



FREE TO TAKE HOME!



Family break-ups



Heartburn



Flu vaccination



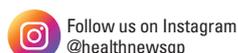
Dealing with Depression

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



APRIL - MAY 2022 EDITION

● 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 Elisabeth Robin
Dr Saminda Rubasinghe
Dr Lizzi Shires

Dr Diana Webster

Dr Josephine Woodman

Dr Samuel Brandsema

Dr Frankie Whitwell

● PRACTICE STAFF

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

Enrolled Nurses: Jeannie Ansell & 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 Anadam
- Dr Collin Chia – Respiratory & Sleep Medicine Physician
- 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.

Impact on children with family break-ups

It is estimated that 40% of marriages will end in divorce or separation. In many instances, there are children involved, and the impact on them is significant.

Regardless of whether a couple love each other or not, their children will still love them both. Whilst all children are affected in the short term, American research showed that in the longer term, the vast majority of children in divorced families did as well as their peers regarding behaviour, academic performance, and social relationships.

What has been found is that high levels of parental conflict were associated with poorer outcomes for children. This means it is less, that parents may separate, but how it is managed. It also says that remaining together when there is much conflict is not helpful either.

The effects are those of stress and differ widely. Age is also a factor. Some children may develop night terrors or become anxious. Others may cry a lot. Those who are newly toilet trained may regress. Some children may complain of headaches or tummy aches. Some may lose appetite.

Children will need the support of both parents. In turn, parents will also

need support. There are many services available to support families. Talk to your children honestly and listen to what they have to say. Allow them to express emotion and allow them to adjust in their own time.

Talk to your GP about any concerns you have about your child or your own health.



 <https://headspace.org.au/friends-and-family/understanding-school-refusal/>

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 overeating at one time. Treatment depends on severity and frequency. Simple home remedies like bicarbonate of soda or herbal teas help some people. Simple



 <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/indigestion>

antacids can relieve symptoms. At night it can be helpful to sleep on a slight incline from the head down to the 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.

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

Flu vaccination

With all the focus on COVID 19 vaccination, including boosters, which many will have had by the end of March, it may be easy to forget that flu season will be with us soon.

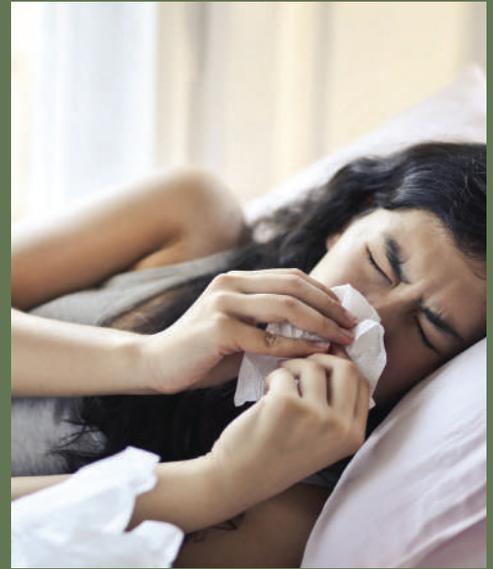
Flu vaccination typically starts in the second half of April based on peak flu season, generally from late June to mid-August (albeit this varies year to year and varies from city to city within the same season). As flu strains change, you need a shot each year. The annual vaccine is not a "booster" but to cover the strains anticipated for the upcoming winter. Vaccination is recommended for everyone older than six months.

Like other viral illnesses, the severity of influenza varies from mild to severe. Typical symptoms are fever, headache, fatigue, muscle pains and loss of appetite. People generally

feel more unwell with the flu than a cold- the two illnesses are not the same.

Certain groups who are at increased risk of complications from flu are eligible for a free vaccine under the national program; those over age 65, ATSI people aged over six months, pregnant women, those over age six months with a chronic medical condition, and children aged six months to five years. Some states have programs that cover additional groups.

Many clinics will run dedicated flu vaccination sessions and/or do it as part of a regular consultation. Ask your GP about flu vaccination for you and your family.



 <https://www.health.gov.au/health-topics/immunisation/vaccines/influenza-flu-immunisation-service>



 <https://www.beyondblue.org.au/the-facts/depression>

Dealing with Depression

Depression is common, affecting as many as one in five Australians. For some, it can be an ongoing condition with ups and downs. For others, there may be only one isolated episode.

Depression is more than just feeling sad for a day or two. It is feeling miserable for at least two weeks together with lack of enjoyment of usual activities, withdrawal from friends and often sleep and appetite disturbance.

There are no diagnostic blood tests or scans. Diagnosis is based on the symptoms.

There are non-pharmacological and pharmacological treatment options. There are several medications that can be used if needed. Counselling through a psychologist or counsellor will be of benefit to many. Your GP can refer you.

Lifestyle measures also help. Eating a healthy

diet rich in vegetables and lower in sugar may help. Cut down on alcohol use. Regular exercise is good for mental health. Meditation or guided relaxation can help. Getting enough sleep is also important. Equally, do not stress if your sleep pattern takes a while to get back to normal. Switch off screen at least 30 minutes before bed and have a regular night-time routine.

Regular follow up with your GP is important. Changes in treatment may be needed if you are not making improvements. With recovery, medication (if prescribed) may be reduced and then stopped. Do not stop your medication without talking to your doctor.



 <https://www.healthdirect.gov.au/otitis-media>

Otitis Media

The human ear has three parts (outer middle, and inner). All three can get infected. Otitis media is an infection of the middle ear.

It is most common in children with a peak between six and 18 months. The cause may be bacteria or viruses. It can affect one or both ears and may come with a "cold" type illness or be of itself. It is more common in Indigenous children.

Typical symptoms are a painful ear. There may be a sore throat in the lead-up or concurrently. Fever may be present but is usually mild. Children may lose appetite and be distressed – especially younger children.

Diagnosis is made by examination of the eardrum. This is typically bright red in colour when infected. There may be fluid in the middle ear "behind the drum". Glands in the neck may be enlarged, and the throat may be inflamed too. There is generally no need for blood tests.

Until recently, antibiotics were given routinely. Current thinking is that most viral infections will settle without antibiotics in a few days. Some cases will still need them. Pain relief is important, as is comforting your child. Maintain hydration, but if appetite is low, there is no need to force this.

Children with repeated middle ear infections can develop glue ear (where fluid stays in the middle ear and does not drain to the sinuses), which can impact on hearing. These children may benefit from the insertion of grommet tubes by an ENT surgeon.

Our community is now 2 years in to the Covid-19 pandemic crisis and we have all been bombarded with messages of safety, social distancing, handwashing, masks and immunisations. During this period social interaction was reduced, interstate and international travel were almost non-existent.

Our communities on the whole in Tasmania can be congratulated for their efforts and individual contribution to keeping us as safe as we could be. We also remember and respect that Covid-19 in its early days also was sadly responsible for loss of life in our community.

An upside to all of this was the standard seasonal Influenza outbreaks did not appear and the subsequent burden on Hospitals was reduced. However now in 2022 with the return of travel, group gatherings and the onset of the winter season we can turn our thoughts to the likelihood of seasonal flu returning.

All of the measures with Covid-19 still apply with the Flu. If we are sick we should isolate, going to work or social events with a "flu" is no longer acceptable and handwashing remains a necessary defence. The influenza immunisation will again be recommended to those at risk and provided through our now normal clinic arrangements.

We do not currently have dates for the delivery of our flu vax supply and also do not know what is in store for further covid-19 vaccination.

The important measures remain for us all though. If we are unwell with a cough or cold we should choose to isolate and reduce the likely spread of any of our potential viral illnesses.



KEY LIME PIE

Ingredients

- 300g digestive biscuits
- 150g butter, melted
- 1 x 397g can condensed milk (we used Nestlé)

Directions

- Heat the oven to 160C/fan 140C/gas 3.
- Whizz 300g digestive biscuits to crumbs in a strong plastic bag and bash with a rolling pin.
- Mix with 150g melted butter and press into the base and up the sides of a 22cm loose-based tart tin. Bake in the oven for 10 minutes. Remove and cool.
- Put 3 medium egg yolks in a large bowl and whisk for a minute with electric beaters.
- Add a can of condensed milk and whisk

- 3 medium egg yolks
- finely grated zest and juice of 4 limes
- 300ml double cream
- 1 tsp icing sugar
- extra lime zest, to decorate

for 3 minutes, then add the finely grated zest and juice of 4 limes and whisk again for 3 minutes.

- Pour the filling into the cooled base, then put it back in the oven for 15 minutes. Cool, then chill for at least 3 hours or overnight if you like. When ready to serve, carefully remove the pie from the tin and put on a serving plate.
- To decorate, softly whip together 300ml double cream and 1 tsp icing sugar. Decorate as desired and finish with some extra lime zest and lime slices.



COLOUR FUN!