

FREE TO TAKE HOME!

APRIL-MAY 2018 EDITION



Tips for older travellers



Tennis Elbow



Managing coeliac disease



Family break-ups and kids

YOUR NEXT APPOINTMENT:

● PRACTICE DOCTORS

Dr Ilya Hubczenko

MBBS, FRACGP

Dr Mark Waksmundzki

MBBS, FRACGP

Dr Devi Agarwal

MBBS, MD, Dip OG

Dr Claire Dobson

MBBS, FRACGP, DCH

Dr Mi Le Chung

MBBS, FRACGP

Dr Oliver Frank

MBBS, PhD, FRACGP, FACHI

Dr John Joseph

MBBS, FRACGP

Dr Anna Bakshi

MBChB, DCH, Dip OG, FRACGP

Dr Michaela Boulderstone

MBBS, DCH, FRACGP

Dr John Pride

MBBS, FRACGP

Dr Chris Bollen

MBBS, MBA, FRACGP, MAICD

Dr Leslie Mpala

MB ChB, FRACGP, Dip.MH

Dr Pulak Sarker

MBBS, FRACGP

Dr Nicolle Opray

MBBS

Dr Ashleigh Stedman

● PRACTICE STAFF

Practice Manager:

Julia Walkley

Office Manager:

Sharon

Practice Nurses:

Helen Potts, Karen Pippett, Karen Eitel,
Diane Campbell, Alex Emerson &
Judy Fielke

Practice Reception:

Anna, Lynne, Toulia, Melissa, Valerie, Lyn,
Bee, Rani, Charyne, Jenni & Rebecca

● SURGERY HOURS

Monday to Friday 8.00am – 8.30pm

Saturday & Sunday 9.00am – 1.00pm

Public Holidays 9.00am - 1.00pm

● OAKDEN PHARMACY HOURS

Monday to Friday 8.00am-8.30pm

Saturday & Sunday 9am-1.00pm

● AFTER HOURS & EMERGENCY

Locum Service Tel: **13 SICK (13 74 25)**

● APPOINTMENTS

Consultation is by appointment.

Home Visits. Some Doctors do home visits. Please speak to your regular GP for more information.

Booking a long appointment is important for more complex problems-insurance medical, health review, counselling, a second opinion etc. Please bring all relevant information.

● BILLING ARRANGEMENTS

We are a private billing practice. Information about fees and services are available at reception.

Payment at the time of consultation is required.

Old age pensioners, Veteran Affairs Gold Card Holders and children under 16 will be bulk-billed by most doctors.

There will be a charge for provision of ALL Bandages, Dressings and Procedures.

Please see reception for Dr Oliver Frank's fee levels and billings.

● SPECIAL PRACTICE NOTES

Telephone advice. Most problems are best dealt with in consultation. A doctor is available during normal surgery hours for emergency advice. Our staff are experienced in deciding the appropriate response to any phone request.

Reminder system. Because our practice is committed to preventive care, we may send you an occasional reminder regarding health services appropriate to your care. If you wish to opt out of this, please let us know.

Test results. It is your responsibility to ensure you follow-up test results, particularly when practice staff or your doctor stresses that you do this. Ask reception staff about the best way to go about it.

Medical record confidentiality. 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. See reception for a copy of our Privacy Policy.

Your comments on our medical services are always welcome. We strive to improve for your benefit. Please direct any queries or complaints to the Practice Manager.

Despite our best intentions, we sometimes run late! This is because someone has needed unexpected urgent attention. Thank you for your consideration.

Windsor Village and Oakden Medical Centres are accredited Training Practices for General Practitioners. Working together with GPEX Program, Hospitals and the Royal Australian College of General Practitioners, our very experienced senior doctors provide training, supervision and tutoring for junior doctors.

WELCOME TO ASHLEIGH STEDMAN

We are pleased to welcome Dr Ashleigh Stedman to our team at oakden.

▷ Please see the Rear Cover for more practice information.



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



Tips for older travellers

Baby Boomers are gradually retiring but not wanting to put on the proverbial slippers just yet. Many remain in good health and travel is increasingly on the agenda. A popular pursuit is driving around Australia in a camper van or with a caravan.

It is a good idea to have a general health check with your GP before embarking. Part of this may include getting a printed summary of any medical conditions, current medications and allergies to take with you. Prescriptions can be filled at any chemist in Australia so there is no need to stock up. Neither do you need more than a basic first aid kit and medications (e.g. pain killers and antihistamines) that you would normally

have at home. If you are going well off the beaten track, you will need to speak to your doctor.

People may forget that driving exposes the arms (especially the window side arm) to sunlight. If driving all day remember sunscreen. Travelling can be dehydrating so drink adequate water. Eating out every night can stack on the kilos so be watchful. Cook your own food whenever you can.

Sleep can be tricky when on the road. Relaxation apps can help get you off to sleep as can some herbal remedies. Sleeping tablets are best avoided. Do not drive when you're tired. It sounds obvious, but remember to take your Medicare card and private health membership card (where applicable). Let family know your itinerary and stay in regular contact with them.

Tennis Elbow

Lateral epicondylitis, inflammation of the tendons where they meet the bone at the elbow on the thumb side, is commonly called tennis elbow. It is not unique to tennis and can come about from any ongoing or repeated use of the forearm and wrist. Bricklaying, painting and gardening plus other racquet sports can bring it about as can using a computer mouse and it can affect anyone. It is commonest in those aged 35-55.

Pain can extend into the forearm and is worse with shaking hands, lifting or turning taps or doorknobs. Diagnosis is generally based on the description of symptoms and examination.

Typically, the bony point on the lateral (thumb) side of the elbow is tender. The pain is often reproduced on extension of the wrist against resistance. Sometimes imaging is helpful to define the extent of the condition or if it is not responsive to treatment.

First-line treatment is rest, ice packs and simple analgesia. A tennis elbow guard can help protect the area. Anti-inflammatory medication may be needed and physiotherapy can be helpful. Avoid



Weblink <http://www.mydr.com.au/sports-fitness/tennis-elbow>

activities which aggravate the situation. This can include changing technique especially if sport or work-related.

In some cases, a steroid injection can be recommended and, in rare instances, surgery. Your GP will advise you about treatment options.

Most people will make a full recovery and it is not of itself a recurrent condition nor a precursor to arthritis.



Weblink <https://www.coeliac.org.au>

Managing coeliac disease

This is a condition where there is a marked immune response to gluten which is found in wheat, rye and barley. It can damage the small bowel and interfere with absorption of nutrients. The symptoms vary from mild to severe and include tiredness, intermittent diarrhoea, abdominal pain, bloating and flatulence. Children with coeliac disease may have slower growth, irritability and abdominal swelling.

It affects about 1% of the population though many are unaware they have the condition either because the symptoms are mild or they have put them down to other causes. It is a genetic condition and the main risk factor is having a first degree relative with it.

Accurate diagnosis is important as it is very manageable. Your GP can order blood tests, though a positive result is not absolute but a strong pointer. Definitive diagnosis is by a small bowel biopsy but not everyone wants or needs to have this done. A gluten challenge is another useful test.

There is no medication to take or 'cure'. However, symptoms can be easily controlled by avoiding gluten in the diet. Today there are many gluten-free foods. Neither adults nor children need to feel they are 'missing out' on foods they like.

There are many causes of the symptoms of coeliac disease so it is important to talk to your doctor and not rely on self-diagnosis or 'unorthodox' testing.

Cooling down heartburn

This is a burning pain in the chest or upper abdomen caused by acid leaking from the stomach into the oesophagus. It is also known as reflux and gastro-oesophageal reflux disease (GORD). It is very common and can affect all age groups from infancy. It ranges from mild to severe.

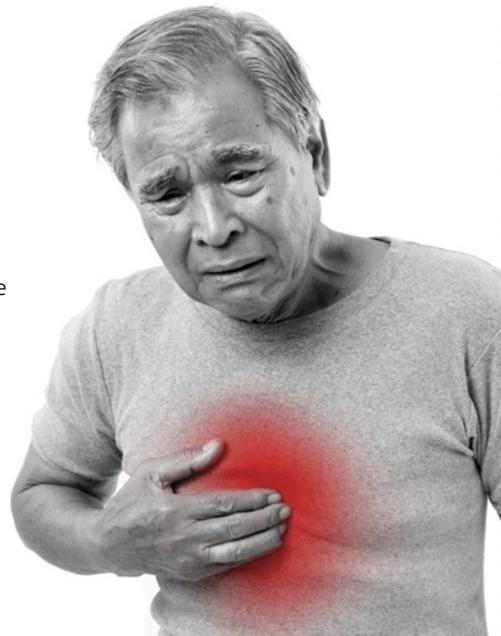
Not everyone with heartburn has GORD but those who do may have a hiatus hernia which is where some of the stomach 'slips' above the diaphragm.

In adults, risk factors include being overweight, smoking, alcohol consumption and a family history. Certain foods will trigger heartburn in certain people but there is no one set of foods to avoid. Caffeine, dairy and spicy foods are common culprits but each person needs to find what disagrees with them.

Prevention includes reducing known triggers and also not eating too much at one time. Treatment depends on severity and frequency. Simple home remedies such as bicarbonate of soda or herbal teas help some people. Simple antacids can also relieve symptoms. At night it can be helpful to sleep on a slight incline from head down to toes.

If simple approaches fail, you need to see your GP. Often the history is sufficient for diagnosis but you may be sent for tests to rule out other causes.

For ongoing problems there are prescription medications that can reduce acid production. Some people need short courses of these, others need it long term. If symptoms are not relieved after some weeks, you may be referred for a gastroscopy to assess the oesophagus and stomach.



 [Weblink https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/indigestion](https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/indigestion)



 [Weblink https://www.scientificamerican.com/article/is-divorce-bad-for-children/](https://www.scientificamerican.com/article/is-divorce-bad-for-children/)

Family break-ups and kids

It is estimated that 40% of marriages will end in divorce or separation. In many instances there are children and the impact on them is significant. Regardless of whether a couple love each other or not, their children will still love them both.

While all children are affected in the short term, American research shows in the longer term the vast majority of children in divorced families do as well as their peers when it comes to behaviour, academic performance and social relationships.

However, high levels of parental conflict is

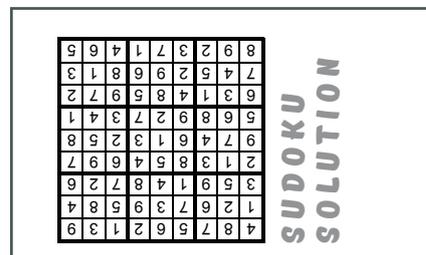
associated with poorer outcomes for children. This means it is less about parents separating and more about how it is managed. It also says that remaining together when there is ongoing conflict is not helpful either.

How children manifest this stress differs widely. Some children may develop night terrors or become anxious. Others may cry a lot. Those who are newly toilet trained may regress. Some children may complain of headaches or tummy aches. Some may lose appetite.

Children need the support of both parents and in turn parents also need support. There are many family services available. It is

important to talk to your children honestly and listen to what they have to say. Allow them to express emotion and adjust to the circumstances in their own time.

Talk to your GP about any concerns you may have about your child or your own health.



● **HAVE YOU SEEN OUR HEALTH PROMOTION?**

At both surgeries we are increasing health promotion activities. We have had information displayed on our television about various topics such as diabetes, asthma, immunisations and much, much more.

We have now included displays on our message boards which will be changed every month with a new topic.

● **WANTING TO GET FIT?**

Join the **WINDSOR WANDERERS** walking group, each Thursday at 1pm. Meet at the Beefaces Hall, 10 Pittwater Drive, Windsor Gardens. Free to join, see reception.

● **FIND US ON FACEBOOK**

Remember to like us on Facebook under Windsor Village and Oakden Medical Centres.

● **DID YOU KNOW?**

Windsor Village has a dedicated **Diabetic Clinic** run by Dr Joseph and registered nurse Helen Potts.

Oakden Medical Centre has a dedicated **Asthma Clinic**, run by Dr Hubczenko and registered nurse Karen Pippett.

Oakden Medical Centre has a GP who specialises in child Health. **Dr Michaela Baulderstone** runs our "Potties & Pillows" and a child Development Clinic for babies, kids and parents.

Aim Physiotherapy consults from Windsor Village and Oakden Medical Centres. **AC Podiatry** only at Oakden Medical Centre.

Dietician Rhiannon Elborough consults from Windsor Village Medical Centre.

Psychologists:

*Oakden Medical Centre – Marta Lohyn & Ian Coats
Windsor Village Medical Centre – Neha Mahajan*

SA Pathology is located at the Oakden Medical Centre & **Clinpath** is at the Windsor Village Medical Centre for all your pathology requests.



CHICKEN, CHORIZIO & VEGETABLE CASSEROLE

Ingredients

- 8 skinless chicken thighs
- 800g pumpkin, cut into large chunks
- 3 medium size potatoes cut in to chunks
- ½ red capsicum cut in to large chunks
- ½ yellow capsicum cut in to large chunks
- 1 red onion, quartered
- 8 whole garlic cloves, peeled
- 2 lemons, halved
- 6 fresh thyme sprigs
- 2 chorizo sausages, sliced
- 2 zucchini, cut into batons
- 4 cups baby spinach leaves
- ¼ cup olives if desired

Method

1. Preheat the oven to 220°C (200°C fan forced).
2. Lightly grease a casserole dish. Place chicken, pumpkin, potato, onion and garlic cloves into a large roasting pan. Drizzle with 2 tablespoon olive oil and season well with pepper. Toss to coat. Squeeze over lemon juice and add the lemon halves and thyme to pan. Bake in the oven for 20 min.
3. Add the chorizo, capsicum, zucchini and olives if desired to the chicken mixture, tossing lightly to coat in juices. Return to the oven and bake for a further 30-35 min or until chicken is cooked through.
4. Remove from the oven and stand for 5 min before stirring through the spinach. Serve chicken, chorizo and vegetables with the juices on a bed of rice or with fresh crusty bread if desired.

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