what is required.



More info >>



## Baby teeth – what you need to know

When considering that the average life expectancy is over 80 years, it seems odd that we get two sets of teeth, but the first set lasts only until we are ten or so. Baby teeth develop whilst 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. They can appear in any order, although the central ones are usually first. Teething gets a bad rap, and to be fair, it can be distressing. Equally, much gets blamed on teeth which might have nothing to do with them. Typical symptoms are crying, dribbling, and pulling on ears. Some 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 beneficial when your child is teething. You can also use paracetamol, ibuprofen, and teething gels. Be prepared to do 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.



More info >>







## Fibroids

Benign muscle growths which form in the wall of the uterus are called fibroids or myomas.

Benign muscle growths forming in the uterus wall are called fibroids or myomas. It is estimated that up to 80% of women over the age of 50 will have them, but most will have no symptoms and not need treatment. They rarely grow before puberty or after menopause. Their cause is not known. They are classified according to what layer of the uterus wall they arise in.

Symptoms, if present, include heavy and painful periods, spotting between periods, a heaviness in the pelvis, and pain during intercourse. Larger ones can produce swelling in the lower abdomen.

Diagnosis is based on the history and pelvic examination and confirmed by ultrasound. Blood tests may also be performed, especially in the case of heavy bleeding.

Treatment depends on symptoms. If they are mild and not troublesome, it may simply be analgesia for period cramps. If iron levels are low due to menstrual loss, an iron supplement infusion may be recommended. Hormones such as the contraceptive pill may be used for cycle control.

Procedures such as arterial embolization can “choke” the blood supply to the fibroid, causing it to shrink.

The definitive treatment for fibroids is surgery. Most commonly, these days, it will be done via the laparoscope. The fibroids may be removed, or a complete removal of the uterus (hysterectomy).



## Heat rash or prickly heat

Heat rash or prickly heat is caused by sweat being trapped under the skin.

It is more common in children than adults, with the neck, shoulder and chest the most affected areas. It can come on in hot weather or after sport. There is an itch “lumpy” rash. Whilst uncomfortable, it is not serious.

The first line of treatment is to remove yourself from what is causing it. Change out of sweaty clothes after exercise. If possible, aim to find a cooler place when the weather is hot. Wear loose-fitting clothing. Anti-itch creams can be applied, as can topical steroid cream (talk to your doctor before using these). It will generally settle by itself.

Urticaria is a generalised reaction causing a blotchy, itchy red rash (sometimes raised) anywhere on the body (palms soles and scalp generally excluded). It can be due to a specific allergen (food or plant) or be triggered for no apparent reason. The rash can come on within minutes of exposure. It can last for minutes to days. In rare instances, it can be associated with auto immune or other underlying conditions.

Diagnosis is usually apparent on history and examination. Investigations are not usually needed. If the problem is recurrent, you may be referred to an allergist for allergy testing.

Treatment depends on severity. Avoid known aggravating factors. Antihistamine medication can help the rash and itch. Anti-itch creams and topical steroids can be used. Short courses (three to five days) of oral steroids may be prescribed in more severe cases.

## Parkinson's disease

An estimated 40,000 Australians have Parkinson's disease - a progressive degenerative neurological condition affecting body movement control. It comes on gradually, and early signs may be very subtle.

Typical symptoms are trembling hands, arms, legs and face together with slowing of movement, instability, tiredness, and difficulty walking.

The condition comes about from nerve cells ceasing to produce enough dopamine, a chemical that sends messages between nerve cells. Low levels of dopamine impede the control of muscles by the nerves. The cause of the reduced dopamine 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 till an exact diagnosis can be made. Your GP will likely refer you to a neurologist.

Treatment is focused on maintaining function. A healthy diet and keeping active are important. Physiotherapy may help with guiding an exercise program that should include daily stretching. Medications can control the condition but not cure it. As time goes by, the effectiveness can lessen and does need to be increased.

Side effects can also be a problem for some. For this reason, medication is not started until the symptoms are bad enough to warrant it. Medicinal cannabis may have a role in some people where treatments have failed.

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



More info »



## DIABETIC-FRIENDLY PLANT LOADED TUNA BAKE

by Evelyn (Pheh Ping) Chang, PhD, Accredited Practising Dietitian



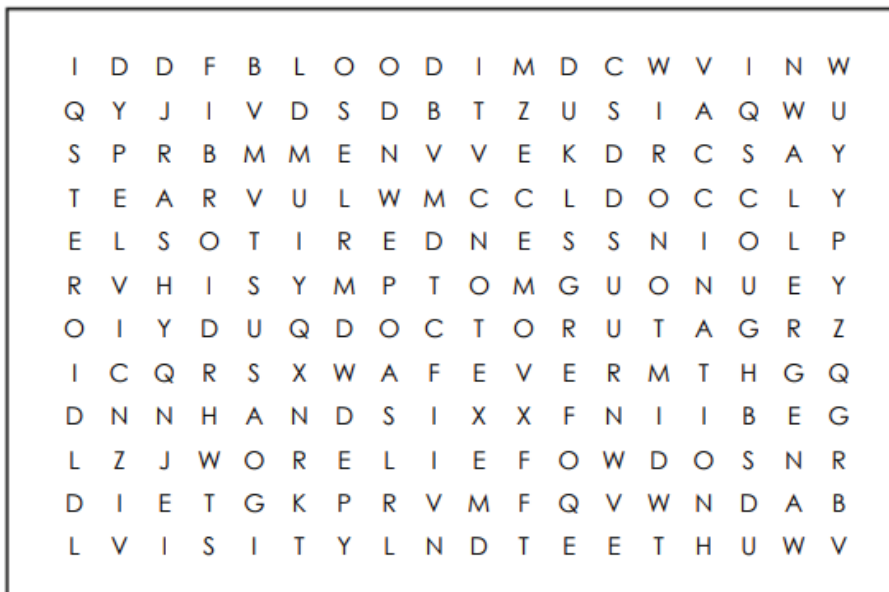
• Low GI • high fibre • plant-based • anti-inflammatory and most importantly.... kids love it!

With the cold weather and sometimes can be freezing cold, baked dish is the perfect dinner. Even better, save some for the next day lunch and your lunch is sorted! This is a modified version of tuna bake loaded with lots of vegetables and plant protein that tick the boxes below:

- You can use any vegetables for this dish: zucchini, carrot, broccoli, cauliflower, green bean, capsicum, brussels sprout, kale, asparagus; either fresh or frozen. Choose at least 3 types of vegetables to use.
- For the protein, I use a mix of plant protein and tuna (185g tuna in spring water). The plant protein I choose for this dish are red kidney beans and edamame which is a complete protein with fibre and plant sterol.
- Complex carbohydrate: I use wholemeal pasta (1/2 cup- 3/4 cup per person) and breadcrumb made by processing 1 slice of low GI high fibre bread as the topping of the whole dish.
- Add on lemon juice.
- Flavour: sauté with onion and garlic, add in basil and parsley, ½ teaspoon Dijon mustard or to taste. NO cream or milk is used in this dish.
- Shredded cheese to sprinkle on top of the dish: choose Jarlsberg lite cheese for a lower sodium variety of cheese.

## WORD SEARCH

Health News October 2022



ALLERGEN  
BLOOD  
COUGH  
DIET  
DOCTOR  
FEVER  
FIBROID

GUM  
HANDS  
IRON  
PELVIC  
RASH  
RELIEF  
STEROID

SYMPTOM  
TEETH  
TIREDNESS  
VACCINATION  
VISIT

## 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](http://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.