



Vaccination in children



Baby teeth



Fibroids



Parkinson's disease

● 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 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, Lynissa, Jackie & Kate
- Registered Nurses:** Roselyn Hendriks, Ann Louise Jones, Sharon Turner, Julie Turner, Sharon Brain, Christina Waddington & Rebecca Knowles
- Enrolled Nurses:** 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
- Mr Gary Kode - Launceston Plastic & Cosmetic Surgery
- Cradle Coast Dietitian – Anne Colliver

● 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.
- The first consultation in the financial year for all patients will attract a private fee. The current out of pocket expense for this is \$35.
- Subsequent billing for the remainder of the year will be at the discretion of the doctor.

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.

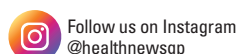
Booking a longer appointment: If you want an insurance medical, review of complex health problem, travel advice, counselling for emotional difficulties or a second opinion, please book a longer appointment.

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



▶ Please see the Rear Cover for more practice information.

Vaccination in children

With the focus on covid vaccination, data suggest that regular childhood vaccinations may be being forgotten or delayed. The WHO has expressed concerns about this. The situation is fortunately not as bad in Australia as some other countries.

Conditions like measles and polio are extremely rare in Australia today because of childhood vaccinations. However, success can breed complacency, and we have seen cases of disease-preventable infections in unvaccinated people.

So, what is the best way to protect your child? There is a schedule of vaccinations that applies nationally. This covers a number of diseases, including hepatitis B, measles, whooping cough, and certain forms of meningitis. The initial vaccination is done in the hospital before discharge, with the next one at six to eight weeks. Your GP will advise when the next set is due at each visit.

Some children may get a fever after vaccination; talk to your doctor about using paracetamol or ibuprofen. Also, raise any questions - sadly, there is misinformation out there, but your doctor has the facts.

Most states have no-jab-no-play policies (daycare and school), so ensure your child is up to date. This is also important for certain family benefits payments.

If your child has missed some vaccinations through covid time, this can be caught up. Talk to your doctor about what is required.



More info >>



Baby teeth – what you need to know

When considering that the average life expectancy is over 80 years, it seems odd that we get two sets of teeth, but the first set lasts only until we are ten or so. Baby teeth develop whilst still in the womb, and we are born with 20 hidden in the gums. Our 32 adult teeth will replace the baby set between the ages of six and 20.

The first teeth can appear as early as three months and as late as 12 months. They can appear in any order, although the central ones are usually first. Teething gets a bad rap, and to be fair, it can be distressing. Equally, much gets blamed on teeth which might have nothing to do with them. Typical symptoms are crying, dribbling, and pulling on ears. Some may put their hands in their mouths.

If your child is unwell or has a fever, go to your GP rather than assume it is due to teething.

For symptom relief, teething rings can be beneficial when your child is teething. You can also use paracetamol, ibuprofen, and teething gels. Be prepared to do trial and error to find what works for your child.

You can start cleaning teeth once they appear using a soft baby toothbrush with water only and start baby toothpaste at 18 months.

Sugar is bad for teeth, so minimise this, and you can start regular dental checks from 12 months.



More info >>





Fibroids

Benign muscle growths which form in the wall of the uterus are called fibroids or myomas.

Benign muscle growths forming in the uterus wall are called fibroids or myomas. It is estimated that up to 80% of women over the age of 50 will have them, but most will have no symptoms and not need treatment. They rarely grow before puberty or after menopause. Their cause is not known. They are classified according to what layer of the uterus wall they arise in.

Symptoms, if present, include heavy and painful periods, spotting between periods, a heaviness in the pelvis, and pain during intercourse. Larger ones can produce swelling in the lower abdomen.

Diagnosis is based on the history and pelvic examination and confirmed by ultrasound. Blood tests may also be performed, especially in the case of heavy bleeding.

Treatment depends on symptoms. If they are mild and not troublesome, it may simply be analgesia for period cramps. If iron levels are low due to menstrual loss, an iron supplement infusion may be recommended. Hormones such as the contraceptive pill may be used for cycle control.

Procedures such as arterial embolization can “choke” the blood supply to the fibroid, causing it to shrink.

The definitive treatment for fibroids is surgery. Most commonly, these days, it will be done via the laparoscope. The fibroids may be removed, or a complete removal of the uterus (hysterectomy).



Heat rash or prickly heat

Heat rash or prickly heat is caused by sweat being trapped under the skin.

It is more common in children than adults, with the neck, shoulder and chest the most affected areas. It can come on in hot weather or after sport. There is an itch “lumpy” rash. Whilst uncomfortable, it is not serious.

The first line of treatment is to remove yourself from what is causing it. Change out of sweaty clothes after exercise. If possible, aim to find a cooler place when the weather is hot. Wear loose-fitting clothing. Anti-itch creams can be applied, as can topical steroid cream (talk to your doctor before using these). It will generally settle by itself.

Urticaria is a generalised reaction causing a blotchy, itchy red rash (sometimes raised) anywhere on the body (palms soles and scalp generally excluded). It can be due to a specific allergen (food or plant) or be triggered for no apparent reason. The rash can come on within minutes of exposure. It can last for minutes to days. In rare instances, it can be associated with auto immune or other underlying conditions.

Diagnosis is usually apparent on history and examination. Investigations are not usually needed. If the problem is recurrent, you may be referred to an allergist for allergy testing.

Treatment depends on severity. Avoid known aggravating factors. Antihistamine medication can help the rash and itch. Anti-itch creams and topical steroids can be used. Short courses (three to five days) of oral steroids may be prescribed in more severe cases.

Parkinson's disease

An estimated 40,000 Australians have Parkinson's disease - a progressive degenerative neurological condition affecting body movement control. It comes on gradually, and early signs may be very subtle.

Typical symptoms are trembling hands, arms, legs and face together with slowing of movement, instability, tiredness, and difficulty walking.

The condition comes about from nerve cells ceasing to produce enough dopamine, a chemical that sends messages between nerve cells. Low levels of dopamine impede the control of muscles by the nerves. The cause of the reduced dopamine is not clear. Family history is one risk factor, as is head trauma and exposure to pesticides.

Diagnosis is based on history and examination. There is no specific blood or imaging test for diagnosis. Brain scans are generally normal. Given the slow onset of symptoms, it can take some time till an exact diagnosis can be made. Your GP will likely refer you to a neurologist.

Treatment is focused on maintaining function. A healthy diet and keeping active are important. Physiotherapy may help with guiding an exercise program that should include daily stretching. Medications can control the condition but not cure it. As time goes by, the effectiveness can lessen and does need to be increased.

Side effects can also be a problem for some. For this reason, medication is not started until the symptoms are bad enough to warrant it. Medicinal cannabis may have a role in some people where treatments have failed.

No two people will have the same experience, so treatment is always individualised. There are state and national support groups to assist.



More info »



DIABETIC-FRIENDLY PLANT LOADED TUNA BAKE

by Evelyn (Pheh Ping) Chang, PhD, Accredited Practising Dietitian



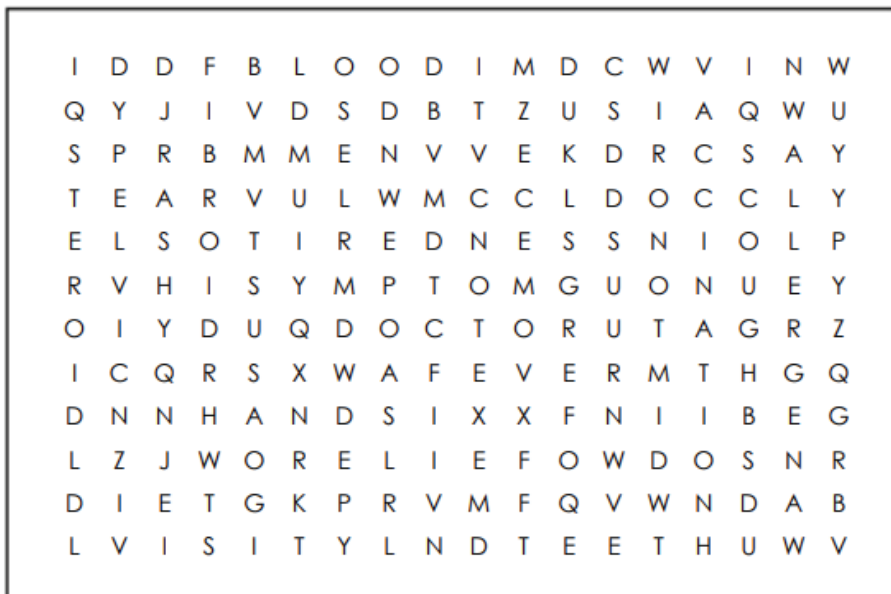
• Low GI • high fibre • plant-based • anti-inflammatory and most importantly.... kids love it!

With the cold weather and sometimes can be freezing cold, baked dish is the perfect dinner. Even better, save some for the next day lunch and your lunch is sorted! This is a modified version of tuna bake loaded with lots of vegetables and plant protein that tick the boxes below:

- You can use any vegetables for this dish: zucchini, carrot, broccoli, cauliflower, green bean, capsicum, brussels sprout, kale, asparagus; either fresh or frozen. Choose at least 3 types of vegetables to use.
- For the protein, I use a mix of plant protein and tuna (185g tuna in spring water). The plant protein I choose for this dish are red kidney beans and edamame which is a complete protein with fibre and plant sterol.
- Complex carbohydrate: I use wholemeal pasta (1/2 cup- 3/4 cup per person) and breadcrumb made by processing 1 slice of low GI high fibre bread as the topping of the whole dish.
- Add on lemon juice.
- Flavour: sauté with onion and garlic, add in basil and parsley, ½ teaspoon Dijon mustard or to taste. NO cream or milk is used in this dish.
- Shredded cheese to sprinkle on top of the dish: choose Jarlsberg lite cheese for a lower sodium variety of cheese.

WORD SEARCH

Health News October 2022



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TEETH
TIREDNESS
VACCINATION
VISIT

Patrick Street Clinic

● PRACTICE NEWS

Spring has sprung!

The blossoms are out, the sun is shining, and while there is still a chill in the air, we at Patrick Street Clinic think it is the perfect time of the year to start some new fitness resolutions!

Movement is the most important thing you can do for your health. Finding a way that fits within your physical abilities to get the heart rate up and get moving, has endless benefits – reduces heart disease risk, reduces diabetes risk or improves diabetes control, improves sleep and has so many benefits for your mental health.

If you are struggling to get going, you might think about seeing an exercise physiologist or a physiotherapist to discuss how to safely exercise. If you have a chronic health condition you could talk to your GP about being commenced on a Chronic Disease management plan and discuss whether you are eligible for a “Team Care Arrangement” which can enable some Medicare funding for up to 5 allied health visits per calendar year.

As a busy mum of 2 young kids last weekend my spring resolution was to attend Parkrun in Devonport – with my toddler in a pram and my 5 year old trotting along beside me we walked (and even tried a bit of running) the 5 km track. The other runners and walkers were friendly, there were participants of all ages, there were dogs on leads and babies in prams – getting involved in the community, breathing the fresh air, admiring the beautiful sea views and getting some exercise – it was the perfect way to start the weekend! Every Saturday there are Parkrun events in Devonport, Burnie, Railton and other coastal locations – check out the website or local event Facebook pages. The best part is that the events are completely free and run by a fantastic dedicated group of volunteers.

You don't need fancy equipment or to attend specific gyms or join classes, just get moving, get outside, walk / run / skip / ride – however it looks for you, just get moving!