



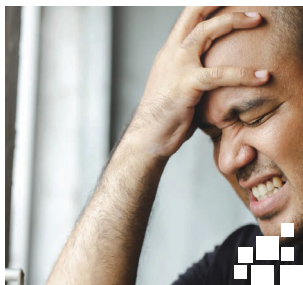
Gallstones



Osteoarthritis



Fainting



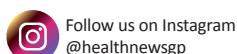
Headaches

### 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)



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### ● 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 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 William Smith** MBBS  
Family Medicine, General Medicine

**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 & Annika

### Reception Staff:

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

### ● 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



# Gallstones

Gallstones are hard stones made of cholesterol, calcium and bile, which form in the gallbladder. This is the pouch under the liver, which stores bile. In turn, bile is released into the intestine after meals to help absorb fats.

Gallstones are found in up to 30% of people, most of who don't know they have them. It is only when they cause symptoms that treatment may be required. Risk factors include being female, being overweight, increasing age and family history. The stones can be as small as grains of sand or as big as golf balls.

Symptoms commonly occur if a stone blocks the bile duct (biliary colic) or the gallbladder gets infected (cholecystitis). Pain in the abdomen (or back), nausea and or vomiting and fever are typical symptoms. Pain is generally worse after a fatty meal. Some may develop yellow jaundice. If you have abdominal pain, see your doctor, as there are many potential causes.

Diagnosis may be obvious on history and examination. The standard test is an ultrasound, which will show if stones are present.

Sometimes stones pass through the duct, and the symptoms resolve. If there is an infection, antibiotics will be needed. In severe cases, urgent hospitalization is required. The simplest treatment is analgesics and reducing fat intake in the diet.

Surgery to remove the gallbladder (and stones) is standard treatment. This is now generally done via the keyhole (laparoscope), and you are home in a few days. Medication to dissolve stones is not very effective. Sound wave treatment to "shatter" stones is useful in only 20% of cases.



More info »



# Osteoarthritis

As we age, our joints show wear and tear. The cartilage (lining) of the joints is affected most, but bones, ligaments and muscles can also be involved. This is known as degenerative or osteoarthritis. It affects almost everyone over 40. The severity varies. Knees, hips, hands and the spine are the most commonly affected joints. Risk factors include being overweight, positive family history and joint injuries.

Symptoms include pain and stiffness, and swelling in the joint. It develops gradually over many years. Pain may be worse with activity, although stiffness is usually worse in the morning. Symptoms may be intermittent at first and may become constant.

Diagnosis is generally on clinical findings. X-rays can help assess severity and see the extent of cartilage degeneration.

Treatment depends on severity. Weight loss (if overweight) reduces the load on the joint. Heat packs can help, as does strapping the joint. Regular exercise helps preserve function. This needs to be tailored to the individual, and a physiotherapist can assist. Water-based exercise puts less load on the joints.

Medications do not cure osteoarthritis, but analgesics (e.g. Paracetamol) can ease symptoms. Anti-inflammatory medications can be used but may have side effects and are not suitable for all. Talk to your GP about this. Braces, walking aids and shoe insoles can have a role too. In more severe cases, injections into the joint can ease symptoms and surgery, including joint replacement, can be beneficial when non-surgical treatments have failed.



More info »



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## Acne

Acne is a skin infection. Under hormonal (mainly testosterone) influence, sebaceous glands in the skin produce excess oil, which can block the pores allowing bacteria to multiply. It is most common in the teenage years but can also affect adults. Males are more prone, and there are genetic tendencies too.

The face, chest, back and neck are the most affected areas. Acne can be made worse by stress, oily cosmetics and some medications. For women, it may be worse with periods. Although an infection, it is not contagious. There are many myths about food causing acne – but no specific foods have been shown to make a difference. Eating sensibly and drinking plenty of water will help but not cure acne.

Basic treatments include keeping the skin clean and using good quality skin cleansers. The next step is more specific anti-acne creams or gels on the affected areas. Most are available without a prescription. If this

is not helping, your doctor can prescribe antibiotics. The length of the course depends on how long it takes to improve. For some females, a hormonal treatment doubles as a contraceptive.

In the most severe cases, you may be referred to a dermatologist. Severe cystic acne can be treated with more potent medications, which must be carefully monitored, as side effects can be problematic.

Fortunately, most acne resolves by the late teens or early twenties. Scarring can occur, although not frequently. This can be treated increasingly successfully.

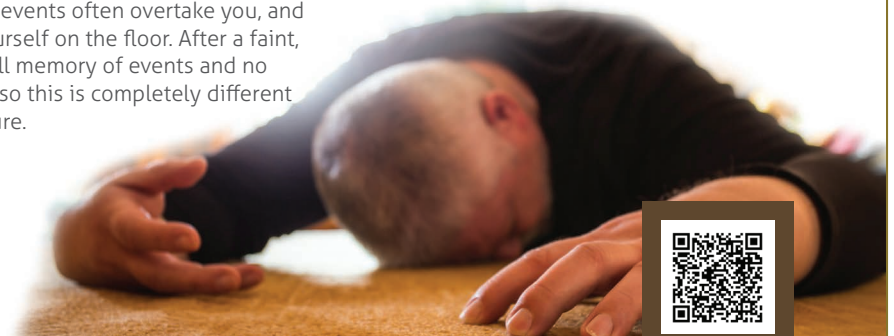
## Fainting

There are numerous reasons why people may feel dizzy or pass out. A true faint (vaso-vagal episode) is a brief episode of unconsciousness caused by a drop in blood pressure. In turn, this can be due to a change in the blood vessels or the heart rate. When we faint, the blood vessels typically widen, causing the pressure inside them to drop.

When blood pressure to the brain is not maintained, we lose consciousness and fall to the ground. Usually, the episode is rapid and may last a few seconds. You may feel unwell for a time afterwards. Some people will go through life never fainting, whereas others are a bit prone.

Risk factors for fainting include prolonged standing, extreme heat (leading to dehydration), stress or emotional distress, intense pain and certain medications. Typical lead-up symptoms are a feeling of anxiety, nausea, and a lightheaded feeling. At this point, it is best to sit or lie down, but realistically events often overtake you, and you find yourself on the floor. After a faint, you have full memory of events and no convulsing, so this is completely different from a seizure.

It is important to consult your GP if you have suffered a faint. Whilst the condition is harmless (excluding the potential for injury when falling), it is important to exclude other reasons for loss of consciousness. Your doctor will do a physical examination and may recommend blood tests.



[More info](#) »

## Headaches

Headaches are one of the commonest symptoms experienced. Virtually everyone will get a headache at some stage. Some get them often, and others rarely. Whilst there are serious causes, the vast majority are not. The most typical form of headache is the “tension-type headache” felt as a band around the head. It can last from half an hour to an entire day. Stress can be a factor but not necessarily. Treatment is with simple analgesia. Ensure you drink adequate water.

Treatment depends on the cause. Eye strain can lead to headaches coming on with reading or watching screens. Treatment is getting your eyes checked and appropriate glasses if need be. Neck strain and neck arthritis can cause headaches. Heat treatments on the neck and physiotherapy may help. Sinuses infection or congestion can cause headaches which can be seasonal.

Migraines are a particular type of headache, more common in females and usually one-sided, which can be associated with nausea

or vomiting and sometimes an aura.

Headaches can be part of a viral illness or various other medical conditions.

Accurate assessment by your GP is important. This is through history examination and, in some instances investigations. Treatment is directed towards the underlying cause.

General preventative measures for headaches include getting enough sleep, drinking enough water, managing stress and avoiding any known specific triggers. Simple analgesics have a role but should not be relied upon.





## QUICK AND EASY FRENCH ONION CHICKEN POTATO BAKE

### Ingredients (serves 6)

- 30g Butter
- 1 cup thinly sliced button mushrooms
- 3 spring onions finely chopped
- 120grams baby spinach
- 2 x 200 gram tubs of French Onion Dip
- ½ Cup pouring cream
- 500 grams cooked chicken – shredded
- Potatoes – enough to cover the base of your cooking dish
- 2 cups of your favourite grated cheese blend

### Method

1. Melt butter in frying pan and add mushrooms and ¾ of the spring onions. Cook until softened stirring occasionally.
2. Add spinach and stir until wilted
3. Add French Onion dip and Cream and stir in well, then add the chicken.
4. Bring to the boil and season to taste.
5. Add the sliced, par boiled potatoes to the bottom of a baking dish and top with the chicken mixture. Sprinkle with the cheese blend.
6. Grill in a preheated oven for 2-3 minutes until the cheese is melted and garnish with the remaining spring onion.

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5			7	1			6	3

**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](http://www.thesurgery.net.au) or through Healthengine: <https://healthengine.com.au>

**Communication Policy.** We use mail, facsimile & secure electronic email 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.