



Healthy food choices



Melanomas



Atrial Fibrillation



Cataracts

● INDEPENDENT MEDICAL PRACTITIONERS

- Dr Samuel Brandsema
- Dr Darren Briggs
- Dr Nerrelie Cann
- Dr Joanne Chaffey
- Dr Debra Chandler
- Dr Justin Chipman
- Dr Stefan Delitzsch
- Dr Emil Djakic
- Dr Mohan Rajakaruna
- Dr Elisabeth Robin
- Dr Saminda Rubasinghe
- Dr Lizzi Shires
- Dr Diana Webster

● GP REGISTRARS

- Dr Charlotte McKenzie
- Dr Hany Hassan
- Dr Chamin Baduraliya

● 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.

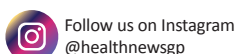
Booking a longer appointment: If you want an insurance medical, review of complex health problem, travel advice, counselling for emotional difficulties or a second opinion, please book a longer appointment.

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

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





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 the computer or other electronic devices. 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 who is battling with weight issues.

Back to school means thinking about lunchboxes. It is fine to have a sweet treat in the lunchbox some days, 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 sweet drinks with water. 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 provides them with more fibre and fewer calories.



Avoid Listeria in pregnancy

Listeria is an infection caused by a common bacterium. It occurs in the soil and water. Thus, plants and marine life can be infected with the bacteria, as well as animals that eat plants. There are around 65 cases in Australia each year, and 10% of these are in pregnant women who are at greatest risk in the third trimester.

Listeriosis increases the risk of stillbirth, low birth weight and premature labour. Symptoms can be mild or severe, with fever, headaches, vomiting, and diarrhoea.

Whilst uncommon, it is important to take steps to avoid potential exposure to Listeria. Fortunately, this is not difficult and involves not eating "high-risk" foods whilst pregnant. Foods to avoid are processed deli poultry meats (e.g. sliced chicken), soft cheeses (brie camembert), raw seafood (e.g. oysters) pre-made sushi, unpasteurised juices and soft serve ice creams.

You can continue to enjoy plenty of foods whilst pregnant, including hard cheeses, smoked seafood, hard frozen ice cream or gelato, freshly prepared sushi, pasteurised juices and hot deli meats (cooked at over 75°C).

Maintaining a balanced diet is important when pregnant, and you may need certain supplements. Talk to your GP about any concerns you have and also about both diet and the need (if any) for supplements.

Avoiding Listeria is not difficult, and there is no need to stress over every mouthful of food you eat.



More info »

Melanomas

Australia continues to have the highest rates of melanoma in the world. That does not mean every spot on the skin is cancerous or potentially cancerous, though. Melanomas are the least common form of skin cancer but the most life-threatening. The Melanoma Institute estimated 15,229 cases in 2019 and some 1726 deaths.

There are specific characteristics which point to a spot on the skin being a melanoma, but none are absolute. An asymmetrical lesion with an uneven border and multiple colours would be a textbook melanoma. Another pointer changes over a short period, like a few weeks.

On the flip side, a spot of any colour that has been present for five years without changing at all will be relatively harmless.

With digital technology, it is possible for moles to be photographed and comparisons made after a few months to see if there is a change. When there

is enough suspicion, the mole may be biopsied and analysed in the lab for an exact diagnosis. Once again, only some spots will need this.

An annual skin check with your doctor is a good idea, as well as checking for any new or changing spots of concern. New does not always equal cancer though, which is a good thing.

The best way to avoid getting skin cancer is to take care in the sun. The message of slip, slop, slap is not new but remains valid. Over summer, there is no reason not to enjoy an outdoor lifestyle, but remember to look after your skin.



Atrial Fibrillation

Our hearts beat over 100,000 times per day, and most do this in a regular fashion. The pacemaker sends an electric signal for the heart muscles to contract, pumping blood out to the body.

Arrhythmias are conditions where the heart beats irregularly. In atrial fibrillation (AF), the top two heart chambers can beat very fast, and the muscles contract in an uncoordinated way. This distorts the electrical message to the rest of the heart. In turn, the contractions of the heart become less efficient.

Typical symptoms include palpitations, shortness of breath, fluttering of the heart, dizziness and sometimes fainting. The heart beats in a fast and irregular pattern. Around 2% of people overall and 10% of those over 75 may be affected. Risk factors include high blood pressure, established heart disease, trauma to the chest and use of certain drugs, including caffeine and alcohol.

Your doctor will take a history and perform a physical examination. Diagnosis can be made with plain ECG testing, but you may be referred for a Holter monitor (a 24-hour ECG) as AF can be intermittent.

Treatment may include medication to slow the heart rate and make the heart beat regularly. You may be prescribed blood thinners too as AF increases the risk of stroke. Cardioversion (electric shock therapy) can jolt the heart out of AF and back to normal. In severe cases, surgery (ablation) is an option.

Lifestyle changes like quitting smoking, reducing alcohol and caffeine, attaining a healthy weight and regular exercise all help to prevent and manage AF.



Cataracts

This is the leading cause of blindness and vision loss worldwide. Cataracts occur when the lens of the eye goes cloudy or opaque. Around 10% of Australians have cataracts, increasing from 4% of 50-59-year-olds to over 60% of 90-year-olds.

Advancing age is the most typical reason, but trauma, radiation exposure, some drugs (like steroids), and metabolic conditions (like diabetes) can also lead to cataracts. Women are more affected than men.

Cataracts are classified by their level of maturity (progression), cause, or appearance. The symptom is a reduction in visual acuity (ability). The onset is gradual, and progression is slow but constant in most instances. If only one eye is affected, it may not be noticed for quite a while as the other eye "compensates".

A cataract is easily diagnosed on examination, and no tests are needed. When looking in the eye with an ophthalmoscope, your doctor will be able to see a cataract. It is recommended that people over 40 have a regular eye check with an ophthalmologist. Your GP can refer you.

Treatment for cataracts is surgical removal and insertion of an intra-ocular lens- done when symptoms warrant it and prescription glasses are no longer sufficient. It may be many years from diagnosis to the time of surgery.

The procedure is generally done under local anaesthetic, and recovery is quick. You will need the eye padded for a short period of time and will be prescribed drops to use post-operatively.



MUSELI BARS

Natural nut butters (peanut butter or almond butter) are best for this, and they are different to commercial spreads because they have no added sugar, salt, preservatives, etc. It's 100% nuts, which means better flavour and a runnier consistency. Be sure to mix well to combine before using and even microwave slightly to obtain the right consistency, add honey or maple syrup for natural sweetness.

INGREDIENTS

- Almonds – whole, roasted, unsalted and roughly chopped.
- Sultanas, raisins, cranberries or any other dried fruit of choice.
- Pepitas (they give it some colour and bite).
- Sesame seeds (optional).
- Desiccated coconut (unsweetened). Flakes will also work, but because they are larger, they won't disperse as well throughout and should be roughly chopped.

- Cinnamon – just a pinch makes all the difference.
- Salt – Just a pinch.

DIRECTIONS

1. Put the peanut butter and honey in a saucepan over low heat and mix to combine - stirring almost constantly, until thickened. Scrape the base of the saucepan, getting in around the edges.
2. Immediately pour the mixture across the surface of the oats. Use the wooden spoon to mix to combine until you can no longer see dry oats (If it gets too hard to stir, microwave for 20 seconds).
3. Place a sheet of paper over a square pan). Scrape the mixture in, then press it into the pan using a combination of a wooden spatula to spread it out, then use your hands to press it in.
4. Press firmly, but keep some air in the mixture to avoid going too chewy.
5. Refrigerate for 2 -3 hours to set, then cut into bars depending on your size preference.

WORD SEARCH

A	I	R	E	T	S	I	L	R	L	R	G	B	S
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LISTERIA
 VISION
 DIGITAL
 CATARACT
 CHICKEN
 PLANTS
 CAUSE
 EYE
 FOOD
 TRAUMA
 DOCTOR
 BLOOD
 HOLTER
 LESION
 HEART
 MELANOMA
 ATRIAL
 SCHOOL
 LABOUR
 CALORIE

Patrick Street Clinic

● PRACTICE NEWS

No matter who you are or which country you're visiting, it's important to think about your health as you travel or prepare for a trip. This can help you if you have a medical emergency, and may even prevent something disastrous from happening.

Before departure, find out the destination you plan to visit. The services, the facilities, the local customs, weather and the geography may all be quite different from those you are used to. These can all affect your health.

See your doctor before you go:

The most important advice for travellers is to see your doctor at least 8 weeks prior to travelling. Your doctor can advise you on vaccinations, medicines, and lifestyle measures to take. This will help make your trip safe, enjoyable and productive.

Your regular GP will be able to advise on most travel queries. However, if you have a more complex trip planned we do offer specific travel medicine appointments.

Lack of usual supplies In some countries, the supplies of period products, nappies and contraceptives, including condoms, may be unreliable or unavailable, so plan to take these with you.

Food and water. Eating or drinking contaminated food and water can put you at risk of infections. Make sure you practice good hygiene and wash your hands regularly. Where local tap water is not safe, only use bottled water to drink and brush your teeth, don't put ice in drinks, only eat fruit you can peel and avoid uncooked food, including salads.

Insects and animals. In some areas of the world, mosquitos transmit diseases. Ticks can also transmit diseases. Do not go near or touch animals as they may transmit diseases such as rabies.

Climate and geography. The climate may be hotter or colder than you are used to. Wherever you go, you may be exposed to influenza (flu), so consider a flu vaccination before you go. Make sure you are up to date with your covid boosters. Planned high altitude activities should also be discussed with your doctor before you go.

Health while in transit. If you will be taking a long haul flight, make sure to drink plenty of fluids and regularly exercise your legs while flying to help prevent deep vein thrombosis (DVT).

Travel Insurance. Unexpected things do happen and can be very stressful and potentially expensive. Ensure you have travel insurance to cover your trip. There are specific policies that offer covid cover plus specialised policies for adventure trips and cruises.