



Child obesity



Hearing loss in adults



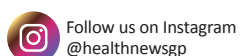
Deep Vein Thrombosis



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



● **INDEPENDENT MEDICAL PRACTITIONERS**

- Dr Darren Briggs
- Dr Nerrelie Cann
- Dr Joanne Chaffey
- Dr Debra Chandler
- Dr Justin Chipman
- Dr Stefan Delitzsch
- Dr Emil Djacic
- Dr John Fisher
- Dr Margret Oetterli
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- Dr Elisabeth Robin
- Dr Saminda Rubasinghe
- Dr Lizzi Shires
- Dr Diana Webster
- Dr Samuel Brandsema

● **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 \$42.
- 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 AutoMed 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.*

Child and adolescent obesity

We tend to think that only America has issues with weight. The reality is that one in four Australian children are overweight or obese. This is a significant increase in one generation. Why? Firstly, children tend to snack on high-calorie foods and drinks, and second, is replacing physical activity with time on screens. We can't turn back time, but it is not all bad news. There is much you can do as a parent or guardian to help a child get and maintain a healthy weight.

Substitute water for sweet drinks. Eliminating liquid calories reduces calorie intake without leaving a child hungry. Allow soft drinks only on special occasions or no more than once a week. Replace fruit juice with a piece of fruit and a glass of water. This gives them more fibre and fewer calories.

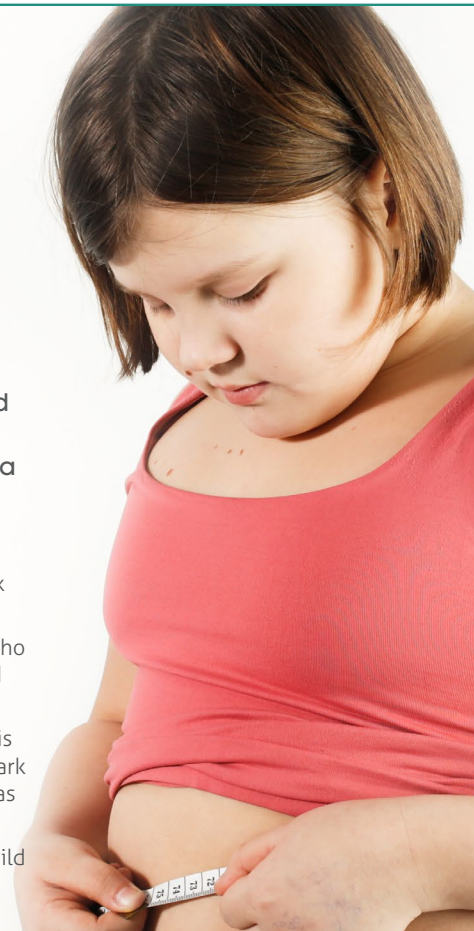
Research shows that we eat more when distracted, so ban the screen while eating. It has also been shown that children who eat at the table with others are 40% less likely to be overweight. This is partly the "screen effect"

mentioned before, but it also means the child is likelier to eat a proper meal instead of snack foods.

Teach your children about cooking. Children who get active in the kitchen will eat less junk food and learn about healthy eating.

Limit screen time and get your child active. This can be in an organised sport or a play in the park or back yard. Get a ball or Frisbee and join in, as exercise is good for parents too.

Good habits from childhood will serve your child well in adult life.



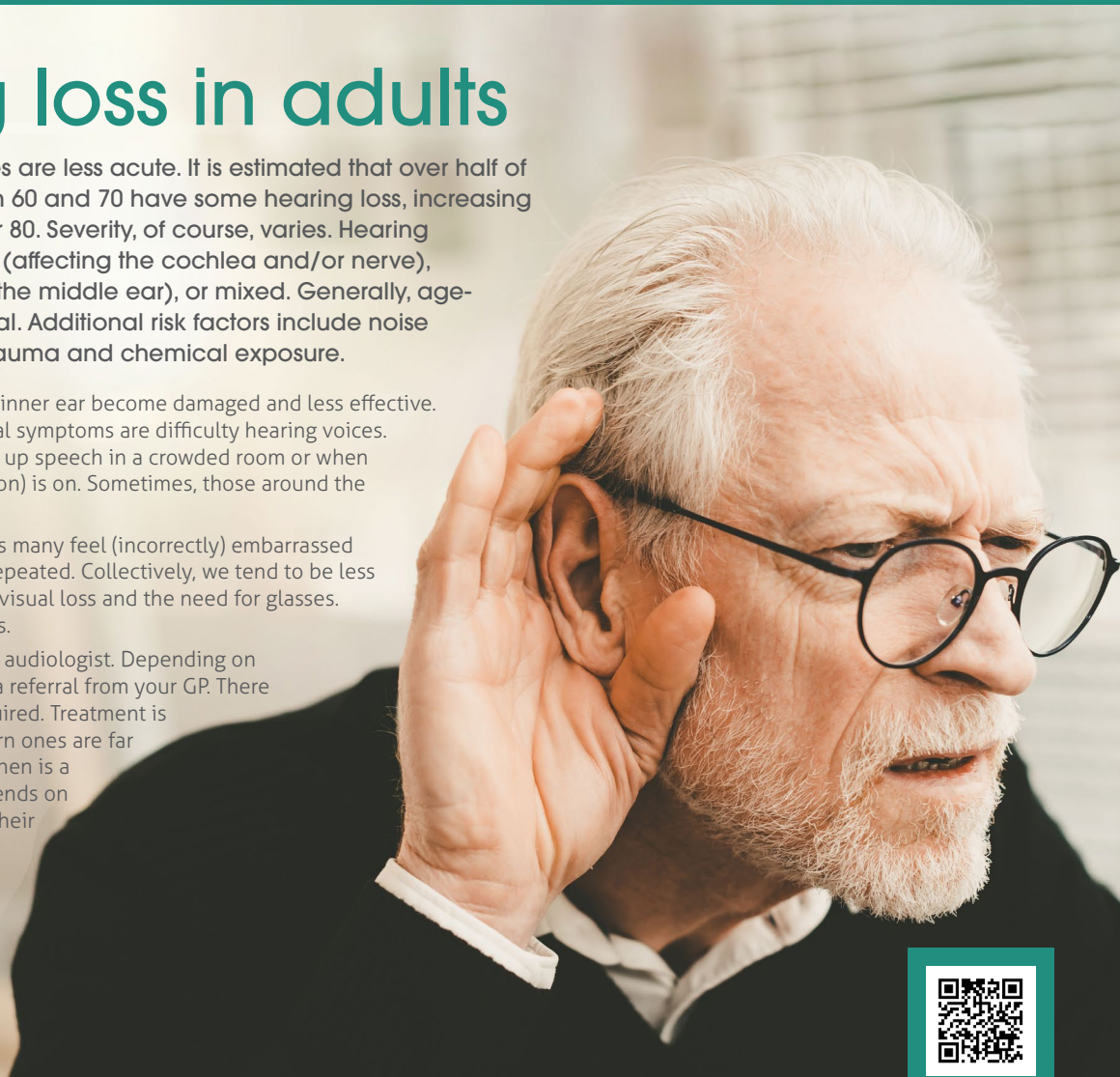
Hearing loss in adults

As we get older, our senses are less acute. It is estimated that over half of Australians aged between 60 and 70 have some hearing loss, increasing to 80% in those aged over 80. Severity, of course, varies. Hearing loss can be sensorineural (affecting the cochlea and/or nerve), conductive (blockage in the middle ear), or mixed. Generally, age-related loss is sensorineural. Additional risk factors include noise exposure, genetics, ear trauma and chemical exposure.

As we age, the hair cells in the inner ear become damaged and less effective. This cannot be reversed. Typical symptoms are difficulty hearing voices. This usually starts with picking up speech in a crowded room or when background noise (e.g. television) is on. Sometimes, those around the individual notice it first.

Hearing loss can be isolating as many feel (incorrectly) embarrassed about asking for words to be repeated. Collectively, we tend to be less accepting of hearing loss than visual loss and the need for glasses. There is no valid reason for this.

Hearing can be assessed by an audiologist. Depending on circumstances, you may need a referral from your GP. There are no other specific tests required. Treatment is the use of a hearing aid. Modern ones are far smaller and less noticeable. When is a hearing aid needed? That depends on the individual and how much their hearing loss affects them and those around them. Chat with your GP about any concerns you have with your hearing.



More info »



Deep Vein Thrombosis

A thrombus is a blood clot. The ability of the body to form clots is critical as this stops bleeding when we cut ourselves. However, a blood clot forming in a blood vessel can cause serious problems.

A deep vein thrombosis (DVT) occurs when a blood clot forms in the deep veins in the calf. Risk factors include smoking, family history, being overweight, prolonged sitting (e.g. plane travel), and surgical procedures. Some people may have a genetic predisposition, and there may be no predisposing or risk factors.

Typical symptoms are pain and swelling in the calf. It may be hot or red. There may be pain in flexing the ankles. Diagnosis may be apparent by history and examination. However, a Doppler study will usually be ordered to confirm a diagnosis and reveal the extent of the thrombus.

Treatment is with anticoagulant medication. This does not remove the existing clot but reduces the risk of it extending or spreading. The length of time of treatment depends on individual circumstances.

The main complication of a DVT is spread to the lungs- pulmonary embolism (PE). This is a serious condition generally needing hospitalisation.

Reduce your risk by maintaining a healthy weight and not smoking. Other preventative measures depend on the circumstances. For example, you may be advised to take anticoagulant medication before an operation, together with compression stockings. When flying, stretch your legs frequently and try to avoid crossing them. Taking aspirin has not been shown to reduce the risk of DVT.



More info »



Eczema - Prevention and treatment

Eczema is a red, itchy rash often starting in infancy or early childhood. The most typical places are the face, neck and "flexures", which are the skin creases at the knees and elbows. It can be a few scattered areas or may be widespread. It ranges from the mild to the severe and may weep or be crusty.

The mainstays of treatment are moisturisers and steroid-based creams. Avoiding known triggers can reduce the frequency and severity of episodes. Unfortunately, it is not always possible. Dust mite allergy can worsen existing eczema. Contact occurs via bedding, carpet or soft furnishings. Shake sheets daily to remove skin scales (the food of dust mites!). Change sheets twice a week after a hot water wash. Put a special dust mite cover on the mattress.

Soaps and detergents remove natural skin oils and worsen dryness and itch. Wash with aqueous cream. Showers are better than baths. Reverse dry skin by frequent application of a simple moisturiser. Avoid wool and synthetic fabrics and wear cotton. Both cold and heat can worsen itch.

Both natural foods and food additives can worsen eczema in some children. Unfortunately, skin or blood testing for food allergies is inaccurate in uncovering which foods. Instead, strict avoidance of food (two to three weeks) followed by a deliberate challenge with the food (three servings a day for four days) will usually highlight any food allergies. Common ones are dairy, soy, fish, eggs, wheat, citrus, yeast extract or nuts.



More info »

Stingers in the water

While shark attacks make headlines, other creatures in the water can cause problems when swimming. These are many and varied and influenced by season and where on the coastline you are. Most jellyfish stings are not serious but can be itchy or painful. However, tropical marine stingers found across Northern Australia, down to around Bundaberg in Queensland and Broome in Western Australia, can cause serious reactions and even be fatal.

There are ways to minimise the chances of getting stung. Always swim between the red and yellow flags inside stinger nets (where provided). Don't enter the water when beaches are closed. Look for and obey safety signs. Don't enter the water if the beach is closed. Wear a protective lycra suit, especially in the stinger season (usually November to March).

If a person is stung by a marine stinger, they will need first aid. Apply vinegar to the sting area. Call for the lifeguard and seek urgent medical attention. Stings by less toxic jellyfish can be treated firstly by removing the sting. You can use simple analgesia for pain, antihistamines for itching and soothing creams.



More info »



HEALTHY SMOOTHIES FOR KIDS

Smoothies are a great way to add fruit and vegetables to your child's diet. This is especially the case for fussy eaters. In addition to this, healthy ingredients like ginger, chia seeds and kale are difficult to incorporate into your child's diet.

Some of the healthiest things to add in a kids smoothie include Protein, such as a commercial protein powder, Greek yogurt (which is higher in protein than regular yogurt) or nut butters. Fruit, including berries, mango, bananas and avocado. Greens, such as spinach or kale. A liquid base such as dairy or plant-based milk, water or fruit juice.

Healthy Berry Smoothie:

The raw cauliflower will blend up into a creamy texture and will be unnoticed by your children.

- Frozen Mixed Berries
- Frozen Banana
- Raw Cauliflower
- Choice of Milk or Non-Dairy Milk
- Chia Seeds

Healthy Green Smoothie:

The avocado provides a nice thick creamy texture to the smoothie eliminating the need for milk or yoghurts.

- Avocado
- Green Spinach or Kale
- Frozen Banana
- Cucumber
- Honey
- Coconut Water

MERRY CHRISTMAS



Patrick Street Clinic

● PRACTICE NEWS

Slip, Slop, Slap...

Australia holds the highest rate of skin cancer globally, with two out of three Australians expected to be diagnosed with skin cancer during their lifetime. As we approach the warmer months, it's crucial to remember and practice the Slip, Slop, Slap, Seek, and Slide method for sun protection.

Slip into sun-protective clothing that covers as much skin as possible, Slop on SPF30+ sunscreen at least 20 minutes before going outside and reapply every two hours, Slap on a hat that shields your face, head, neck, and ears, Seek shade and monitor UV levels through local weather forecasts or the SunSmart app before heading outdoors, Slide on sunglasses offering adequate UV protection.

In addition to these preventive measures, regular skin checks are vital for detecting skin cancer early. We highly recommend scheduling appointments with our experienced doctors at Patrick Street Clinic in Ulverstone and Penguin. Over the past year, our clinic has performed 253 skin removal procedures, more than half of which were due to skin cancer. Being vigilant about these check-ups protects you, reassures you and helps you maintain optimal skin health.

Wishing everyone a happy and safe festive season.

