

OCTOBER - NOVEMBER 2022 EDITION

FREE TO TAKE HOME!



Vaccination in children



Baby teeth



Fibroids



Parkinson's disease

● 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, Joe & Louisa

● 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:

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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.

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▶ Please see the Rear Cover for more practice information.

Vaccination in children

With the focus on covid vaccination, data suggest that regular childhood vaccinations may be being forgotten or delayed. The WHO has expressed concerns about this. The situation is fortunately not as bad in Australia as some other countries.

Conditions like measles and polio are extremely rare in Australia today because of childhood vaccinations. However, success can breed complacency, and we have seen cases of disease-preventable infections in unvaccinated people.

So, what is the best way to protect your child? There is a schedule of vaccinations that applies nationally. This covers a number of diseases, including hepatitis B, measles, whooping cough, and certain forms of meningitis. The initial vaccination is done in the hospital before discharge, with the next one at six to eight weeks. Your GP will advise when the next set is due at each visit.

Some children may get a fever after vaccination; talk to your doctor about using paracetamol or ibuprofen. Also, raise any questions - sadly, there is misinformation out there, but your doctor has the facts.

Most states have no-jab-no-play policies (daycare and school), so ensure your child is up to date. This is also important for certain family benefits payments.

If your child has missed some vaccinations through covid time, this can be caught up. Talk to your doctor about what is required.



More info >>



Baby teeth – what you need to know

When considering that the average life expectancy is over 80 years, it seems odd that we get two sets of teeth, but the first set lasts only until we are ten or so. Baby teeth develop whilst still in the womb, and we are born with 20 hidden in the gums. Our 32 adult teeth will replace the baby set between the ages of six and 20.

The first teeth can appear as early as three months and as late as 12 months. They can appear in any order, although the central ones are usually first. Teething gets a bad rap, and to be fair, it can be distressing. Equally, much gets blamed on teeth which might have nothing to do with them. Typical symptoms are crying, dribbling, and pulling on ears. Some may put their hands in their mouths.

If your child is unwell or has a fever, go to your GP rather than assume it is due to teething.

For symptom relief, teething rings can be beneficial when your child is teething. You can also use paracetamol, ibuprofen, and teething gels. Be prepared to do trial and error to find what works for your child.

You can start cleaning teeth once they appear using a soft baby toothbrush with water only and start baby toothpaste at 18 months.

Sugar is bad for teeth, so minimise this, and you can start regular dental checks from 12 months.



More info >>





Fibroids

Benign muscle growths which form in the wall of the uterus are called fibroids or myomas.

Benign muscle growths forming in the uterus wall are called fibroids or myomas. It is estimated that up to 80% of women over the age of 50 will have them, but most will have no symptoms and not need treatment. They rarely grow before puberty or after menopause. Their cause is not known. They are classified according to what layer of the uterus wall they arise in.

Symptoms, if present, include heavy and painful periods, spotting between periods, a heaviness in the pelvis, and pain during intercourse. Larger ones can produce swelling in the lower abdomen.

Diagnosis is based on the history and pelvic examination and confirmed by ultrasound. Blood tests may also be performed, especially in the case of heavy bleeding.

Treatment depends on symptoms. If they are mild and not troublesome, it may simply be analgesia for period cramps. If iron levels are low due to menstrual loss, an iron supplement infusion may be recommended. Hormones such as the contraceptive pill may be used for cycle control.

Procedures such as arterial embolization can "choke" the blood supply to the fibroid, causing it to shrink.

The definitive treatment for fibroids is surgery. Most commonly, these days, it will be done via the laparoscope. The fibroids may be removed, or a complete removal of the uterus (hysterectomy).



Heat rash or prickly heat

Heat rash or prickly heat is caused by sweat being trapped under the skin.

It is more common in children than adults, with the neck, shoulder and chest the most affected areas. It can come on in hot weather or after sport. There is an itch "lumpy" rash. Whilst uncomfortable, it is not serious.

The first line of treatment is to remove yourself from what is causing it. Change out of sweaty clothes after exercise. If possible, aim to find a cooler place when the weather is hot. Wear loose-fitting clothing. Anti-itch creams can be applied, as can topical steroid cream (talk to your doctor before using these). It will generally settle by itself.

Urticaria is a generalised reaction causing a blotchy, itchy red rash (sometimes raised) anywhere on the body (palms soles and scalp generally excluded). It can be due to a specific allergen (food or plant) or be triggered for no apparent reason. The rash can come on within minutes of exposure. It can last for minutes to days. In rare instances, it can be associated with auto immune or other underlying conditions.

Diagnosis is usually apparent on history and examination. Investigations are not usually needed. If the problem is recurrent, you may be referred to an allergist for allergy testing.

Treatment depends on severity. Avoid known aggravating factors. Antihistamine medication can help the rash and itch. Anti-itch creams and topical steroids can be used. Short courses (three to five days) of oral steroids may be prescribed in more severe cases.

Parkinson's disease

An estimated 40,000 Australians have Parkinson's disease - a progressive degenerative neurological condition affecting body movement control. It comes on gradually, and early signs may be very subtle.

Typical symptoms are trembling hands, arms, legs and face together with slowing of movement, instability, tiredness, and difficulty walking.

The condition comes about from nerve cells ceasing to produce enough dopamine, a chemical that sends messages between nerve cells. Low levels of dopamine impede the control of muscles by the nerves. The cause of the reduced dopamine is not clear. Family history is one risk factor, as is head trauma and exposure to pesticides.

Diagnosis is based on history and examination. There is no specific blood or imaging test for diagnosis. Brain scans are generally normal. Given the slow onset of symptoms, it can take some time till an exact diagnosis can be made. Your GP will likely refer you to a neurologist.

Treatment is focused on maintaining function. A healthy diet and keeping active are important. Physiotherapy may help with guiding an exercise program that should include daily stretching. Medications can control the condition but not cure it. As time goes by, the effectiveness can lessen and does need to be increased.

Side effects can also be a problem for some. For this reason, medication is not started until the symptoms are bad enough to warrant it. Medicinal cannabis may have a role in some people where treatments have failed.

No two people will have the same experience, so treatment is always individualised. There are state and national support groups to assist.



More info >>

DIABETIC-FRIENDLY PLANT LOADED TUNA BAKE

by Evelyn (Pheh Ping) Chang, PhD, Accredited Practising Dietitian



• Low GI • high fibre • plant-based • anti-inflammatory and most importantly.... kids love it!

With the cold weather and sometimes can be freezing cold, baked dish is the perfect dinner. Even better, save some for the next day lunch and your lunch is sorted! This is a modified version of tuna bake loaded with lots of vegetables and plant protein that tick the boxes below:

- You can use any vegetables for this dish: zucchini, carrot, broccoli, cauliflower, green bean, capsicum, brussels sprout, kale, asparagus; either fresh or frozen. Choose at least 3 types of vegetables to use.
- For the protein, I use a mix of plant protein and tuna (185g tuna in spring water). The plant protein I choose for this dish are red kidney beans and edamame which is a complete protein with fibre and plant sterol.
- Complex carbohydrate: I use wholemeal pasta (1/2 cup- 3/4 cup per person) and breadcrumb made by processing 1 slice of low GI high fibre bread as the topping of the whole dish.
- Add on lemon juice.
- Flavour: sauté with onion and garlic, add in basil and parsley, ½ teaspoon Dijon mustard or to taste. NO cream or milk is used in this dish.
- Shredded cheese to sprinkle on top of the dish: choose Jarlsberg lite cheese for a lower sodium variety of cheese.

• 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

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

WORD SEARCH

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