



Keep safe while having fun



Exercise reduces Dementia



Tips for travellers



Plantar Fasciitis – heel pain

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.

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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.



▶ Please see the Rear Cover for more practice information.

Keep your child safe while having fun this summer

Summer holidays are fun 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 ensure they drink plenty of water, especially outdoors. Whilst slip, slop, slap should go without saying, it is important to remember sunscreen 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 children to take some risks enables them to build resilience and learn their limitations.

Knowing how to swim is essential in Australia, as is knowing basic water safety. Swimming and fun in the water is a great activity for children (and adults). Make sure your child swims between the flags at the beach, and always watch them 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.



More info >>

Exercise reduces Dementia

Good news from the United States shows the percentage of adults over 65 with dementia is decreasing each decade.



Similar reductions have been recorded in the UK and Europe. The reason for the decline has yet to be discovered and is thought to reflect many things. This includes better education (keeping the brain active from an early age), better nutrition and better living conditions.

Another factor, which helps, is regular exercise. Evidence shows that thinking and memory capability increases with activity at all ages. Trials in older people found that doing 150 minutes of moderate exercise per week led to improved mental functioning, which persisted for over 12 months if the person stopped.

Resistance training improves executive functions (higher thinking and abstraction),

whilst aerobic exercise helps verbal memory. So, it is good to mix resistance and aerobic exercise.

In addition to exercise, mental stimulation (crosswords puzzles reading) and social activities also reduce dementia risk, as does eating a brain health diet, such as the Mediterranean diet.

A Finnish study of 1260 people found a 40% improvement over two years in cognition scores for those who combined regular exercise, a good diet, mental stimulation and social engagement.

This is impressive. All these measures are simple and inexpensive. You can do much to reduce your chances of dementia – start today!

Consuming alcohol safely in the festive season

During the festive season, many of us can overdo it with regard to food and alcohol. There are simple things you can do to avoid this.

There is no need to accept every invitation to drinks events. Everyone knows it is a busy time, so you can politely decline. Alternate your alcoholic drink with water. This means you can always have a drink in your hand but will have half the number of alcoholic beverages. Taking this one step further, there is no problem with drinking water or mineral water all night. An increasing number of people choose not to drink alcohol at all. If you feel the need for an excuse, you can claim medical reasons but do not feel any need to justify not wanting to drink.

Have a big glass of water before leaving for

the event so you won't arrive thirsty and eager for the first offering.

If you are consuming alcohol, it is important to eat. This slows the absorption of the alcohol and helps fill you up. It is okay to appear, have a drink or two over a couple of hours and leave. There is no need to be the first to arrive or be the last to leave functions.

Christmas day meals should be enjoyable, but too many drinks can fuel family tension. If you are hosting, be aware of the responsible serving of liquor and if you are a guest, remember to enjoy festive cheer in moderation. It is not that hard to do.



Tips for travellers

Overseas travel is back on the agenda this Christmas season, and many will seek to take to the skies to visit loved ones or simply for a holiday.

Travel vaccinations are an important consideration before travelling, but most health issues people confront when travelling cannot be vaccinated against. Insurance claim statistics suggest we get the same health issues when travelling at home. This means minor problems like chest or sinus infections, viruses, gastro, cuts and bruises and more serious ones like heart attack and broken bones from trauma.

Talk with your doctor before travelling. Your medical circumstances may make specific itineraries problematic. Ensure you take an adequate supply of any regular medications you have been prescribed. A letter from your doctor listing them can be helpful at airport security. You don't need a suitcase full of first aid supplies, but a kit of basics can be beneficial. What you may need depends on where you are going. A simple pain killer, anti-diarrhoeal and antihistamine in your kit can cover many issues. Band-aids and antiseptics may save a trip to a medical facility.

In many countries, you should only drink bottled water. Beware salads and fruits that might be washed in local water. Eat mainly cooked vegetables and fruits that are peeled (e.g., bananas).

Be aware of local customs and laws. Ask if there are areas to avoid. If you are driving, make sure you have insurance. This may be separate to travel insurance, which is also a must, and less expensive than you might think.

Holidays should be fun, and with some simple precautions, they can remain so.



Plantar Fasciitis – heel pain

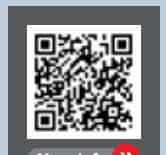
A common cause of heel pain, plantar fasciitis is an inflammation of the tissue (plantar fascia) which runs along the sole of the foot connecting the heel to the toes creating the foot arch. Risk factors include age, being overweight, sports that stress the heel (e.g., running) and spending long periods on the feet.

The main symptom is pain under the heel. It can be dull or sharp. It is often worse first up in the morning, after prolonged sitting or after intense activity. Diagnosis is based mainly on history and examination. X-rays generally do not show anything. Some changes in the fascia may be seen on ultrasound or MRI.

Treatment is a mix of improving symptoms and preventing further aggravation. Analgesics or anti-inflammatory medications may help in the short term but are not a cure. Avoid activities that aggravate the situation. Wear shoes with good arch support and cushioning. Purpose-made insoles may be helpful, as can be stretching, as advised by a podiatrist or physiotherapist.

In more severe cases, cortisone injections may be recommended. Surgical treatment is viewed as a last resort.

Treatment is a medium-term proposition, so do not expect immediate results or get frustrated. Perseverance with treatment is important and, in most cases, will improve with time.



More info »

From all the team at Health News we wish you a very Merry Christmas and safe and prosperous New Year!





ALL-NATURAL CHOC PEANUT BANANA ICE CREAM

This all-natural ice cream is a great substitute if you want a healthier version of ice cream to feed the children or even dinner guests.

Ingredients

- 6 Bananas – peeled, chopped and Frozen
- ¼ Cup of freshly squeezed lemon juice
- 1/3 Cup of natural smooth (or crunchy) peanut butter
- 2 Tbs of cacao powder

Method

- Process all the ingredients together in a food processor or thermomix, making sure to scrape the sides down regularly.
- Once the mixture is smooth and resembles a soft serve ice cream, transfer to a chilled metal cake tin or loaf pan.
- Leave for approximately 2 hours and serve whilst still relatively soft.

Patrick Street Clinic

● PRACTICE NEWS

Something other than COVID today!

Summer is just around the corner, the days are growing longer, holidays are getting closer and we are starting to spend more time outdoors! In my opinion it is the best time of the year in Tasmania- beach cricket, BBQ's, picnics and lazy days at the park. However... don't forget to slip, slop and slap!

The Cancer Councils message has always been Slip (on a shirt), Slop (on sunscreen), and Slap (on a hat). In more recent years 2 extra S-words have been added – Seek (shade) and Slide (on sunglasses). The message is simple, but the tasks are highly effective at helping to reduce our risk of skin cancer. Australia has one of the highest rates of skin cancer in the world. Each year almost 2000 Australians die from skin cancer which is a preventable disease. Generally sun protection is recommended when the UV index is 3 or above, the Cancer Council has a handy SunSmart app you can add to your phone, or you can find the daily UV index in the paper or on the Bureau of Meteorology website.

Remember you can get sun damage on cloudy, windy, rainy and cold days, it is the UV index which is important not the actual temperature, which is something very important to remember in Tasmania. That "windburn" you were told you got when you were a kid is far more likely to have been sunburn!

Cancer Council recommends you use a sunscreen that is SPF30 or higher and that you reapply every 2 hours, or even sooner if you get wet, are sweating or you use a towel to dry off after swimming. SPF30 filters about 96.7% of UV radiation, SPF50 sunscreens filter around 98% of the suns UV rays. The other thing that is often not well understood is that you need to be very liberal with the amount of sunscreen you use – each limb needs at least a teaspoon of sunscreen, a full body application of sunscreen needs 7 teaspoons worth! Apply it ideally 20 minutes before going outside.

Have a happy and safe summer – and Slip, Slop, Slap, Seek and Slide your way to reducing your skin cancer risk!

