

## APRIL - MAY 2024 EDITION

**FREE TO TAKE HOME!**



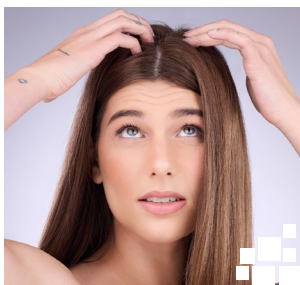
Heartburn



Sleep



Diabetes



Checking for Head Lice

### ● 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 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 Clark Wasium

MBBS FRACGP FACRRM JCA  
Chronic disease, men's health, preventative  
medicine, skin cancer management, cardiac  
medicine, cancer care and geriatric medicine

### Dr James (Jim) Lie (Locum)

MBBS  
Family Medicine, Asthma, Diabetes, Skin Cancers,  
Paediatrics, Sports Medicine & Obstetrics.  
Speaks Mandarin.

### Dr Alex Lugg

Family Medicine, General Medicine, Emergency  
Medicine, Wilderness Medicine, Pre-Hospital Care,  
Anaesthetics

### ● PRACTICE STAFF

**General Manager:**  
Ian Graham

**Co-Ordinator Patient Services**  
Dee Maquire

**Practice Nurses:**  
Elizabeth Quinn (Nurse  
Manager), Jenna, Jess, Leanne,  
Lisa, Bonnie & Amy

**Reception Staff:**  
Kate Stanhope (Office  
Manager), Brett, Imogen, Julie  
W, Kelly O, Liz, Lauren, Julie M,  
Kiara, Hedi, Mandy, Taj & Liesel

### ● 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

▶ *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](http://www.healthnews.net.au)



# Heartburn

This is a burning pain in the chest or upper abdomen caused by acid “leaking” from the stomach into the oesophagus. It is also known as reflux and Gastro-oesophageal reflux disease (GORD).

It is very common and can affect all age groups, starting with infants, and ranges from mild to severe and occasional to daily. Not everyone with heartburn has GORD. Some with GORD may have a hiatus hernia, where some of the stomach “slips” above the diaphragm.

In adults, risk factors include being overweight, smoking, alcohol consumption and a family history. Certain foods will trigger heartburn in certain people, but there is no one set of foods to avoid. Caffeine, dairy and spicy foods are common culprits, but each person needs to find what “disagrees” with them.

Prevention includes avoiding known triggers and not eating too much at one time. Treatment depends on severity and frequency. Simple home remedies like bicarbonate of soda or herbal teas help some people, and simple antacids can relieve symptoms. At night, it can be helpful to sleep on a slight incline from head down to toes.

If simple approaches fail, you need to see your GP. Often, the history is sufficient for diagnosis, but you may be sent for tests to rule out other causes.

Prescription medications can reduce acid production for ongoing problems. Some people need short courses of these, and others need them long-term. If symptoms are not relieved after some weeks, you may be referred for a gastroscopy to assess the oesophagus and stomach.



More info »

# Sleep



It is estimated that at the turn of the 20th century, the average person slept for nine hours each night. By the turn of the 21st century, this had shrunk to seven and a half hours.

A century ago, we did not have a 24/7 society complete with computers and smartphones. Even one generation ago, TV stations closed overnight. However, our need for sleep has not disappeared, and it must not be seen as optional.

The human body can go far longer without food than without sleep. The impairment in judgment and coordination after being awake for 20 hours was estimated by NASA to be the equivalent of a blood alcohol level of over 0.05% (the legal cut-off for driving).

Lack of sleep is associated with higher rates of obesity, type two diabetes, high blood pressure, depression, stress and even Alzheimer's. We feel we can “get away” with inadequate sleep because the symptoms are not always immediate nor clearly linked.

Many people find getting enough sleep difficult. Sleep patterns can be changed, but you must allow at least four months. Regular exercise helps, as does not eating within two hours of bedtime. Switch off screens 45 minutes before going to bed and have a regular routine. Have a comfortable bed and pillow and consider guided relaxation or meditation before bed. Some people find herbal teas relaxing. Avoid sleeping tablets, as regular use causes addiction. Above all, do not stress about sleep. Relax and let the body do its thing.



# Diabetes – differences between Type 1 & Type 2

There are two types of diabetes, broadly divided into insulin-requiring (type 1) and non-insulin-requiring (type 2). This is not absolute, as some people who do not need insulin at the start may go on to do so.

Type one occurs when the body cannot produce insulin, often starting in childhood or adolescence. There are genetic tendencies, although the exact inheritance pattern is not known. Type two comes about when the body's cells become resistant to the effects of insulin, generally occurring later in life. Weight and consumption of refined carbohydrates play a bigger role, although there are genetic tendencies here, too.

Diabetes is diagnosed by testing for glucose and glycated haemoglobin (HbA1c) in the bloodstream. A further test known as a

glucose tolerance test may also be done. This involves "challenging" the body with a sugar load and monitoring how the body handles it.

Managing diabetes includes lifestyle changes and possibly medications. Those with type one will need lifelong insulin. A low-sugar diet is vital for diabetics. Losing weight can help control glucose levels. Regular exercise is also beneficial. Blood glucose monitoring allows people with diabetes to control their blood sugar and live in relative freedom. Regular review and blood tests through your doctor are also important.



More info >>

# Checking for Head Lice - signs & symptoms



More info >>

Lice are annoying but not serious. Head lice are tiny, wingless insects that are common in school-age children but can potentially affect anyone.

Lice can only live on humans (they die within 24 hours if not on the body) and they feed on minuscule amounts of blood drawn from the scalp. They cannot jump or fly but only crawl. Hence, they are spread by direct hair-to-hair contact. The typical symptom is an itchy scalp. A note from school saying head lice have been found will often first alert parents.

Adult lice are grey or tan insects the size of a sesame seed on the scalp. Nits (lice eggs) are tiny white or brown dots usually attached to hair near the scalp. Although they look like dandruff, they can't be "shaken" off.

To find them, comb hair with any conditioner and use a fine tooth comb. Wipe the conditioner from the comb onto a paper towel. Look for eggs or lice. Do this through all the hair a few times.

Treatment is removing lice and nits from the hair. You can use the conditioner method (described above) every other day till none have been found for ten days. There are also specific head lice treatments (both synthetic and organic) that can be used. Follow the directions on the pack. Wash pillowcases in hot water. Family members need only be treated if lice or nits are found on them.

# Managing sun-damaged skin

After summer is a good time to have a skin check. Australia has the highest rates of skin cancer in the world.

A step before skin cancer (this applies to basal and squamous cell cancers, not to melanoma) is the development of solar keratoses, commonly known as sunspots. These cause redness and roughness on the skin. Due to this and the potential to become cancerous, solar keratoses are usually treated.

The most typical treatment is cryotherapy, better known as freezing. This involves applying liquid nitrogen (or dry ice) in a "freeze-thaw" sequence to the area. Although it can cause redness and some loss of pigment, it is usually successful, and most people have no complications. It can be used on most keratoses and is particularly good for scattered individual spots.

Several creams can also be used to treat solar keratoses. These are available on prescription. Which one and the duration of treatment depend on the individual case. They are most suited to areas on the skin where there are multiple spots.

Salicylic acid applied topically can reduce roughness and retinoid creams can help rejuvenate skin.

Laser resurfacing and photodynamic (light) therapy are newer options, but they are less widely available and more expensive.

The key remains prevention. Remember to always slip on a shirt, slap on a hat, and slop on sunscreen in the summer sun. See your doctor about any skin spots of concern and ask your doctor about an annual skin check.





## CARAMELISED ONION TART

### INGREDIENTS

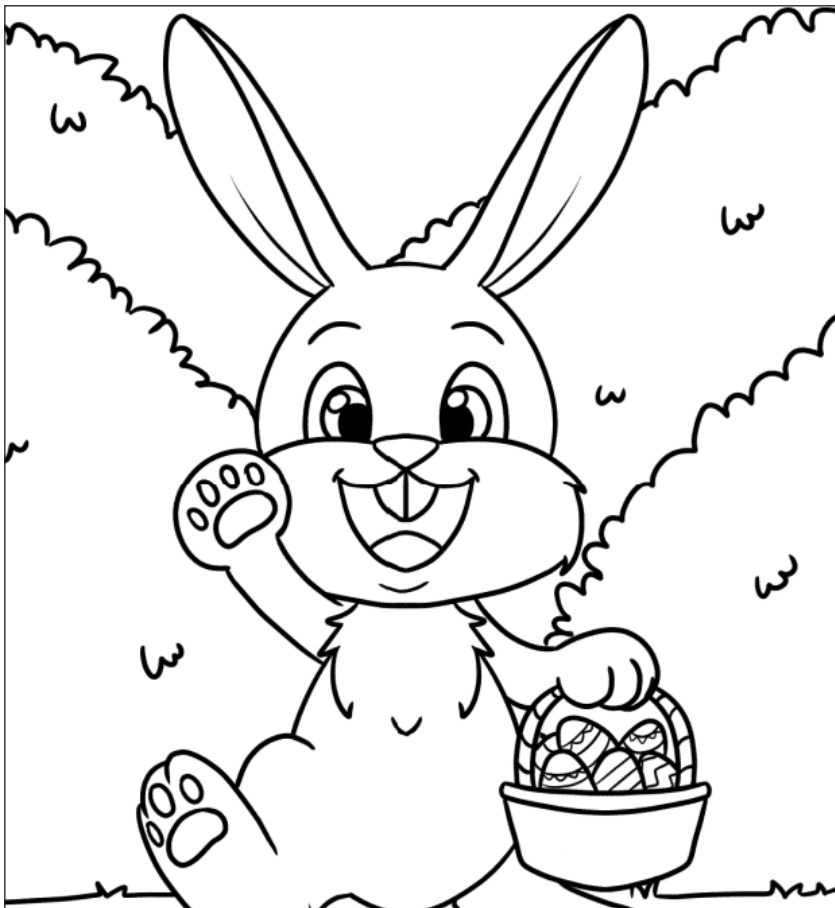
- 20g butter
- 1 tsp olive oil
- 2 red onions, thickly sliced lengthways
- 1 garlic clove, thinly sliced
- 2 tbsp caster sugar
- 1 1/2 tbsp red wine vinegar
- 2 sheets frozen puff pastry, just thawed
- 50g goat's cheese, crumbled
- 25 grams chopped walnuts

### DIRECTIONS

1. Stir Fry the onion and garlic on a medium heat, for 10 mins or until the onion softens. Sprinkle with sugar and drizzle with vinegar. Season. Cook for 3-5 mins or until the sugar dissolves

and mixture thickens slightly. Remove from heat.

2. Preheat a 20-25cm ovenproof pan in the oven and grease with butter. Transfer the onion mixture to the pan.
3. Place 1 pastry sheet on a clean work surface. Top with the remaining pastry sheet. Use a small sharp knife to trim to a 25cm disc. Place the pastry over the onion mixture in the pan, carefully tucking the edges into the pan.
4. Bake for 20-25 mins or until pastry is golden and puffed. Cool in the pan for 5 mins. Place a serving plate over the pan and invert tart onto the plate. Sprinkle with goat's cheese and chopped walnuts



**EASTER COLOUR FUN!**

## 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.