



Dry Eye



Telehealth



Sinusitis



Exercise in Childhood

● **INDEPENDENT MEDICAL PRACTITIONERS**

- Dr Darren Briggs
- Dr Nerrelie Cann
- Dr Joanne Chaffey
- Dr Debra Chandler
- 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

● **GP REGISTRARS**

- Dr Samuel Brandsema
- Dr Charlotte McKenzie
- Dr Nilushka van der Walt
- Dr Hany Hassan

● **PRACTICE STAFF**

- Practice Manager: Sheree Snare
- Clinical Manager: Breanna Carroll
- Business Manager: Katrina Pugh
- Reception Staff: Vivienne, Janine, Rhia, Maree, Jacqui, Lynissa, Kate, Shannon, Olivia, Heidi & Jane
- Registered Nurses: Roselyn Hendriks, Ann Louise Jones, Sharon Turner, Julie Turner, Teagann Davies, Jessica Lambert & Chrissie Waddington
- 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

● **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 \$40.
- 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.

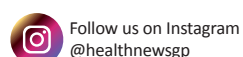
You can also book online via our website: [www.patst.com.au](http://www.patst.com.au) or download the HotDoc App.

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](http://www.healthnews.net.au)



▷ *Please see the Rear Cover for more practice information.*

# Dry Eye

The eyes need constant lubrication, which is provided by the tear glands. Eyes become dry of tears for two main reasons.

Firstly, tears can evaporate too quickly. This can be on aeroplanes, in air conditioning, in dry air, or smoky conditions. It is temporary and is improved by using lubricant drops and removing yourself (where possible) from the situation. Secondly, it can be due to reduced tear production. This can be with advancing age, various medical conditions (e.g. diabetes, lupus Sjogren's syndrome scleroderma), certain medications (e.g. antihistamines, antidepressants, blood pressure tablets), and tear gland damage through trauma.

Other risk factors include being female, using contact lenses and having low vitamin A levels. Symptoms are a burning, itching, stinging or dry feeling in the eye. The eyes may become red and sensitive to light. Blurry vision can follow.

Diagnosis is mainly on symptoms and a thorough eye examination. Blood tests may be done to rule out underlying conditions. You may be referred to an ophthalmologist. Complications include eye infections and damage to the eye surface. Fortunately, these can be largely avoided.

Treatment depends on the cause. In most cases, eye drops are recommended to keep the eyes moist. These may be used multiple times a day. Avoiding situations where dryness would be aggravated is important (where practical). Try to stay inside on windy days or when there is smoke in the air. Wear sunglasses when outside. Take breaks when using screens for long periods, and position your screen below eye level so you tend to look downwards. This can reduce evaporation.



More info >>



## Telehealth

The term telehealth has generally not been used outside medical circles. It applies to the use of technology (video or phone) to deliver medical services.

At the start of the pandemic, the federal government, for the first time, allowed Medicare funding to support consultations with your doctor that are not in person. Consultations can be done through video conference or telephone.

Guidelines for the use of telehealth are being updated by the Medical Board as of September 1, 2023. These seek to balance the value to consumers of remote consultations whilst recognising there are limitations as to what can be done when a patient is not in the same room as the doctor. For example, one cannot listen to the lungs.

A requirement of a telehealth consultation is

that you understand that it may be necessary to follow up with a clinic visit.

An exchange of emails or text messages (even for a prescription renewal) is not considered adequate. There needs to be video or audio discussion in real-time. To be entitled to a Medicare rebate, there is a requirement that you have had a face-to-face consultation with the doctor (or another at the same practice) in the 12 months before the telehealth consult.

Telehealth consultations can be booked in a similar way to regular appointments. Prescriptions can be collected or sent electronically to yourself or a nominated. Referrals can also be collected or sent directly. Ask your practice staff about their procedures.

## Varicose veins

Widened, often twisted, veins near the skin surface are called varicose veins. They are most common on the lower legs.

Risk factors include advancing age, being female, a positive family history, being overweight, pregnancy and prolonged sitting or standing. They will appear as blue twisted cords on the legs. Whilst often painless, they can cause aching and a heavy feeling in the legs. Itching and skin rash (varicose eczema) can also occur. If ruptured, there can be significant bleeding. In more severe cases, there can be ulceration. However, they are not associated with deep vein thrombosis.

Treatment depends on the severity of the condition. There are no specific medications available to treat varicose veins. While painkillers may provide temporary relief from symptoms, they should not be solely relied

upon. In the past, formal surgical stripping procedures were performed, which required several days of hospitalization. However, surgical treatments have advanced, and the most common approach now involves injecting substances to close the affected vein. Since varicose veins are no longer functioning correctly, removing or closing them is not problematic. This can be done as an outpatient, and recovery is relatively rapid.

People seek treatment either for cosmetic reasons or due to symptoms. Talk to your doctor about what might be the best option for you. Preventative approaches include maintaining a healthy weight, exercising regularly and changing position regularly.



More info >>

# Sinusitis

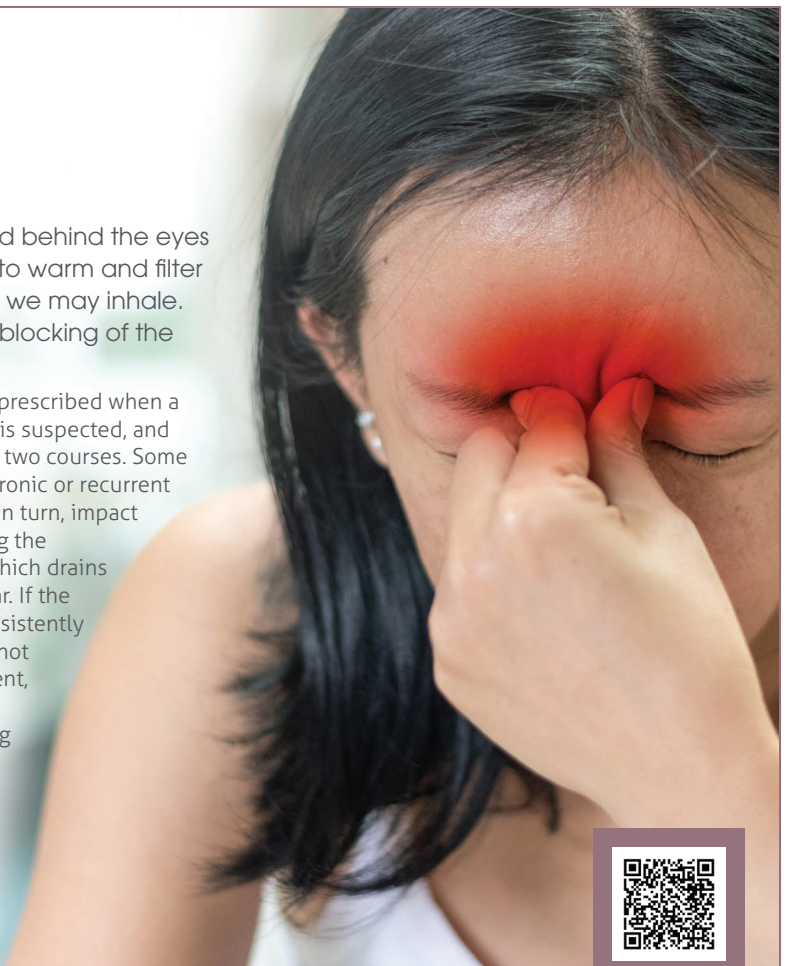
The body has several air-filled sinuses below, above, and behind the eyes in communication with the nasal passages. Their role is to warm and filter air and produce mucous to trap dust and other irritants we may inhale. Too much mucous production, swelling of the linings or blocking of the internal passages can lead to sinusitis.

Risk factors include smoking, regular use of decongestant sprays, dental infection, and nasal polyps. Common predisposing factors are viral illness, such as a cold, or allergy issues, such as hay fever. Sinusitis can also be of itself.

Typical symptoms are a blocked nose, headache or facial pain, postnasal drip, cough, yellow or green nasal mucous and a feeling of pressure in the sinuses. There may be a fever.

Treatment depends on the cause. If allergy-related, antihistamines and steam inhalation with or without eucalyptus can help. Avoid decongestant sprays. Over-the-counter steroid sprays may help, but talk to your doctor before self-medicating. Simple analgesics like paracetamol or ibuprofen can ease symptoms.

Antibiotics will be prescribed when a bacterial infection is suspected, and some people need two courses. Some people develop chronic or recurrent sinusitis. This can, in turn, impact hearing by blocking the Eustachian tube, which drains from the middle ear. If the sinuses remain persistently congested and do not respond to treatment, they may require drainage or clearing through a hospital procedure.



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# Relevance of Exercise in Childhood

Once upon a time, children didn't require "exercise" as a separate activity because they led active lives by walking to and from school and engaging in outdoor play rather than spending excessive time in front of screens.

Over 20% of children aged 12 through 16 are overweight or obese. This reflects both consumption of more processed foods higher in fats and sugars and reduced physical activity.

We cannot turn back time, but we can make changes moving forward to promote the health of our children. The Australian government recommends that children over the age of five engage in one hour of physical activity each day. This should consist of a combination of moderate and vigorous exercises. Examples include walking, running, bike riding, participating in suitable sports, and engaging in outdoor play. This activity doesn't need to be completed in one continuous block of time.

Do not fret if you can't manage this amount every day. Any amount of physical activity is better than none.

There are many benefits to your child from being active. It reduces childhood obesity. It improves motor function. It improves their circulation, strengthens the bones and muscles, and improves balance and coordination skills. Active children tend to sleep better and often have enhanced self-esteem. Mental health problems are less common in active children.

It also establishes good habits for later in life, where regular exercise reduces the chances of many diseases, including heart disease, stroke and some forms of cancer.

A bonus is when you encourage your children to exercise, it may encourage you to do the same.



More info »



## CHINESE STYLE – CHICKEN & SWEET CORN SOUP

### Ingredients (serves 6)

- 2 cups (500ml) chicken or vegetable broth/stock
- 1 can creamed corn
- 1 tsp soy sauce (all-purpose or light)
- 1 tbsp Chinese cooking wine OR Dry Sherry
- 1 tsp minced ginger
- 1 minced garlic clove
- 1 tsp cornflour/cornstarch, mixed with a splash of cold water into a slurry
- 1 egg, whisked
- 1 ½ cups of shredded cooked chicken
- Salt and white pepper, to taste
- 2 chopped Spring Onions

### Method

1. Place broth, creamed corn, soy sauce, Chinese cooking wine, ginger, garlic and cornflour/water mixture in a saucepan over high heat.
2. Bring to a boil, then turn down the heat to medium and stir occasionally. Cook for 5 minutes or until slightly thickened.
3. Adjust seasoning with salt, turn off the heat, and slowly whisk in the egg so it cooks in "ribbons" throughout the soup. This also thickens the soup.
4. Add the chicken, season with white pepper, and serve, garnished with spring onions.

## WORD SEARCH

M	E	G	A	N	I	A	R	D	M	I	I	G	E
I	T	T	E	L	E	H	E	A	L	T	H	S	E
S	T	R	E	A	T	M	E	N	T	I	A	M	E
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DRAINAGE  
STANDING  
DOCTOR  
MEDICAL  
INFECTION  
SINUS  
VISION  
FEMALE  
EXERCISE  
HEADACHE  
GLANDS  
ACTIVE  
TELEHEALTH  
TEARS  
VEIN  
TREATMENT  
SYMPTOMS

## Patrick Street Clinic

### ● PRACTICE NEWS

### Don't shrug off shingles

If you had chickenpox as a kid, there is a good chance you may develop shingles later in life. In fact, one in three is predicted to get shingles during their lifetime.

The same varicella-zoster virus that causes chickenpox also causes shingles. After the tell-tale spots of chickenpox vanish, the virus lies dormant in your nerve cells near the spinal cord and brain. When your immunity weakens from normal ageing or from illnesses or medications, the virus can re-emerge. It then travels along a nerve to trigger a rash in the skin connected to that nerve. The rash often appears on only one side of your body. The most common locations are the chest, back, or stomach, or above one eye.

Most cases of shingles cause severe pain and itching, and can leave scars. Fluid-filled blisters develop, break, and crust over during and a few weeks after an outbreak. You also may feel sick or fatigued, with a slight fever or headache. However, it is possible to have rashes that are so mild they're not even noticed.

Shingles isn't contagious — in other words, you can't get shingles from someone who has shingles. But the virus that causes it is quite contagious and you can get chicken pox.

Possible complications of Shingles:

- Long-term pain. (postherpetic neuralgia) This often-disabling pain can last several months to a year.
  - Prolonged itching.
  - It can even cause quite significant and often not completely resolving paralysis.
  - Damage to vision and hearing. Pain and rash near an eye can cause permanent eye damage and requires an urgent ophthalmological exam. When the nerve to the ear is affected, it can permanently damage hearing or balance.
  - Strokes and heart attacks. Stroke risk can more than doubled in the first week after the shingles diagnosis. Also increased risk for heart attacks in the three months after shingles.
- The only way of preventing shingles is vaccination.

*To be continued on our next edition.*