

FREE TO TAKE HOME!

**OCTOBER-NOVEMBER 2021 EDITION**



**Covid update**



**Asthma in children**



**Carpal Tunnel Syndrome**



**Sleep Apnoea**

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:**

Helen, Deb, Abby, 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 update

The vaccination program in Australia has been gathering pace each month since March.

With a 12 week gap between the first and second doses of the Astra Zeneca vaccine, it necessarily takes close to three months for people to be fully vaccinated. Unfortunately, this fact did not always get much publicity. The target by years end is that 70% of the population will have been vaccinated. There are very few reasons why one cannot have the vaccine. Like all medications and vaccines, there are side effects. These include feeling a bit tired the next day, headache, aching or low-grade fever. The vast majority of people either do not experience them or have very mild ones and, if experienced, settle within a day or so.

It is true that due to mixed messages in the media, some people have concerns and questions. This is understandable, and it is important to discuss these with your GP.

Many are looking forward to seeing loved ones again, and as vaccination rates increase, this gets closer. Across the globe, we are seeing the impact of higher vaccination rates. The number of severe cases and fatalities are falling, notwithstanding that the virus cannot be eliminated.



## Asthma in children

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

Some children have symptoms all year round while others only in certain circumstances (e.g. a viral illness or exposure to irritants like dust or grass). Uncontrolled asthma can be fatal. However, asthma can be very successfully managed and controlled through the use of 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. There are two mainstays -preventer and symptom relievers. The former is used regularly to treat the underlying inflammation in the airways and the latter to improve symptoms 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



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

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

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).

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



[https://www.healthywa.wa.gov.au/Articles/A\\_E/Carpal-tunnel-syndrome](https://www.healthywa.wa.gov.au/Articles/A_E/Carpal-tunnel-syndrome)

## Carpal Tunnel Syndrome

This is a painful condition caused by pressure on the median nerve running through a narrow space in the wrist (the carpal tunnel) into the hand. The nerve supplies the feeling sensation to the thumb index and middle fingers and sometimes the thumb side of the ring finger. It also supplies some muscles which move the thumb.

Symptoms (tingling, pins and needles or pain) typically are subtle at first and can increase over time. It can be worse at night. Later there can be a weakness in the thumb muscles. Risk factors include family history, being female, age between 40 and 60, underactive thyroid, previous wrist injuries, arthritis, and overuse of the wrist. Carpal tunnel can come on in pregnancy due to hormonal factors but generally resolves after giving birth.

Diagnosis is largely based on symptoms. Examination of the hand may reveal some changes in muscle power or sensation, but it may be normal. An electromyogram (EMG) or a nerve conduction study can show the electrical activity of the median nerve.

Conservative treatment includes resting the wrist, wearing a wrist splint, and avoiding aggravating activities. Anti-inflammatory medications and pain killers can alleviate symptoms. Injections of local anaesthetic and cortisone can be effective for some.

Surgery can be "open" or increasingly these days laparoscopic (keyhole). The ligament tissues pressing on the nerve are cut to release the pressure. Recovery, usually full, is gradual over some months even though you are often discharged home the same day.



<https://www.sleephealthfoundation.org.au/obstructive-sleep-apnea.html>

## Sleep Apnoea

This occurs when the walls of the throat come together or collapse during sleep obstructing the upper airway. Breathing can stop for a period of time until the brain recognizes a drop in oxygen and sends a "wake up call", causing you to wake slightly (or completely). In turn, the airway opens with a snort or gasp, after which the person goes back to sleep.

Up to five episodes per hour are considered normal. Severity varies from mild (5-15 episodes per hour) to severe (over 30). Your sleeping partner often notices first. Up to one in four men may have this condition.

Risk factors include obesity, alcohol consumption, some medications, large tonsils, underactive thyroid and nasal congestion. Symptoms (apart from snoring and waking

un-refreshed) include tiredness, reduced concentration, irritability, and reduced libido.

Sleep apnoea increases the risk of high blood pressure, heart attack and also motor vehicle collisions.

Diagnosis is via a sleep study where your sleep is monitored overnight. Treatment starts with lifestyle measures like weight loss, reducing alcohol and managing specific causes such as large tonsils. This can lead to significant improvement. Mouthguards at night can help. For a few, surgery on the palate is beneficial.

The mainstay of treatment is a continuous positive airway pressure (CPAP) machine. You wear a mask connected to the machine, which forces air through the back of the throat, keeping it open. Unfortunately, not everyone can tolerate this.

## Enlarged prostate

The prostate gland sits under the bladder in males. As men get older, it slowly enlarges. It is thought to double in size between age 21 and 50 and double again between 50 and 80.

The exact reason for this is not known. Benign prostate enlargement (BPH) is thus universal, but not all men experience symptoms nor need treatment. It is important to note that prostate cancer can also cause prostate enlargement but is an entirely separate condition from BPH.

BPH is not life-threatening, but the symptoms can impact quality of life. There is nothing you can specifically do to avoid it.

Typical symptoms occur in men over the age of 40. They include hesitancy (waiting longer for the urine flow to start), a weakened and/or poorly directed stream, straining to pass urine, dribbling at the end of urination, going more frequently to pass, feeling the need to go more frequently and urine, going at night. Most men do not get all symptoms, and severity varies.

Diagnosis is generally based on symptoms. An examination of the prostate may be done as well as a blood test for prostate-specific antigen (PSA).



<https://www.andrologyaustralia.org/prostate-problems/prostate-enlargement-or-bph/>

Treatment depends on symptoms. In mild cases, it can be as simple as restricting fluids later in the day and reducing alcohol and caffeine. Medications can be used to ease most of the symptoms. In more severe cases, surgery can be performed. Historically this has been the removal of the prostate, but newer procedures using laser are now an option.

• 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



## RICOTTA & LEMON PASTA

### Ingredients

- 500g your favourite pasta
- 1 c. ricotta
- 1/2 c. extra-virgin olive oil
- 1/2 c. freshly grated pecorino or Parmesan
- Zest and juice from 1 lemon
- Salt & Freshly ground black pepper
- Pinch of crushed red pepper flakes
- Freshly sliced basil, for serving

### Preparation

1. In a large pot of boiling salted water, cook your favourite pasta according to package directions. Reserve 1 cup pasta water, then drain. Return pasta to pot.
2. In a medium bowl, combine ricotta, oil, pecorino, lemon juice, and zest. Season with salt, pepper, and a pinch of red pepper flakes. Add ricotta mixture and 1/4 cup reserved pasta water to pasta and toss. Add more reserved pasta water if sauce is too thick.
3. Serve with basil, more pecorino, and a drizzle of olive oil.

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