



FREE TO TAKE HOME!

DECEMBER - JANUARY 2022 EDITION



Vertigo



Exercise



Childhood play accidents



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

- Dr Nerrelie Cann
- Dr Debra Chandler
- Dr Joanne Chaffey
- Dr Justin Chipman
- Dr Stefan Delitzsch
- Dr Emil Djakic
- Dr John Fisher
- Dr Margret Oetterli
- Dr Mohan Rajakaruna
- Dr Elisabeth Robin
- Dr Saminda Rubasinghe

Dr Lizzi Shires

- Dr Diana Webster
- Dr Josephine Woodman
- Dr Samuel Brandsema

● PRACTICE STAFF

- Practice Manager: Sheree Snare
- Clinical Manager: Breanna Carroll
- Business Manager: Katrina Pugh
- Reception Staff: Vivienne, Janine, Rhia, Heidi, Peyton, Maree, Jacqui, Mia, Lynissa & Aimee
- Registered Nurses: Roselyn Hendriks, Ann Louise Jones, Sharon Turner, Julie Turner, Sharon Brain, Christina Waddington & Rebecca Knowles

Enrolled Nurses: Jeannie Ansell, Jackie Nash & Kathryn French

● SURGERY HOURS

- Ulverstone Branch Hours:**
Monday to Friday
8.30am – 5.30pm
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.

● SPECIALISTS & ALLIED HEALTH AT PATRICK STREET CLINIC

- Physiotas Physiotherapy
- Launceston Orthotic/Prosthetic Service Prem Anandam
- Dr Collin Chia – Respiratory & Sleep Medicine Physician
- Victoria's Cosmetic Medical Clinic
- Mr Gary Kode - Launceston Plastic & Cosmetic Surgery

● 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.



 <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/dizziness-and-vertigo>

Vertigo

Vertigo and dizziness affect up to 10% of people through their life. It is important to have an accurate diagnosis as treatment depends on diagnosis.

Vertigo is most often due to conditions affecting the inner ear where the balance centre is. These include benign paroxysmal positional vertigo (BPPV), vestibular neuritis (inflammation of the inner ear), Meniere's disease, and migraines.

The symptoms are described as a feeling of spinning (like having been on a merry go round that stops), unsteadiness on the feet, or a light headedness. Other symptoms that can accompany this are headache, nausea and vomiting, incoordination, unusual eye

movements and a ringing in the ears.

Your doctor will ask about the frequency and duration of episodes, how they progress over time and if there are any triggers. These provide clues. The examination includes assessing balance and the ears as well as blood pressure.

Tests include a CT or MRI scan to look at the brain and inner ear. Blood testing is not often helpful except to rule out other causes.

Treatment starts with rest and medication to

ease the symptoms of dizziness. Some benefit from specific exercises to "retrain" the balance system. This is via a vestibular physiotherapist. Those with BPPV can benefit from specific exercises to remove crystals in the inner ear.

Meniere's often need long term treatment, whereas vestibular neuritis often needs only short term. Underlying causes such as migraine need specific treatment.

Some will require referral to an ENT specialist, and in some instances, surgery is needed.

Chlamydia

The most common sexually transmitted infection (STI) in Australia is Chlamydia. The number of cases has increased over the last 20 years, and the highest prevalence is in the 15-25 age group. Both sexes are equally affected, and it is very treatable.

Common symptoms are burning with passing urine and a discharge from the genitals. Women may experience lower abdomen or pelvic pain. Often the symptoms are mild. These start between one and three weeks after exposure. It is important to note that many people may not have any symptoms at all.

As the symptoms are not specific, diagnosis is by urine or swab testing. Generally, a full check for STI's will be done, which involves a urine and blood test. Treatment is with antibiotics. If Chlamydia is confirmed, a repeat test will be needed around three weeks later to see that it has cleared. It is a notifiable infectious disease, so cases are reported to the health department.

The other critical part of treatment is contact tracing. If you have been diagnosed with Chlamydia, you need to notify sexual partners as they will also need treatment.

Left untreated, it can lead to infertility. This is why it is recommended to have a screening test if you are sexually active. This is important because you may have no symptoms. Prevention is relatively simple, although not 100%. Always practice safe sex and use protection to reduce the chances of getting Chlamydia other STI's. Don't be scared of raising concerns with your doctor. They will have dealt with this often. And remember it is a common condition, may have no symptoms, and it is treatable.



 <https://www.sexualhealthaustralia.com.au/chlamydia1.html>



Exercise

With summer weather and the increasing ability to get outside, now is the time to dust off that exercise regime. Depending on where you live, gyms and indoor sports facilities may also be open again.

Exercise is good for both physical and mental health and is also good for stress management and longevity. A 2018 study by the Centres for Disease Control and Prevention concluded that about 10 per cent of all deaths among Americans 40 to 70 years old result from too little exercise.

The question has always been how much. Two new studies which followed over 10,000

people for two decades suggests 7000 steps a day or sports like tennis, cycling, jogging or badminton for at least two and a half hours a week.

However, every bit helps, so do not let the perfect be the enemy of the good. If you can only manage an hour, do that in preference to nothing. Incidental exercise such as taking the stairs instead of the lift or parking further away from the shopping centre entrance also counts.

The other important aspect is to do what you enjoy. That way, you are more likely to stick to it. Exercising with a friend or family member adds a social aspect and can help keep you both motivated.

Childhood play accidents

We know that many children do not get enough exercise, and the summer holidays can be a time for getting away from the screens and playing outdoors. In doing so, we want children to play safely and avoid injury. Equally, in these days of caution, we need to also whilst recognise that a grazed knee is not a major drama.

Compared to previous generations, virtually all public playgrounds are remarkably safe. Partly this is due to the soft ground cover which cushions falls. Equipment is safer than old fashioned slides, swings and see-saws. But there remains no substitute for watching your children. This is age-specific, and older children can be left more on their own, with younger children to be nearby. Indeed, there is much to be said for playing with them, which gives the parent some exercise too.

Trampolines are fun, but children need watching and teaching on how to use them safely. Once more, design is far better than in the past. Bicycles are a popular Christmas present, and learning to ride a bike is still a childhood joy. Whilst falling off when starting is probable, careful assistance and support can minimise this.

Running and ball games are fun in summer. Children need to wear appropriate footwear and, where applicable, safety equipment (think cricket or softball).



Injury risk can be minimised but not eliminated. Fortunately, most play-related injuries will be minor. Talk to your doctor about any concerns you have.



Social media and teenagers

Facebook has been in the news recently with a US senate into what it knows about the impact of Instagram on the mental health of teenage girls.

Undoubtedly, many of the images posted on the platform are not realistic, and they may reflect significant plastic or cosmetic surgery or simply be photoshopped. Many "influencers" also do not declare that the products and services they endorse actually pay them to do so.

The online world and social media, in particular, are not issues that previous generations of parents had to contend with. And, as any parent knows, there is a fair chance that a teenager will be at least one step ahead when it comes to technology.

That said, all is not lost. There are simple means to help your teenager. First and foremost, talk with them about the use of social media. Banning may be difficult but putting limits is a useful approach. Talk to them about not replying to unsolicited friend requests from people they do not know. Talk to them about self-esteem and being comfortable in their own skin. Offer praise and positive commentary whenever you can.

Offer to look at some Instagram or Facebook images with them so you can discuss what you see and what you both think about them. Another option is for you and your teen to have "half a password each", so log in requires both of you.

Above all else, keep communication channels open and spend as much time listening as talking.

● PRACTICE NEWS

COVID UPDATE (Again!)

With Tasmanian borders opening up in mid-December, it is more important than ever that as many eligible Tasmanians aged 12 and over are double vaccinated against Covid-19. Numbers are looking good – when this article was written (on 8th November), just over 90% of Tasmanians aged 16 and over had received one dose, and close to 80% have been double vaccinated (coronavirus.tas.gov.au). What a long way we have come, this time last year the idea of a vaccination against this killer virus was just a distant dream!

All available vaccinations in Australia for Covid-19 are safe and highly effective. They significantly reduce the risk of contracting Covid-19 (and thus reduce the risk of you passing on the virus to your loved ones), and for those vaccinated individuals who may still contract the virus they provide high levels of protection against hospitalisation, ICU admission and death. Here at Patrick Street clinic we have frequent clinics for Pfizer vaccinations which plenty of free appointments, phone us now to book in! If you require Astra Zeneca vaccination due to your first dose being AZ or if you are contraindicated to receive Pfizer vaccination, we can also provide you this this.

Booster doses

You are now eligible for a Covid-19 booster dose if you are aged 18 or over, and if your second dose of your primary 2 vaccine course of Covid-19 vaccination was at least 6 months ago. Booster doses are not mandatory, however it is recommended to have them to maintain immunity against Covid-19. The stronger and more longer lasting your protection, the more prepared we will be and the more we can help prevent the spread of the virus. ATAGI currently recommends the preferred booster dose for all Australians is Pfizer, regardless of what your primary course was.

I also finish with reminding you to remain vigilant – if you have symptoms, no matter how mild – get tested and self-isolate until your swab result is back and you have recovered. If you need to see a doctor while awaiting your swab result or if you have symptoms of respiratory illness, just phone as you normally would and our fabulous reception staff will ensure you can have a phone consultation with one of our GPs first, who can then escalate to a review wearing PPE if clinically necessary.



MAPLE GLAZED CHRISTMAS HAM

This simple yet delicious recipe will be the centrepiece of your Christmas lunch and is sure to impress all your Guests.

Ingredients

- ½ Cup Brown sugar
- 1/3 Cup of Maple Syrup
- 1/3 Cup of Honey
- 1 Tbsp of Dijon Mustard
- 1 Large whole leg ham on the bone
- Whole Cloves

Directions

Step 1: Stir the Sugar, Maple Syrup, Honey and mustard in a bowl until it all mixes together and the sugar dissolves.

Step 2: Preheat oven to 170C. Line a large baking dish with 2 layers of non-stick baking paper. Use a sharp knife to cut around the ham, removing the entire rind. Gently lift the rind off in 1 piece by running your fingers between the rind and the fat. Score the fat in a diamond pattern and insert the cloved into the centres of the scored diamonds. Transfer to prepared dish.

Step 3: Brush one-third of the glaze over the ham. Bake, brushing with glaze every 25 minutes, for 1 hour 30 minutes.

