



Glaucoma



The importance of Exercise



Healthy food choices



Impetigo (School sores)

● INDEPENDENT MEDICAL PRACTITIONERS

- 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 Darren Briggs

● GP REGISTRARS

- Dr Samuel Brandsema
- Dr Lewis Waight

● 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 & Shannon
- Registered Nurses: Roselyn Hendriks, Ann Louise Jones, Sharon Turner, Julie Turner, Christina Waddington, Rebecca Knowles & Sarah Howard
- 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

● 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.

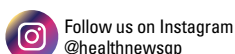
Booking a longer appointment: If you want an insurance medical, review of complex health problem, travel advice, counselling for emotional difficulties or a second opinion, please book a longer appointment.

YOUR NEXT APPOINTMENT:

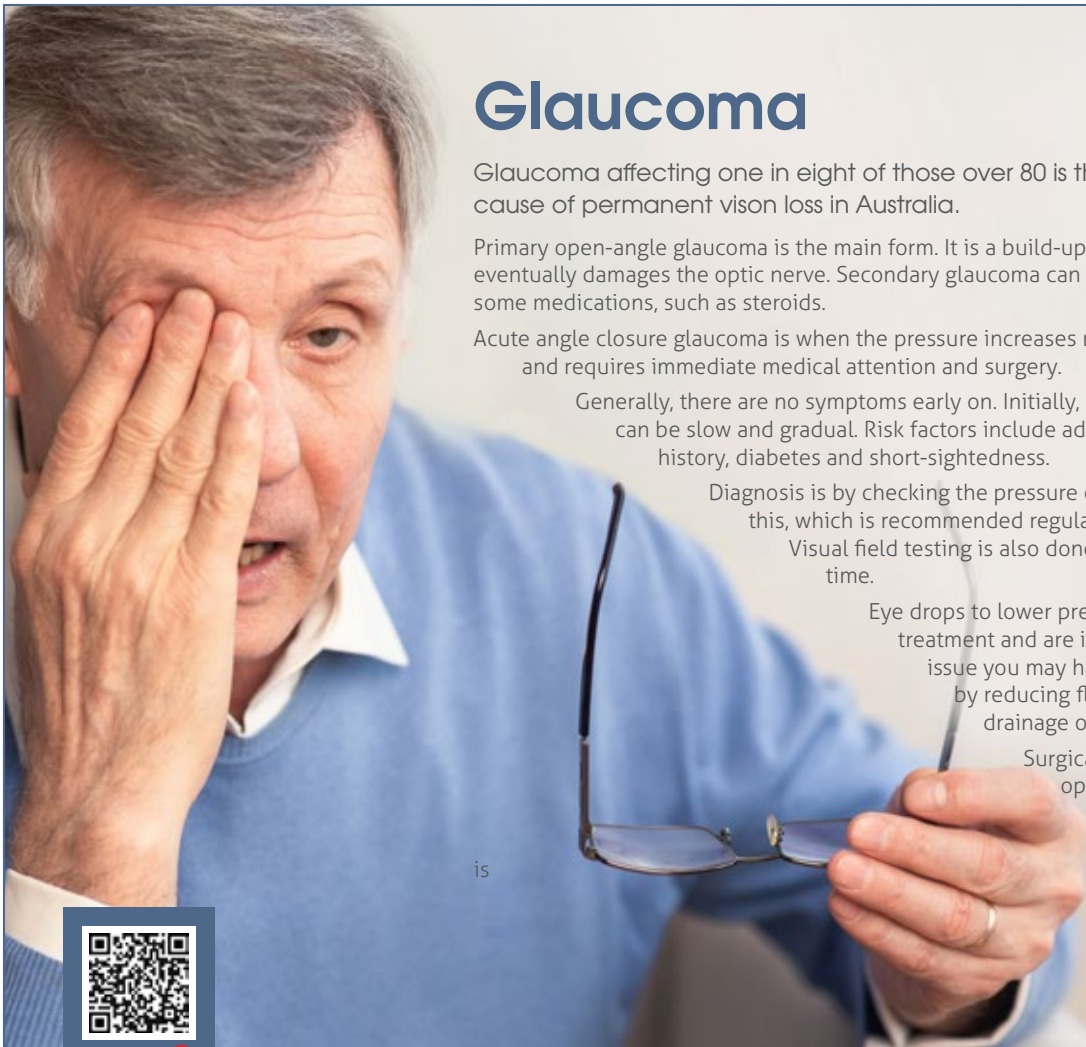
ENJOY THIS FREE NEWSLETTER

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.



Glaucoma

Glaucoma affecting one in eight of those over 80 is the second commonest cause of permanent vision loss in Australia.

Primary open-angle glaucoma is the main form. It is a build-up of pressure in the eye, which eventually damages the optic nerve. Secondary glaucoma can follow eye trauma or the use of some medications, such as steroids.

Acute angle closure glaucoma is when the pressure increases rapidly. This is a painful condition and requires immediate medical attention and surgery.

Generally, there are no symptoms early on. Initially, side vision is affected. Vision loss can be slow and gradual. Risk factors include advancing age, a positive family history, diabetes and short-sightedness.

Diagnosis is by checking the pressure of the eyes. An optometrist can do this, which is recommended regularly for those aged 40 and above.

Visual field testing is also done, and this can be monitored over time.

Eye drops to lower pressure are the first line of treatment and are influenced by what other medical issue you may have. They reduce pressure either by reducing fluid production or improving drainage of fluid.

Surgical options include laser surgery or open surgery. A newer treatment is a minimally invasive surgery and involves using a stent. This is used where drops have failed or where the use of drops may be difficult for the person.



More info »

Medicinal cannabis

It is now six years since Medicinal Cannabis was legalised in Australia and in that time well over 300,000 approvals have been issued for its use.

Therapeutic Goods Administration (TGA) data shows that chronic pain remains the most common indication, with mental health conditions (anxiety, insomnia and PTSD) next. Over the last two years, there has been an increased use of the dried herb, which now accounts for over a third of approvals, with oral liquid still being the most common form.

It remains that medicinal cannabis products (with two specific exceptions) are unregistered products and not subsidised. They can be prescribed in situations where the TGA recognises evidence for medicinal cannabis and that other treatments have either not helped or caused unacceptable side effects. There is no set level of side effects nor a set number of prior treatments to be trialled.

Australia is part of a global trend toward wider use and acceptance of cannabis. There are an increasing number of formulations on the market, and the ability of prescribers to fine-tune treatment to the needs of the individual is increasing.

As with all medications, effectiveness varies. Some people get significant improvement in symptoms, and some get no response, with everyone else somewhere in between. Continuing treatment is always based on patients experiencing symptom improvements. Further research is also being undertaken in Australia at a number of centres.

There does remain some hype, and it is not a panacea nor suitable for all. However, the progress over six years has started to silence the naysayers.



More info »

The importance of Exercise for young and old

The human body was designed to be active and for most of human history has been. Till modern times most work was physical as was the means of getting from "A" to "B".

The human body was designed to be active and has been for most of history. Till modern times most jobs were physical, as was the means of getting from "A" to "B". Even as recently as the 1970s, we had to get out of our chairs to change TV channels. It is estimated that between the mid-1960s and today, the amount of incidental movement taken over by labour-saving devices is around 2000 calories per week (about one day's food intake).

Exercise is vital for good health – at any age. As we get older, regular exercise supports the health of our hearts and lungs. Resistance-type exercise is good for bones and maintaining muscle mass. Exercise can also reduce the likelihood of falls and has been shown to be positive for the immune system. Mental and physical health are related and regular exercise is associated with an up to 40% lower chance of depression. Some work has found that those who exercise regularly are at a lower risk of dementia.

Are you ever too old? It has been demonstrated that people as old as 102 are able to add new muscle fibres. What is the best type of exercise? It is the type that you enjoy and will stick to. However, that does not mean it has to be every day or a set amount of time. The key is being consistent.

If you haven't exercised in a while, start slowly and perhaps get advice from a physio or trainer. Don't overdo it!

The benefits of exercise are many. As the shoemaker says -just do it!



Healthy food choices for school-aged children

One in four Australian children are overweight or obese. There are two main drivers of this.



Firstly, is the tendency for children to snack on high-calorie foods and drinks. Second is the replacement of physical activity with time on a computer or other electronic devices. We can't turn back time, but it is not all bad news. You can do much as a parent or guardian to help a child battling weight.

Back to school means thinking about lunch boxes. It is fine to have a sweet treat in the lunchbox sometimes, but there are many healthy snack options too. Sticks of carrot or celery can be a snack. Fruit in season is a great snack. Even with snack bars, you can select those with natural ingredients, whole grains and less sugar by reading the labels. Read the labels on cracker biscuits

too. Some are high in fats and sugar, whilst others (like rice crackers) are not. A mix of seeds, nuts (watch for allergies) and dried fruit is another simple snack, as are cheese sticks or popcorn.

Substitute water for sweet drinks. Eliminating liquid calories can cut down calorie intake without leaving a child hungry. Have soft drinks only on special occasions or no more than once a week. Rather than fruit juice, give your child a piece of fruit and a glass of water. This gives them more fibre and fewer calories.

Sugar-free sweets and drinks are not necessarily a better alternative, as artificial sweeteners can be just as harmful.

Impetigo (School sores)

Impetigo is a skin infection caused by common bacteria (staphylococcus and streptococcus).

It is far more common in children, and the name school sores reflects this, but it can also affect adults. It is not a reflection of poor hygiene. The bacteria can live quietly on the body, but minor grazes or other disruptions of the skin surface may allow infection to set in.

The condition is not harmful or serious but is unsightly and very contagious. It often starts with redness which quickly develops into blisters that may have crusts or be weepy. They may be itchy or sore. Some children feel unwell, but many do not. It can spread from point to point around the body.

Diagnosis is generally on appearance. Sometimes your doctor may suggest swab tests to confirm the type of bacteria.

Treatment is with antiseptic on the sores and mainly with an antibiotic. It is important to keep your child home from school and away from other children. Wash the child's clothes, bedding and towels in hot water and add something germicidal. Avoid sharing towels. Encourage hand washing and discourage scratching the sores and cover them if advised. The sores will heal within a few days, and there should be no permanent scars.



More info »



COCONUT PINEAPPLE CHICKEN

Ingredients

- 1 can whole coconut milk (preferably unsweetened)
- 3/4 cup pineapple juice
- 1/4 cup chilli-garlic sauce
- 2 fresh limes - juiced
- 1/4 cup light brown sugar
- 3 cloves garlic, finely chopped
- 2 tbsp of light soy sauce
- 1 tbsp finely grated peeled ginger
- 1kg boneless, skinless chicken thighs (about 8 small)
- Salt
- 1/2 cup of diced pineapple or pineapple rounds
- Coriander to taste
- Spring onions to garnish

Method

1. In a large bowl mix the coconut milk, soy sauce, pineapple juice, chilli sauce, lime juice, brown sugar, ginger and garlic together. Add chicken to marinate and cover and place in fridge for 1 hour – 3 hours.
2. Transfer the marinade to a saucepan and bring to the boil, stirring occasionally until the marinade has thickened. Remove from the heat.
3. Grill the chicken on a lightly oiled grill or pan, seasoning with salt along the way.
4. Add the pineapple to the pan at the end and grill slightly.
5. Transfer the chicken and pineapple to a serving plate and drizzle with the marinade. Add coriander and spring onions to garnish.

WORDSEARCH

U G D S T O C U B Q V Q S P O Q Q D Q U
 S T L O U J N K U P O F D G E H O H K D
 Q A A A A R P V P N J A P E Y R Q D D U
 U L O G U O G F N B Q W Z T M Q N K B L
 S E Q Y I C L E A L N B O S X E U H I X
 J D U S E S O K R X Q A S E B U N M C Q
 C H J S J F E M S Y D A C I Y S I T C R
 H Q F Q P N P D A B A Q H J L O M J I F
 W E X E R C I S E O M M O U P A W N I A
 J Y L R Z C J F R D E D O A N E X N G V
 X U H E A L T H Y Y N M L D H X G A B G
 F V B Z R J I D L I T S X K A T C G B S
 Z N A F R N R B B L A C J H Z C O O A F
 A Z C S L S B Z O I L N E I E Z T E S B
 E M T A H K T R E A T M E N T A T I M A
 I B E D U I A A J E A E C F J B L X V L
 L E R K N G X M Z Y M Q X Y F C O T K E
 Y Y I Y G A M W D M K K R Y T W J O H A
 Y S A F R Q K U R U R V Z X E D Z F Z Y
 H I L R Y S A T F Z G I M K Y L X I G U

treatment
 bacteria
 surgery
 mental
 body
 glaucoma
 dementia
 healthy
 active
 exercise
 healthy
 hungry
 school

Patrick Street Clinic

● PRACTICE NEWS

General Practice in the communities Australia wide is currently experiencing ongoing challenges with meeting the needs of the community. Shortages of Doctors, Nurses and Administrative staff and the cost of delivering sustainable high quality care have brought severe pressure onto the business operations.

The subsequent outcome is the inevitable increased costs being passed onto the patients. All of our community members are experiencing these cost pressures as inflation has impacted on the cost of living.

Sadly the promise of universal insurance for healthcare through Medicare is failing to support patients adequately. Patients pay their bill with the Doctor and Medicare pays patients an insurance amount to assist with that bill. Currently the standard amount that Medicare provides to assist a patient with the cost of their care in General Practice falls well below 50 % of what is required to sustain the service .

GPs nationwide are moving away from accepting the Medicare contribution as the only contribution, known as Bulk Billing, and choosing to instead pass on the gap in the form of out of pocket costs. This for most is a regrettable choice but the alternative is to reduce services or in some cases close the Practice.

We at Patrick Street Clinic are keen to encourage patients to express their concern about the failings of the Medicare Insurance with their local Politicians. There is either a serious reform needed in Medicare or communities will find even less access to their local General Practice.