

FREE TO TAKE HOME!



COVID vaccination



Medicinal Cannabis



Haemorrhoids



Tonsillitis

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

JUNE - JULY 2021 EDITION

● 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, Tom, Lucy & Simone

● SURGERY HOURS

Monday to Thursday

8.00 am to 6.30 pm

Friday

8.00 am to 6.00 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 vaccination

As you read this, the covid vaccination roll out will be well under way.

Phase 1a started first and included aged care residents and staff, quarantine and border force workers and certain frontline healthcare workers. This was estimated to be 1.4 million doses.

Phase 1b is roughly ten times as many doses. The people in this group are those over the age of 70, ATSI people over the age of 55, younger adults with a medical condition or disability and other higher-risk workers (e.g. healthcare, defence force, police).

Around Australia, 4500 practices have registered to be vaccination centres. It is, rightly, felt that the best place to have your vaccination is where your medical history is known. Before having the vaccine, there is a questionnaire you need to complete. Blood clotting is a rare side effect. However, a history

of blood clots or being on a blood thinner medication does not of itself mean you cannot have the vaccine.

You will be required to wait for at least 15 minutes after having the shot before leaving and also to report any adverse effects that you feel. Some do report headache or being a bit "off colour" the following day. Soreness at the vaccine site can occur.

The two doses of the Covid vaccine should be 12 weeks apart, so you will be encouraged to book your second one at your initial vaccine visit. It is also important to separate the Covid vaccination from the flu vaccination by at least 14 days.

EDITORS NOTE: This information was current at the time of print

Haemorrhoids

One of the most common health issues searched about on the internet is haemorrhoids.

It is estimated to affect 300,000 Australians each year. These are essentially a "varicose vein" at the anus and can be internal (inside the rectum) or external. Risk factors related to pressure such as constipation or heavy lifting and sitting on hard surfaces for prolonged periods. There may be a genetic tendency.

Symptoms include itching or pain at the anus, discomfort when opening the bowels, bleeding at the anus and a "dragging sensation". The severity ranges from mild to severe.

Diagnosis is based on the history and examination. There is no need for tests to diagnose haemorrhoids. However, bleeding from the bowel in the absence of haemorrhoids will need investigation. If you experience this, always consult your GP.

Treatment is about relieving symptoms whilst waiting for resolution, generally taking a few days. There are numerous ointments and suppositories, most of which do not require a prescription. Sitting in a



lukewarm bath may help. Drink adequate water and eat enough fibre so as the stools are not hard. Stool softeners may help. Rarely the haemorrhoid may need lancing and, if infected, antibiotics.

If recurrent and troublesome, haemorrhoids can be treated surgically. Today this is usually by injection or banding rather than formal removal. Prevention measures include avoiding constipation by drinking enough fluid and having plenty of fibre in the diet. Be careful with heavy lifting.



Medicinal Cannabis

Since legalisation there have now been well in excess of 100,000 approvals granted to prescribe Medicinal Cannabis in Australia.

Since legalisation, there have now been well in excess of 100,000 approvals granted to prescribe Medicinal Cannabis in Australia. Like all medications, it does not work for everyone. It is also not a cure for any medical condition. The largest number of approvals to prescribe have been for chronic pain. Other more common reasons include cancer symptoms, (e.g. pain, nausea and cachexia), insomnia, and Parkinson's.

The use of medicinal cannabis remains an area where opinions differ in medicine. In March, the faculty of pain medicine stated publicly that it should not be prescribed for pain as there was no evidence to support its use. Many patients who have found improvement in their pain levels would dispute that, as would doctors who have followed the research.

Medicinal cannabis can only be prescribed in Australia with relevant approvals. It can only be used in conditions where the TGA accepts evidence of benefit and where other treatments have either failed to help or have caused unacceptable side effects. There is no PBS subsidy.

Currently, there are a number of trials being done in Australia to learn more about the role of Medicinal cannabis. Some of these are recruiting patients interested to volunteer to be part of trials.

Not all doctors are familiar with the role and use of Medicinal Cannabis, but an increasing number are. As always, talk to your doctor about what the options are for you in your specific circumstances.



Diagnosing & Treating Hypertension

High blood pressure (hypertension) is estimated to affect nearly one-third of Australian adults.

Risk factors include a positive family history, being male, older age, being overweight, consuming excess salt and insufficient exercise.

Hypertension can be due to a secondary cause like kidney disease, but most commonly is essential hypertension without other underlying cause. Hypertension is a risk factor for heart attack, stroke and kidney disease.

Some people may experience headaches or tiredness, but most have no symptoms. Diagnosis is by measurement of blood pressure. Normal blood pressure is generally regarded as being below 140/90. The upper (systolic) pressure is when the heart contracts whilst the lower (diastolic) is in between beats when the heart rests. Pressure can increase with age. Blood pressure is variable, so one reading is not diagnostic. If your pressure is elevated, your doctor will recommend

further visits to re-check the level. Today many people have home monitors, and 24-hour monitoring can be arranged (this is not covered by Medicare). Your doctor may recommend other tests too.

Regular checks of blood pressure are recommended for people 40 and older and starting younger if need be.

The first line of treatment is lifestyle measures (weight loss, reducing salt intake, doing more exercise, managing stress, eating more vegetables). Medication may be needed, and there are many alternatives. You may need to trial a few to get the right one for you, and more than one may be needed. Treatment is generally long-term, but some people can reduce or come off medications after a certain time. Ongoing monitoring of blood pressure is lifelong.

 <http://www.hbprca.com.au/high-blood-pressure/>

Tonsillitis

The tonsils sit half way to the back of the throat and are part of the immune system, helping "trap" infections. They are particularly important in young children with less developed immune systems. Unless enlarged or infected we generally don't even know they are there.

Tonsillitis is an infection of the tonsils caused by a virus (80%) or bacteria. The symptoms are a sore throat, fever, headache, tiredness, feeling generally unwell, pain on swallowing and loss of appetite. The tonsils may enlarge and have white or yellow spots on them. They may have a "coated" appearance. It can occur at any age but is more common in children.

Preventative measures include washing hands, not sharing eating utensils with those who are unwell and coughing/sneezing into tissues.

If you suspect tonsillitis see your GP. Treatment for the viral form is bed rest, fluids, gargling (if possible), or lozenges to ease pain and paracetamol or ibuprofen for fever and pain. Bacterial tonsillitis (usually streptococcus) will be treated with antibiotics. Penicillin is the first choice, but there are other options for those allergic to it.

Some people get recurrent tonsillitis, and the question of having tonsils removed arises. Tonsillectomy is far less commonly done today than previously. The rule of thumb is four or more episodes per year for two or more consecutive years. Severity, response to treatment and time off school or work also are factors. You may be referred to an ENT surgeon. Talk to your GP.

 <http://www.mydr.com.au/respiratory-health/tonsillitis>



• 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

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



THAI CHICKEN RISOTTO

Ingredients

- 1 tbsp peanut oil
- 500g skinless chicken thigh fillets, trimmed, cut into 2cm pieces
- 1 onion, finely chopped
- 1 long red chilli, seeds removed, thinly sliced
- 2 garlic cloves, crushed
- 4 kaffir lime leaves, stems removed, finely shredded
- 1 1/2 cups (330g) arborio rice
- 1/4 cup (75g) Thai red curry paste
- 2 cups (500ml) chicken style liquid stock
- 1 cup (250ml) coconut cream
- 2 tbsp fish sauce
- 200g green beans (or peas), trimmed, chopped
- Coriander, to serve
- Fried Asian shallots, to serve
- Lime halves (optional), to serve

Steps

1. Preheat the oven to 180°C.
2. Heat the oil in a flameproof casserole over medium-high heat. In batches, add the chicken and cook, turning, for 2-3 minutes until browned. Remove the chicken from the casserole and set aside.
3. Reduce heat to medium and add the onion, chilli, garlic and half the kaffir lime leaves. Cook, stirring constantly, for 2-3 minutes until the onion is soft, then add the rice and curry paste and cook, stirring to coat the grains, for a further 1 minute.
4. Return the chicken to the casserole with the stock and 1/2 cup (125ml) water. Bring to a simmer, then cover with a lid and cook in the oven for 25 minutes or until most of the liquid has been absorbed. Remove from the oven and stir in the coconut cream, fish sauce and beans, then cover and stand for 10 minutes.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 7 | 9 | 4 | | 8 | | | 3 | 2 |
| | 2 | 1 | 4 | | | | 5 | 9 |
| 3 | | 5 | | | | | | 4 |
| 1 | 3 | 9 | | 6 | 5 | | 2 | |
| | | | 2 | 4 | 3 | | | |
| | 4 | | 7 | | 1 | | | |
| 4 | 5 | 3 | | | | 8 | | |
| | 6 | 7 | | 5 | | 3 | | 9 |
| | | 8 | 3 | | | | 5 | |

SUDOKU