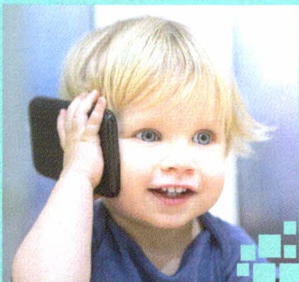


FREE TO TAKE HOME!

FEBRUARY - MARCH 2018 EDITION



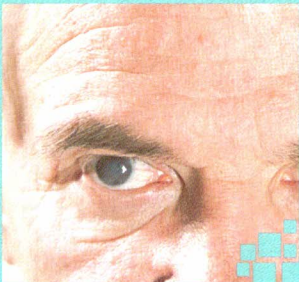
School refusal



Mobile phones and kids



Dealing with depression



Watch on glaucoma

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 Maureen McKeown**

Family Medicine, Obstetric Shared Care, Children's & Women's Health

**Dr Andrew Harris**

Minor Surgery, Sports Medicine, Diving Medicine, Authorised Aviation Medicals

**Dr Jackie Judd**

Children's Health, Obstetric Shared Care, Family Medicine

**Dr Emma Pearce**

Women's Health, Child Health

**Dr Jean Harding**

Minor Surgery, Child Health, Family Medicine

**Dr Andrew Leaver**

Family Medicine, Minor Surgery

**Dr Katrina Denison**

Family medicine, Obstetric shared care, Women's & Children's Health. Speaks Czechoslovakian

**Dr Grant Russell**

Family Medicine, Child health, Minor Surgery

● ALLIED HEALTH STAFF

**Dr Jenina Cotton - DMD.**

Dentist

**Ms Julia Nicholson**

Dental Assistant/Practice Manager

● PRACTICE STAFF

**Practice Manager:**

Samantha Chittenden

**Practice Nurses:**

Catherine Morrison & Charmaine Bonifacio

**Receptionists:**

Melissa, Montana, Helen, Deb, Jacque & Jessie

● SURGERY HOURS

Monday to Friday .....8.00 am to 6.30 pm

Saturday morning ..8.30 am to 12.30 pm

Sunday morning..... 9.00 am to 11.00 am

All Public Holidays ..... CLOSED

● AFTER HOURS & EMERGENCY

Please phone the locum service on **9429 5677** for the doctor on call.

Dial **000** and ask for an ambulance in case of a medical emergency.

● SPECIAL PRACTICE NOTES

**Travel Vaccinations and Advice.** We are accredited to offer full travel health advice and a full vaccination service at your convenience

**Fibreglass Plasters.** Our clinic is able to offer you the convenience of fibreglass plastering for your uncomplicated fractures. Please make an appointment to discuss this service.

**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.

**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.** To obtain the results of any tests, please make a further appointment with your Doctor. Please ask the doctor at the time of your appointment how long it will take for these results to be received by the clinic so that a convenient appointment time can be made. To maintain confidentiality, results will not be given over the phone except in special circumstances.

● BILLING ARRANGEMENTS

**We are a private billing practice.** Children 12 and under are bulk billed.

Information about our fees and services are available at reception.

**Payment at the time of consultation is required.** Payment can be made by cash, cheque, credit card or EFTPOS.

● APPOINTMENTS

**Consultation is by appointment.** Urgent cases are seen on the day.

**Home Visits.** If you require a home visit for special reasons, please request this first thing in the morning. Visits are at the doctor's discretion for patients within a 5 km radius.

**Booking a long appointment** is important for more complex problems – insurance medical, health review, counselling, a second opinion, etc. This may involve a longer wait. Please bring all relevant information.



▶ Please see the Rear Cover for more practice information.

# Avoiding listeria

Listeria is an infection caused by a common bacterium that occurs in the soil and water.

Thus, plants and animals in the food chain can be infected. 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 still birth, low birth weight and premature labour. Symptoms can be mild or severe with fever, headaches, vomiting and diarrhoea.

While 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 while pregnant. Foods to avoid are processed delicatessen poultry meats (sliced chicken), soft cheeses (brie, camembert), raw seafood (oysters etc) pre-made sushi, unpasteurised juices and soft serve ice creams.

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

When pregnant it is important to maintain a balanced diet. 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 so there is no need to stress over every mouthful of food you eat.



Weblink <https://womhealth.org.au/pregnancy-and-parenting/listeria-and-pregnancy>



Weblink <https://www.beyondblue.org.au/the-facts/depression>

## Dealing with depression

Depression is a common condition affecting as many as one in five Australians. For some it can be an ongoing condition; for others, there may be only an isolated episode. Depression is more than just feeling sad for a day or two. It is feeling miserable for at least two weeks together with lack of enjoyment of usual activities, withdrawal from friends and often sleep and appetite disturbance.

There are no blood tests or scans. Diagnosis is based on the symptoms described.

Treatment is effective and divides into non-pharmacological and pharmacological. There are a number of medications which can be used if needed. Counselling

through a psychologist or counsellor will be of benefit to many. Your GP can refer you.

Lifestyle measures also help. Eating a healthy diet rich in vegetables and less sugar may help. Cut down on alcohol use. Regular exercise is good for mental health. Meditation or guided relaxation can help. Getting enough sleep is also important. Equally do not stress if your sleep pattern takes a while to get back to normal. Switch off screens at least 30 minutes before bed and have a regular night-time routine.

Regular follow up with your GP is important. Changes in treatment may be needed if you are not making improvement. With recovery, medication (if prescribed) can be reduced and then stopped. You should not stop your medication without talking to your doctor.

## Watch on glaucoma

Glaucoma affecting one in eight of those over the age of 80 is the second commonest cause of permanent vision loss in Australia.

It is a build-up of pressure in the eye, which eventually damages the optic nerve. Primary open angle glaucoma is the main form. Secondary glaucoma can follow eye trauma or use of some medications such as steroids.

Acute angle closure glaucoma is when the pressure increases rapidly. This is a painful condition and requires immediate medical attention and surgery.

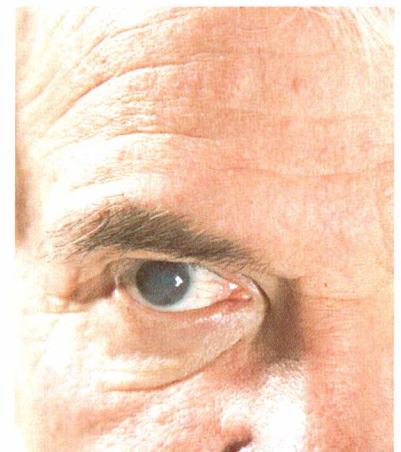
Generally, there are no predictive symptoms. Vision loss can be slow and gradual. Initially side vision is affected.

Risk factors include advancing age, a positive family history, diabetes and short sightedness.

Diagnosis is by checking the pressure of the eyes. This can be done by an optometrist and is recommended regularly for those aged 40 and above. Visual field testing is also done and this can be monitored over time.

Eye drops to lower pressure are the first line of treatment. The type of drops is influenced by what other medical issue you may have. They reduce pressure either by reducing fluid production or improving fluid drainage.

When drops have failed to bring down pressure or administering drops is too difficult, surgical options including laser surgery or open surgery.



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