

FREE TO TAKE HOME!

OCTOBER - NOVEMBER 2020 EDITION



Covid update



Bell's Palsy



Asthma in children



Children's Night terrors

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](http://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, Helen, Deb, Abby, Emily, Tom & Liz

● **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.

● **MOLEMAP**

Molemap now available at Sandringham Medical Centre.

Phone for an appointment 9598 0444



▶ Please see the Rear Cover for more practice information.



# Covid update

Many have become almost punch drunk from the relentless media coverage of Covid19. This can make it hard to see any positives and that Australia has done remarkably well- notwithstanding that the response has also created difficulties for many – especially in Victoria.

Initial predictions of shortages of hospital beds and ventilators have not come to pass. Actual fatalities have been far lower than first feared. The average age of death from the virus is 82, which is the average life expectancy in Australia. The vast majority of those with Covid19 have recovered fully. Many had minimal or no symptoms.

On the plus side, influenza cases were down by 80-90% compared to usual winters and with this a big drop in fatalities from this.

As we look towards 2021 and the likelihood of having to live with the virus, we can learn from countries like France which have had far more cases than Australia but figured out ways to open up. We have learned the importance of staying home when not well and the importance of good hygiene such as hand washing and physical distancing.

Separation from loved ones has reminded us about the importance of family, friends and connection. We will appreciate more than ever family who we have not seen for months.

Times have been and remain challenging, and the end may not be obvious yet. An old Buddhist saying "this too shall pass" is apt.



## Hot flushes in menopause

Menopause literally means cessation of periods. It is not a "disease" but a normal part of life, however it can be distressing.

For most women, it occurs around the age of 50 give or take a few years. Some may have early menopause (younger than 40) and menopause also starts if the ovaries are removed surgically for any reason. Symptoms range from mild to severe. They include tiredness, sleep disturbances, loss of libido, vaginal dryness, irregular periods, hot flushes and night sweats. These symptoms may persist for weeks to a few years (occasionally longer). In the years leading up to 2002, most women were treated with hormone replacement (HRT) upon reaching menopause. This changed when a major study showed that the risks of cancer and heart disease were increased with HRT, and the benefits did not justify its use.

Generally, the diagnosis can be made

on symptoms. Testing of hormone levels can be confirmatory.

Treatment is not necessarily needed and depends on symptoms. Lifestyle measures of regular exercise, adequate sleep, managing stress, not smoking and eating a sensible diet all help with a feeling of wellbeing.

Hot flushes can be helped by dressing in layers, avoiding triggers if known (alcohol, caffeine and stress are three common ones) and drinking cold water. Herbal remedies such as red clover, primrose oil and St Johns wort help some women. Low dose antidepressants and clonidine (a blood pressure medication) can be used.

Hormone replacement can be prescribed but is now recommended at lower doses and for a shorter period of time.

 <https://www.thewomens.org.au/health-information/menopause-information/managing-menopause/>



## Bell's Palsy

This causes weakness of the facial muscles. It can occur at any age but is rare in children.

Your smile becomes one sided, and it can be hard to close your eye or wrinkle the forehead on the affected side. It can be "full" whereby the muscles are fully paralysed or partial where limited movement remains.

The cause is unknown but thought to be due to inflammation of the facial nerve, which controls movements of facial muscles. It can be related to a viral illness.

The onset is fairly sudden. The weakness can develop over a few hours up to a day or so.

There are other causes of facial weakness, so see your doctor promptly.

Diagnosis is by examination of the facial muscles by your doctor. No specific tests are needed.

There is no specific treatment. Sometimes courses of steroids are prescribed, but they are not a cure and can have side effects. Discuss this with your doctor.

In the vast majority of cases, recovery is full within three to six months and starts within days of onset. Regaining muscle function can be helped by massage and "exercising" of the facial muscles. If you can't close your eye then protecting it with a pad is important, especially at night. The eye can dry out, so use lubricating eye drops. Generally, Bells Palsy is not painful, but simple analgesics can be used if it is.

Recurrence is possible but uncommon.



## Asthma in children

It is estimated that one in five children may be diagnosed with asthma. It can range from very mild through to severe.

Some children have symptoms all year round while others only in certain circumstances (e.g. a viral illness or when exposed to irritants like dust or grass). Uncontrolled asthma can be fatal, but it can be very successfully managed and controlled with medication. Children with asthma can live a completely normal life and do not need to be restricted in their sporting or other activities.

Typical symptoms include a wheeze and cough. In more severe cases, there may be chest tightness and shortness of breath. Diagnosis is by the history of symptoms and examination of the lungs. Lung function testing is helpful but can be normal when asthma is quiescent.

Asthma is generally treated with

inhalers. Preventers are used on a regular basis to treat the underlying inflammation in the airways and the symptom relievers as needed. In severe cases, oral steroids may be used in short bursts.

The rationale of treatment is to use the lowest dose necessary to control the condition. Thus the doses used are not constant throughout the year.

For parents, the keys are recognising the pattern of your child's asthma, the usual triggers and the symptoms. As part of this, it is important to have an asthma plan (available from the National Asthma Council).

Have your child checked regularly by your GP and seek urgent medical attention if there is any worsening of the condition.



<https://www.nationalasthma.org.au/health-professionals/asthma-action-plans>



<https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/asthma-in-children>

## Children's Nightmares & Night terrors

We have no control over dreams. Coming from our subconscious, they can be pleasant, neutral or frightening.

On awakening, adults instantly realise they were having a dream. For young children, the lines can be blurred, and dreams can seem very real.

A night terror is a nightmare for a child. Although sound asleep, the child may roll around, cry or scream out in distress. This can start literally from one minute to the next. In turn, it is distressing for parents.

There is no known cause. Foods are not thought to play a part. In school-age children, stress or worry may be a factor but not necessarily. A virus (especially with fever) may make them more likely.

Night terrors usually last 5-15 minutes. They may occur multiple times at night and may persist for some weeks or be occasional.

There is no specific treatment. As it is just a dream, it cannot cause any harm, either physical or mental. Once awake, the child tends to forget they ever had the dream. Do not wake the child. If they do wake provide comfort and reassurance.

Having a regular night-time routine and ensuring adequate sleep can reduce the chances of night terrors. As children age, they effectively disappear. Talk to your doctor if you have concerns about any aspect of your child's sleep.



[http://raisingchildren.net.au/articles/night\\_terrors.html](http://raisingchildren.net.au/articles/night_terrors.html)



• OTHER SERVICES



• Dr Jenina Cotton (Dentist)

- Monday** 9.00am - 5.00pm
- Tuesday** 10.30am - 7.30pm
- Wednesday** Reception only
- Thursday** 9.00am - 7.30pm
- Friday** 9.00am - 3.00pm

Sandringham Medical Centre patients get a 10% Discount on their first dental visit with Smart Dental Clinic.

• Dorevitch Pathology

(8.30am – 4.00pm)

• Nursing home and hospital visits

*Practice professionals are experienced in the broad range of health problems affecting all age groups. The practice is fully accredited to national standards.*

• SPECIAL PRACTICE NOTES

**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. Please read our Confidentiality Statement and make sure we have your signature scanned into your Medical File.

**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. [manager@sandringhammedical.com.au](mailto:manager@sandringhammedical.com.au)

If you wish, you can register your complaint with the Health Services Commissioner T: (61 3) 8601 5200, Email: [hsc@health.vic.gov.au](mailto:hsc@health.vic.gov.au), 30th Floor, 570 Bourke Street, Melbourne VIC 3000



## CHICKEN AND PRAWN PAD THAI

### Ingredients

- 125g dried rice stick noodles, broken in half
- 1 tbs sunflower oil
- 200g chicken thigh fillets, cut into 2cm pieces
- 8 large green prawns, peeled, deveined
- 1 egg, lightly beaten
- 100g bean sprouts
- 1/2 bunch garlic chives (substitute chives), cut into 3cm pieces
- Chopped roasted peanuts and lime wedges, to serve

### Pad Thai Sauce

- 2 tsp sunflower oil
- 2 garlic cloves, crushed
- 2 small red chillies, thinly sliced
- 1 tbs finely grated palm sugar or brown sugar
- 2 1/2 tbs tamarind puree (from Asian food shops and selected supermarkets)
- 1 tbs fish sauce
- 1 tsp light soy sauce

### Recipe Preparation

1. Cook noodles according to packet instructions. Drain and rinse under cold water. Set aside.
2. For the pad Thai sauce, heat oil in a wok over medium-low heat. Add the garlic and chilli, and cook, stirring, for 1 minute or until fragrant. Add the sugar, tamarind, fish sauce, soy sauce and 2 tbs water, and cook, stirring, until sugar dissolves. Bring to a simmer and cook for 2-3 minutes or until reduced slightly. Transfer to a small heatproof bowl and set aside.
3. Wipe wok clean and add oil. Add chicken and cook, stirring occasionally, for 5-6 minutes or until golden and cooked through. Push chicken to one side of wok and add prawn to empty side. Cook, turning halfway, for 2-3 minutes or until pink and just cooked through. Push prawn to one side with chicken and add egg to empty side. Cook, stirring, for 2 minutes or until just set.
4. Add bean sprouts, garlic chives, cooked noodles and pad Thai sauce, and cook, tossing together, for 2-3 minutes or until heated through.
5. Divide between bowls and serve immediately, sprinkled with roasted peanuts and with lime wedges on side.

# SUDOKU

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