



AUGUST - SEPTEMBER 2022 EDITION

FREE TO TAKE HOME!



Emphysema



Vaginal thrush



Common dental issues



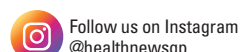
Malaria

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



● PRACTICE DOCTORS

Dr Amanda Brooks

BHealthSci, BMed, FRACGP, GradDipRur, FARGP
Palliative Care & Geriatrics

Dr Stephan Pluschke

BSc (Hons), MBBS, FRACGP
Paediatrics & Geriatrics

Dr Phil Rayson

BMed, DRANZCOG, FRACGP, PGCertAME
Obstetrics

Dr Bruce Stewart

MBChB, FRACGP, DRACOG
Travel Medicine & Paediatrics

Dr Trisha Fowler

BMed, BMedSci, FRACGP

Dr Fatima Sadia

MBBS, MRCGP(INT), FRACGP

Dr Nicole Jackson

B Physiotherapy Grad Dip Sports PT, BMed

● PRACTICE STAFF

Practice Managers:

Donna & Carol

Reception Supervisor:

Cindy

Reception Staff:

Courtney, Erin, Chloe & Hannah

Nursing Staff:

Karen, Julianne, Deb & Jodie

● SURGERY HOURS

Monday to Friday

8.30am – 5pm*

*Closed 12.30pm to 1.30pm for lunch.

● AFTER HOURS & EMERGENCY

If you need to contact a doctor outside of office hours weeknights & weekends please ring **0427 534 811**.

In the event that the phone is unanswered and you feel you have an emergency, please dial **000**.

Otherwise leave a message and the on call Doctor will return your call. After hours consultations are not bulk-billed.

The nearest emergency centre is Manning River Rural Referral Hospital in Taree.

▶ Please see the Rear Cover for more practice information.

We provide a comprehensive family medical service – quality care in a friendly, relaxed atmosphere.

● BILLING ARRANGEMENTS

Please ask at reception for specific consultation fees.

Please pay at the time of the consult by cash, cheque, credit card or EFTPOS. If you have any difficulty paying our fee at any time, please do not hesitate to discuss it with us.

A charge may be incurred (at the doctor's discretion) for missed appointments.

● APPOINTMENTS

The surgery will now be closing from 12.30pm to 1.30pm each day for lunch.

Existing patients can make an **online booking** through our website or using the Hot Doc app on google play or the app store.

Please ring **6553 4811** for an appointment.

If you need more than 15 minutes with the doctor, please tell the receptionist when you make the booking. Urgent medical problems will be dealt with promptly.

If you need to cancel an appointment please phone or email us at: **reception@winghamfamilyhealthclinic.com.au**. This email address is for cancellations only.

● SPECIAL PRACTICE NOTES

Communication Policy. The practice nurse is happy to assist with telephone enquiries. If necessary the nurse will ask your doctor to return your phone call at their earliest convenience. This may take a few days. The practice encourages patients to call the practice as our email is not used to book appointments and provide advice, emails are also seldom checked and we do not guarantee them to be replied to.

House Calls. We are happy to visit you at home if you are too sick to come to the surgery. Please ring 6553 4811 in the morning if you require a house call so it can be arranged with your doctor.

Your medical record is a confidential document. Our practice ensures that important elements of our patients' health information are recorded in their health record consistently, regardless of the provider they see.

This practice protects your personal health information to ensure it is only available to authorised staff members for the intended purposes and to comply with the Privacy Act. To obtain a copy of our Privacy Statement or your medical records, please ask.

Reminder Systems. This practice is committed to preventive care.

We may issue you with a reminder notice from time to time. This may come from the National Pap Smear Register, the Childhood Immunisation Register, the Bowel Screening Register or from our own records. If you do not wish to be part of this system, kindly advise the reception staff.

Patient Feedback. We welcome your comments or suggestions. Please feel free to talk to your GP or the Practice Manager regarding any issues. If you prefer, you can contact Health Care Complaints Commission on 1800 043 159.

Referrals. Doctors in this practice are competent at handling common health problems. When necessary, they can use opinions from Specialists. You can discuss this openly with your doctor, including potential out of pocket expenses.

Further information can be found on the updated practice website:

www.winghamfamilyhealthclinic.com.au



Emphysema

Emphysema is a form of chronic obstructive pulmonary disease.

It can be due to a genetic condition such as alpha-1-antitrypsin deficiency. However, most cases are related to smoking or long-term exposure to dust or pollutants which damage the air sacs in the lungs. This is where oxygen enters the bloodstream. The symptoms develop slowly, generally over many years, and include shortness of breath, fatigue, cough and phlegm and recurrent chest infections. In more advanced cases, there can be cyanosis (a blue colouration) of the skin.

There is no cure for emphysema, but it is largely preventable. The most important one being not smoking or quitting if you do smoke. Talk to your doctor about ways to achieve this. Even if you have failed before, it does not matter. Some people need multiple attempts before finally getting off cigarettes.

Diagnosis is based on the history and examination of the chest. You will likely be referred for imaging of the chest (x-ray or CT scan) and lung function testing. Complications include pneumonia and collapsing of the lung.

Treatment is designed to minimise symptoms. This includes inhalers to widen airways and reduce sputum, lung rehabilitation programs, quitting smoking, exercise to increase lung capacity (this needs to be gentle), and in advanced cases, oxygen may be helpful. It is important to have an annual flu vaccination and to see your doctor at the first sign of any respiratory infection.



More info »

It is worth restating that whilst there is no cure for emphysema, it can be largely prevented by not smoking. If you do smoke, talk to your doctor about quitting.



Vaginal thrush

Thrush is caused by the fungus *Candida Albicans*.

Whilst it is part of the normal vaginal flora and sits there, causing no problems, in certain circumstances, it can multiply, leading to an overgrowth and typical thrush.

It is estimated that 75% of women will experience thrush at some stage, whilst some get it frequently.

Risk factors include being on an antibiotic, wearing tight-fitting clothes like jeans, and wearing synthetic underwear. The contraceptive pill can also be a risk factor. Conversely, preventative factors include wearing cotton underwear and using a probiotic.

Symptoms are a thick white discharge from the vagina, itchiness and redness at the vagina and vulva and sometimes burning with passing urine and pain with intercourse.

Many women self-diagnose and seek treatments without prescription. Whilst this can work, it is important to remember that the symptoms are not always typical or specific to thrush. If there is a possibility of having a sexually transmitted infection (STI), it is vital to see your doctor and have the necessary tests done.

Treatment for thrush is with anti-fungal creams or pessaries for between one and seven days. There are also anti-fungal tablets, which can be taken orally. Some of these are available without a prescription.

Self-help treatments like yoghurt, vinegar, tea tree oil and garlic are popular but are of questionable benefit and can cause irritation.

If symptoms do not resolve with over-the-counter treatment or if you have recurrent thrush, it is important to see your doctor.



Common dental issues

Getting a tooth knocked out is painful and is also a dental emergency.

A permanent tooth that can be re-implanted within 30 minutes has the highest chance of success. Baby teeth are not re-implanted. Where a tooth has been knocked out -touch only the crown (top part) of the tooth, not the root. Rinse the tooth carefully and only if necessary. Do not scrub or scrape, and do not apply alcohol. If possible, put the tooth in its socket but don't force it. Control any bleeding with sterile gauze and apply a cold compress to reduce swelling.

Plaque builds up on the teeth daily, damaging the tooth enamel. Gum disease can arise from poor dental hygiene. This



can lead to infection and, in severe cases, teeth falling out. If mouth bacteria enter the bloodstream, it can lead to a more serious infection.

Poor dental hygiene has been associated with conditions like diabetes, Alzheimer's and some forms of cancer, although the causative mechanism has not been determined.

Take good care of your teeth by brushing twice daily and flossing. Minimise sugary food as these increase tooth decay. Keep an eye on your mouth for signs of any problem, such as sores not healing or irritated gums and have an annual check-up with your dentist.

Malaria

With borders opened up, travel is on the agenda again for many - visiting family and friends and for a holiday. With this comes the potential for infections.

Mainland Australia is malaria-free, although found on the Torres Strait Islands. Malaria is a potentially fatal infection caused by a parasite transmitted by mosquito bites. Five types of parasites (called plasmodium) cause the infection. Travellers to tropical and sub-tropical countries are at risk. Typical symptoms include fever, chills, headaches, sweats, nausea, vomiting, and joint pains. These start 7-14 days after being bitten. The fever is often intermittent.

Diagnosis is based on history and blood tests. The parasite may be seen under the microscope, although more than one sample may be needed. Treatment is with specific anti-malarial medication, and some may require hospitalisation. In third-world countries, the infection is often fatal, whereas, in Australia, treatment generally

means this is not the case.

The key is prevention. Talk to your doctor before you travel. Certain areas are classed as "malarial zones". You may be recommended preventative medication. Other measures include avoiding being outside at dusk and wearing loose-fitting long-sleeved shirts and long pants outdoors. The use of mosquito repellents is important. Stay and sleep in screened or air-conditioned rooms. Avoid swamps and other areas where mosquitos are more likely to be found.

If you become unwell after returning from travel, see your doctor promptly. Take out travel insurance as if you become unwell overseas, you may need treatment before return which can be expensive.



Iron intake for vegetarians

Iron deficiency is a potential problem for those on a vegetarian or vegan diet. This is particularly the case for women whose daily iron requirements (especially in reproductive years) are greater than for men.

Iron is essential for red blood cells, which carry oxygen around the body. Iron deficiency leads to anaemia, which in turn can cause fatigue, headache and weakness.

There are two forms of dietary iron in food, haem and non-haem. The former is more easily absorbed and makes up 40% of iron in animal-based foods. Eggs, vegetables, and other foods have more non-haem iron, which is less readily absorbed.

However, you can include plenty of foods in a vegetarian diet that have iron. These include tofu, legumes (lentils, kidney beans), broccoli, Asian greens, spinach, kale, cabbage, nuts

(especially cashews and almonds), dried fruits (especially apricots) and seeds (like sunflower seeds and tahini).

Iron absorption is enhanced by vitamin C, so combining the above foods like citrus fruits, kiwi fruit, tomatoes, or capsicum helps. Spinach cabbage and broccoli are good sources of both.

If you have any concerns about iron levels, talk to your GP. You may need blood tests to assess your levels. Despite eating foods with iron, you may need a supplement. These come in both liquid and tablet form. Some who are severely iron deficient may need an infusion of iron into a vein.





PORK & GINGER DUMPLINGS

Ingredients

2 x 3cm pieces of ginger
3 spring onions plus extra for garnish
¼ cup soy sauce plus extra for serving
1 ½ tbsp sesame oil
1 tsp caster sugar
300g pork mince
275g of your favourite dumpling wrappers
2 tbsp peanut oil
1 long red chilli

Method

1. Peel, then finely grate 1 piece of ginger into a large bowl. Thinly slice onions, add half to ginger and reserve remaining half for stir-fry. Add 2 tablespoons soy sauce, 1 tablespoon sesame oil, sugar and pork to ginger mixture and combine.
2. Place 20 dumpling wrappers on a work surface. Top each with 2 teaspoons pork mixture. Run a wet finger around edge of wrappers, fold in half, then press edges together firmly to seal. Position dumplings so the join is on top. Crimp join, if desired.
3. Heat 1 tablespoon peanut oil in a frying pan over medium-high heat. Pack dumplings in pan. Cook for 5 minutes. Add 125ml (½ cup) water and cover. Reduce heat to medium and cook for 10 minutes. Uncover and, if necessary, cook for a further 3 minutes or until water has evaporated.
4. Serve dumplings hot with remaining spring onion and soy sauce

● OTHER SERVICES OFFERED

Practice doctors are experienced in the broad range of general practice problems and the treatment of all age groups.

As well as routine consultations, the following services are available:

- Home visits
- Check-ups
- Liquid Nitrogen
- Spirometry: Lung Test
- Nutrition Advice
- Sports Medicine
- Dermatology
- Pregnancy tests
- Antenatal Care
- ECG: Heart Check
- Family Planning: including Implanon
- Vaccination: Children
- Vaccination: travel, including Yellow Fever
- Minor surgery: stitching cuts, removing moles
- Blood Tests and recalls for clinically significant results
- Access to Preventative Health Information Brochures
- Health Assessments
- 24hr holter monitors

Please note the closest Hospital is Manning Base Rural Hospital
26 York Street, Taree NSW 2430
The doctor on call can be contacted on **0427 534 811** if you are a regular patient here at the surgery

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