



FREE TO TAKE HOME!

DECEMBER - JANUARY 2020 EDITION



Safe this summer



Child Obesity



Bowel Cancer Screening



Eczema treatment

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

● PRACTICE DOCTORS

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● PRACTICE STAFF

Practice Manager: Sheree Snare
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Business Manager: Katrina Pugh
Reception Staff: Vivienne, Wendy, Janine, Rhia, Heidi, Peyton, Maree A, Alice, Bronte, Jacqui, & Amanda
Registered Nurses: Debbie Rimmelzwaan, Roselyn Hendriks, Ann Louise Jones, Trudy Schmidt, Sharon Turner, Bianca Snow & Breanna Carroll
Enrolled Nurses: Jeannie Ansell, Jackie Nash & Sarah Scully

● SURGERY HOURS

Ulverstone Branch Hours:
 Monday to Friday
8am – 6pm
 Weekends & Public Hols – Urgent Clinic
9am – 12noon
 Shared with Victoria Street Clinic
Penguin Branch Hours:
 Monday to Friday
9am – 5pm

● **AFTER HOURS & EMERGENCY**
 Phone **6425 1611**. Listen to voice message and ring the number advised. Please do not try to leave a message. In an emergency, phone **000** for an ambulance.

● ALLIED HEALTH AT PATRICK STREET CLINIC

- Hearing Australia
- Physiotas Physiotherapy
- Sleep Better Again
- Launceston Orthotic/Prosthetic Service Prem Anandam
- Dr Collin Chia – Respiratory & Sleep Medicine Physician
- Victoria's Cosmetic Medical Clinic

● FULL FAMILY MEDICINE SERVICES

- Minor Surgery
- Travel Medicine
- Lung Function Tests
- Aged Care
- Workplace Health Care
- Immunisations
- Blood Tests
- Trauma Care
- Antenatal Care
- Desensitisations
- Women's & Men's Health
- Skin Checks & Skin Cancer Treatments
- Diabetic & Asthma Clinics
- Family Planning/Contraception
- Child Health & Baby Checks

● PRACTICE BILLING POLICY

The Patrick St Clinic will not let financial hardship prevent access to medical care where at all possible.

Over many years, both sides of government have not supported the real cost of providing healthcare. Therefore your Medicare rebate has not kept up with inflation. This means that some costs must now be passed on to patients.

Significant discounting down to Medicare's "bulk billing" rate however does occur according to the individual patient circumstances at the doctor's discretion.

The following policy is aimed at being able to maintain our services to the community:

- Patrick St Clinic fees are guided by the Australian Medical Association.
- An annual charge payable on the first bulk billed consultation in the financial year will apply to all patients, including pensioners and health care card holders. This charge is currently \$30.
- A full fee payment for non-health care card holders will occur at the first consultation in each quarter.

We hope these measures will help you stay healthy regardless of your financial position.

● BOOKING APPOINTMENTS

We try to make sure patients are seen in a timely manner according to the urgency of the problem. Please let the receptionist know at the time of booking if your problem is routine or urgent.

Please give at least 2 hours' notice if cancelling a booking to allow that space to be made available to another patient in need.

Failure to attend an appointment may attract a fee.

You can also book online via our website: www.patst.com.au or download the HotDoc App.



Booking a longer appointment: If you want an insurance medical, review of complex health problem, travel advice, counselling for emotional difficulties or a second opinion, please book a longer appointment.

▶ Please see the Rear Cover for more practice information.



 <http://www.kidsafewa.com.au>

Keep your child safe while having fun this summer

Summer holidays are a fun time for children but can be a bit stressful for parents. It is a bit easier to get them off screens when it is warm outside. Evidence increasingly shows that helicopter parenting can prevent children from gaining independence yet equally the days of “be home by dark” are long gone. So, what are the key issues to ensure that your child has fun and remains safe.

Children are at risk of dehydration so make sure they are drinking plenty of water, especially when outdoors. Whilst slip, slop, slap should go without saying, it is important to remember sun screen may only last a few hours and needs to be reapplied. Playgrounds today are far safer than in the past but falls can still occur. Age appropriate

supervision and choice of equipment can minimise this. Psychologists point out that allowing some risk taking enables the child to build resilience and also learn their limitations.

Knowing how to swim is important in Australia as is knowing basic water safety swimming is a great activity for children.

Make sure your child swims between the flags at the beach and watch them at all times around water. Fences and gates do not replace vigilance.

Use insect repellent especially at dusk. Insect bites and stings are usually annoying rather than serious but if you have any concerns – see your GP.

Child & Adolescent Obesity

One in four Australian children are overweight or obese. Why? Firstly, children tend to snack on high calorie foods and drinks and second is the replacement of physical activity with time on screens. We can't turn back time but it is not all bad news. There is much you can do as a parent or guardian to help a child get and maintain a healthy weight.

Substitute water for sweet drinks. Eliminating liquid calories reduces calorie intake without leaving a child hungry. Allow soft drinks only on special occasions or no more than once a week. Replace fruit juice with a piece of fruit and a glass of water. This gives them more fibre and fewer calories.

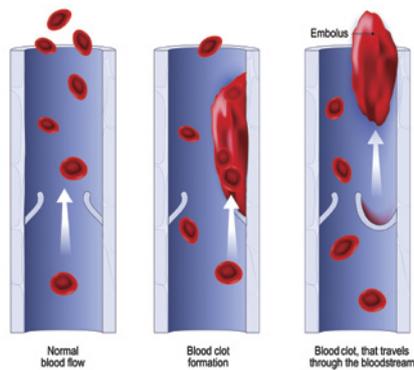
Research shows that we eat more when distracted so ban the screen while eating. And it has also been shown that children who eat at the table with others are 40% less likely to be overweight. This is partly the “screen effect” mentioned before but also it means the child is more likely to be eating a proper meal instead of snack foods.



Teach your children about cooking. Children who get active in the kitchen will eat less junk food and learn about healthy eating.

Limit screen time and get your child active. This can be in an organized sport or a play in the park or back yard. Get a ball or Frisbee and join in as exercise is good for parents too.

Good habits from childhood will serve your child well in adult life.



Deep Vein Thrombosis

A thrombus is a blood clot. The ability of the body to form clots is critical as this stops bleeding when we cut ourselves. However, a blood clot forming in a blood vessel can cause serious problems. A deep vein thrombosis (DVT) occurs when a blood clot forms in the deep veins in the calf. Risk factors include smoking, family history, being overweight, prolonged sitting (e.g. plane travel), and surgical procedures.

Typical symptoms are pain and swelling in the calf. It may be hot or red. There may be pain on flexing the ankles. Diagnosis may be apparent by history and examination. However, usually a doppler study will be ordered to confirm diagnosis and reveal the extent of the thrombus.

Treatment is with anticoagulant medication. This does not remove the existing clot but reduces the risk of it extending or spreading. The length of time of treatment depends on individual circumstances.

The main complication of a DVT is spread to the lungs - pulmonary embolism (PE). This is a serious condition generally needing hospitalisation.

Reduce your risk by maintaining a healthy weight and not smoking. Other preventative measures depend on circumstances. For example, you may be advised anticoagulant medication before an operation together with compression stockings. When flying, stretch your legs frequently and try to avoid crossing them. Taking aspirin has not been shown to reduce the risk of DVT.

 <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/deep-vein-thrombosis>



Bowel Cancer Screening

With 5375 deaths in 2016, bowel cancer is the second highest cause of cancer death in Australia. Lifelong risk by age 85 is one in 11 for men and one in 16 for women. Risk factors include being over age 50, a positive family history, smoking, excess alcohol consumption, inflammatory bowel disease and obesity.

Early stage bowel cancer has an excellent outlook and as it grows slowly early detection is key. For those with a first degree relative with bowel cancer, colonoscopy is advised starting age 40 and then every five years (or sooner depending on findings). Polyps, if found will be removed. The type of polyp found determines when the next colonoscopy should be done.

The Federal government runs the national bowel cancer screening program. Each citizen is sent a faecal occult blood test (FOBT) kit from age 50. Currently this is four yearly till 58 and then two yearly to age 74. From 2020 this will be every two years till age 74.

The kit is easy to use and a result is sent to your nominated GP. A positive result is not a diagnosis of cancer (blood may be in the stool for various other reasons including benign polyps and haemorrhoids) but is an indication to proceed to colonoscopy.

Diagnosis of bowel cancer is through biopsies taken on colonoscopy. The most important message is that bowel cancer is treatable if detected early and screening can allow early detection. Don't ignore your kit in the mail and talk to your GP.

Eczema – Prevention & Treatment

Eczema is a red itchy rash, which often starts in infancy or early childhood.

The commonest places are the face, neck and "flexures" which are the skin creases at the knees and elbows. It can be a few scattered areas or may be widespread. It ranges from the mild to the severe and may weep or be crusty.

Mainstays of treatment are moisturizers and steroid based creams

Avoiding known triggers can reduce the frequency and severity of episodes. Unfortunately, it is not always possible.

Dust mite allergy can worsen existing eczema. Contact occurs via bedding, carpet or soft furnishings. Shake sheets daily to remove skin scales (the food of dust mites!). Change sheets twice-a-week after a hot water wash. Put a

special dust mite cover on the mattress.

Soaps and detergents remove natural skin oils and worsen dryness and itch. Wash with aqueous cream. Showers are better than baths. Reverse dry skin by frequent application of a simple moisturizer.

Avoid wool and synthetic fabrics and wear cotton.

Both cold and heat can worsen itch.

Both natural foods and food additives can worsen eczema in some children. Unfortunately, skin or blood testing for food allergies is not accurate in uncovering which foods. Instead, strict avoidance of a food (two to three weeks) followed by a deliberate



 <https://www.allergy.org.au/patients/skin-allergy/eczema>

challenge with the food (three serves a day for four days) will usually highlight any food allergies. Common ones are dairy, soy, fish, eggs, wheat, citrus, yeast extract or nuts.

● PRACTICE NEWS

Summer is nearly here and already the UV readings are high to extreme. It's easy to forget to take sun-smart action on the North West Coast as overheating generally isn't a problem. So for the next 4-5 months

- Wear a hat [preferably wide brimmed, face/ears/neck are the highest-risk areas for skin cancers and shade is the best prevention]
- Wear a high SPF-rated sunscreen, reapply frequently [swimming/sweating rapidly reduce effectiveness]
- Aim for shade between 11am > 3pm
- SLIP [on a shirt] SLOP [on sunscreen] SLAP [on a hat]!

The summer BBQ season is here. Follow these guidelines to reduce the risk of food poisoning.

Cooking meat on the BBQ:

- Ensure meat is thoroughly defrosted before cooking.
- Turn the meat regularly during cooking to ensure it is cooked through.
- Sausages, burgers and chicken should never be pink in the middle.
- Steaks and joints of meat are safe to serve rare so long as the outside is cooked.

Handling raw meat:

- Keep raw and cooked meats separate - this includes cutting boards and utensils.
- Do not pour marinade used on raw meat over cooking meat - keep some separate during preparation for basting.
- Wash your hands

Keep food cool:

- These foods should stay cool: salads; dips; dairy; hams
- No more than 2 hours out on a cool day and 1 hour on a hot day.

Serve small portions at a time and top up from the fridge

Use an esky for drinks to leave space in the fridge for food.

Further information from: <https://www.healthdirect.gov.au/barbecue-food-safety>

For surgery and on-call hours over the Christmas/New Year period please ring the practice number and listen to the recorded message.

Merry Christmas and Happy New Year to all



BARBECUED PRAWN WITH GINGER AND MANGO MAYONNAISE

Ingredients

- 3kg green tiger prawns, tail intact
- 1 stalk lemongrass, white part only
- 3 kaffir lime leaves, shredded
- 2 tblspn peanut oil

Mayonnaise

- 1 mango, peeled and stoned
- 1 tblspn finely grated fresh ginger
- 1 tblspn lime juice
- 2 egg yolks
- 1 tspn mustard powder, or horseradish cream
- 250ml light olive oil

Method

1. Marinate the prawns with the lemongrass, lime leaves and peanut oil in the fridge for at least 1.5 hours
2. For the mayonnaise, place mango flesh, ginger, lime juice and mustard powder in a food processor and process until smooth. With motor running, add oil in a thin, steady stream until mixture is thick and pale. You may not need all the oil. Taste and season with salt and pepper.
3. Preheat barbecue to high. Add prawns and cook until prawns curl and change colour.
4. Transfer prawns to a serving plate with mayonnaise and garnish with baby cos lettuce leaves that can be used as wraps.

HELP SANTA FIND HIS WAY!

