

FREE TO TAKE HOME!

JUNE - JULY 2022 EDITION



Non-alcoholic fatty liver



Flash burns to the Eye



Post-Traumatic Stress



Heartburn in pregnancy

● 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

● PRACTICE STAFF

**Practice Manager:**

Samantha Chittenden

**Practice Nurses:**

Catherine Morrison & Charmaine Bonifacio

**Receptionists:**

Helen, Deb, Lucy, Simone & Joe

● 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.

YOUR NEXT APPOINTMENT:

ENJOY THIS FREE NEWSLETTER

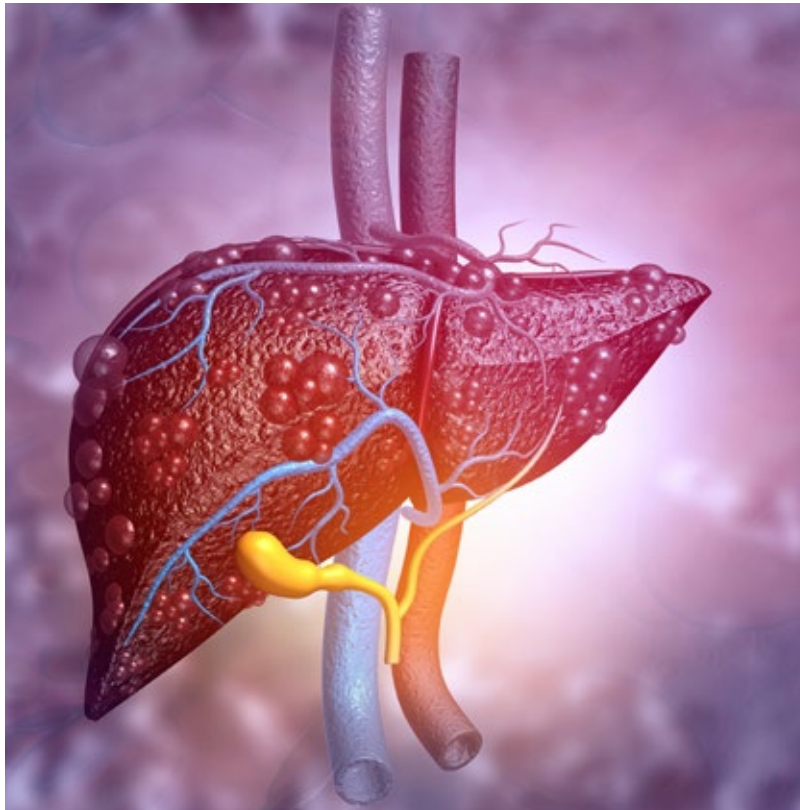
Please remember that decisions about medical care should be made in consultation with your health care provider so discuss with your doctor before acting on any of the information.


[www.healthnews.net.au](http://www.healthnews.net.au)

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▶ Please see the Rear Cover for more practice information.



 <http://www.mayoclinic.org/diseases-conditions/nonalcoholic-fatty-liver-disease/basics/prevention/con-20027761>

## Non-alcoholic fatty liver disease

This occurs when fat accumulates in the liver of a person who drinks little or no alcohol.

It is common and usually causes no symptoms. It can cause liver inflammation and, in rare instances, liver failure. The exact cause is unknown. It happens when the liver has difficulty breaking down fats, and hence there is a build-up. Risk factors include obesity, high blood cholesterol, type two diabetes, metabolic syndrome, and an underactive thyroid.

Symptoms, if they occur, may include fatigue and pain in the right upper abdomen. Diagnosis is made by blood tests for liver function and imaging (usually ultrasound) of the abdomen focusing on the liver. This will typically show fat deposits in the liver. In severe cases, a liver biopsy may be done.

There is no specific treatment, and for the vast majority, there are no symptoms to treat. Management is directed at treating risk factors. Lifestyle measures like weight loss, eating more vegetables and doing regular exercise are important, as is good control of any underlying condition like diabetes or hypothyroidism. Avoid medications which could strain the liver and, of course, alcohol. Some work suggests Vitamin E may help but do not take this unless recommended by your doctor. Coffee has also been shown to possibly have a beneficial effect on fatty liver but would not be regarded as "treatment".

Eating a healthy diet with adequate fruits and vegetables, maintaining a healthy weight, and doing regular exercise all reduce your chances of getting a non-alcoholic fatty liver.

## Flash burns to the Eye

Flash burns occur when a strong light burns the eye's surface (cornea). Causes include welding with sparks flying, skiing without glasses, or using sun lamps. Symptoms include pain and burning in the eye, watery or bloodshot eyes and blurred vision. It can start up to 12 hours after exposure.

Diagnosis is on the history and examination of the eye. Investigations are not needed. Fortunately, most cases are mild and will resolve over a few days with no permanent damage. Treatment can include pain killers, antibiotics and anaesthetic eye drops, dilating drops to relax eye muscles and padding the eye. If you have contact lenses, these will need to be removed. Artificial tear drops can be soothing.

You should not drive or operate machinery whilst being treated. You will be asked to return for an eye check after 24-48 hours.

There is an adage that we only get one set of eyes. This remains true today. If there is any concern about your eyes, seek immediate medical attention either at your GP or an emergency department.

Flash burns can be prevented. Protect your eyes in the snow by wearing dark glasses with UVA and UVB protection. When working, use safety goggles that are made to Australian Standards. Most importantly, remember to wear them.



 [http://healthywa.wa.gov.au/Articles/A\\_E/Eye-injury-corneal-flash-burns](http://healthywa.wa.gov.au/Articles/A_E/Eye-injury-corneal-flash-burns)



# Post-Traumatic Stress

First described in the 1970s in Vietnam War Veterans, PTSD is a reaction that people can develop after being through or witnessing a traumatic event which threatened the life or safety of themselves or others.

This includes war, natural disaster, assault or serious accident. It is estimated that 12% of Australians may experience it during their life. Risk factors aside from trauma include a history of other mental health problems and stress.

Symptoms include feelings of fear, flashbacks, sleep disturbances, anxiety, sweats, heart palpitations, being on high arousal, irritability, anger, emotional numbness, and withdrawal from usual activities. They can start straight away or some weeks after the event and persist for weeks to years. PTSD can co-exist with other mental health issues such as depression or anxiety.

Diagnosis is by history. There are no specific examination findings or diagnostic tests. Bloods may be ordered to rule out other

conditions. Treatments mainly involve psychological counselling, of which there are different forms. Medication may be advised but not in the first four weeks of symptoms and usually not until psychological treatments have been started.

Lifestyle measures which can help include meditation and mindfulness, regular exercise, avoiding alcohol, and getting adequate sleep (have a regular sleep routine). For most, there will be an improvement over time and complete recovery. Some may have relapses and need further treatment. Some will need long term treatment.

If you have been subjected to any trauma or have any concerns talk to your GP.



<https://www.beyondblue.org.au/the-facts/anxiety/types-of-anxiety/ptsd>



<https://www.babycenter.com.au/a242/heartburn-in-pregnancy>

## Heartburn in pregnancy

Gastro-oesophageal reflux disease (GORD), commonly known as reflux, occurs when acid from the stomach goes up to the base of the oesophagus.

This is due to a laxity of the sphincter, which normally shuts off the upward flow of stomach acid. The stomach lining is designed to cope with acid (which we need to help digest food), but the oesophagus lining is not. The typical symptom is a burning sensation in the low chest or upper abdomen - hence the name heartburn.

The pain can be mild to severe. It can occur in anyone, and most people will experience it at some point in their lives.

Pregnancy can aggravate reflux in those who already have it or bring it about in those who haven't for two reasons. In pregnancy, the hormone relaxin is produced to "relax" joints

and ligaments and ease the delivery, but this hormone can slow digestion and also relax the sphincter. Secondly, as your baby grows, the pressure on the stomach can increase, pushing acid up the oesophagus.

So, what can help?

Not smoking and avoiding alcohol (which are no-no's in pregnancy anyway) helps. Eat smaller meals more frequently. Avoid foods which trigger reflux in you (unfortunately, no one size fits all here). However, carbonated drinks, caffeine, acidic foods, and spicy food are common culprits. Avoid eating for at least three hours before going to bed. Antacids can be used but discuss this with your doctor.

## Psychedelics

Mental health remains an area where less progress has been made than we would like. There have been significant amounts of money spent which implies that more than just more dollars are needed.

In North America, there is renewed interest in the use of Psychedelics in mental health illnesses, especially treatment-resistant depression and Post Traumatic Stress Disorder (PTSD).

Recently a conference on Psychedelic Therapies for Mental Illness was held

virtually in Melbourne. It included the real-life experience of patients and physicians with first-hand experience of their use in highly controlled conditions. Some patients reported significant improvement in symptoms, which was sustained for some time in some cases.

The US FDA regards MDMA as a "breakthrough" therapy for PTSD, and trials on psilocybin for depression have been very encouraging.

Last year the Federal Government allocated \$15 million for psychedelics trials in Australia,

and some of these will commence soon. The TGA rejected an application to have the scheduling changed from nine to eight (which would enable prescription to patients outside of trials). Whilst this disappointed some, it was probably not a surprise that the TGA would not pre-empt the findings of trials yet to be completed.

Currently, it is not a treatment option in Australia, so do not ask your doctor for a prescription. However, if we tend to follow North America, and somewhere in the foreseeable future, psychedelic therapy may well become a treatment option for certain people in certain circumstances. Watch this space.



## SEAFOOD CHOWDER

### Ingredients (serves 6)

- 6 Sourdough bread rolls or crusty rolls (about 12 cm diameter)
- 500g scrubbed & cleaned mussels
- 225g waxy potatoes peeled
- 40g unsalted butter
- 100g smoked chorizo
- 1 small onion or banana shallot, finely chopped
- 1 leek, cleaned, halved lengthways and finely chopped
- 2 sticks celery, chopped
- 30g plain flour
- 500ml whole milk
- 200ml double cream
- 1 bay leaf
- 500g seafood mix
- 1 tsp salt
- Pepper to taste
- Small handful flatleaf parsley or chives, chopped to finish

### Method

1. Heat 250ml of water in a large shallow pan and add the clams. Put a lid on the pan and allow the clams to steam for 3–4 minutes until they open. Set a

colander over a bowl, drain the opened mussels, and reserve the cooking liquid. When the mussels are cool enough to handle, remove the meat from the shells and set aside.

2. Cut the potatoes into 1.5cm dice and boil them for 5–10 minutes until tender, then drain and set aside.
3. Melt the butter in a separate large pan over a medium heat and fry the chorizo, onion or shallot, leek and celery until soft. Add the plain flour and cook for a minute or so, then add the reserved mussel cooking liquor and stir until thickened. Add the milk, cream, bay leaf, potatoes and seafood mix, then bring to the boil. Turn the heat down and simmer for about 5 minutes until the seafood mix is cooked, then add the mussel meat and season with salt and pepper.
4. Cut the tops off the dough and scoop out as much of the rolls as you can, leaving the crust. Spoon the chowder into the hollowed-out bread rolls or serve in bowls with sourdough on the side. Garnish the chowder with chopped parsley or chives.

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**SUDOKU**

- **OTHER SERVICES**
- 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

