

DECEMBER 2022 - JANUARY 2023 EDITION **FREE TO TAKE HOME!**



Keep safe while having fun



Exercise reduces Dementia



Tips for travellers



Plantar Fasciitis – heel pain

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.

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● **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.



▶ Please see the Rear Cover for more practice information.

Keep your child safe while having fun this summer

Summer holidays are fun for children but can be a bit stressful for parents. It is a bit easier to get them off screens when it is warm outside. Evidence increasingly shows that helicopter parenting can prevent children from gaining independence, yet equally, the days of "be home by dark" are long gone. So, what are the key issues to ensure that your child has fun and remains safe?

Children are at risk of dehydration, so ensure they drink plenty of water, especially outdoors. Whilst slip, slop, slap should go without saying, it is important to remember sunscreen may only last a few hours and needs to be reapplied. Playgrounds today are far safer than in the past, but falls can still occur. Age-appropriate supervision and choice of equipment can minimise this. Psychologists point out that allowing children to take some risks enables them to build resilience and learn their limitations.

Knowing how to swim is essential in Australia, as is knowing basic water safety. Swimming and fun in the water is a great activity for children (and adults). Make sure your child swims between the flags at the beach, and always watch them around water. Fences and gates do not replace vigilance.

Use insect repellent, especially at dusk. Insect bites and stings are usually annoying rather than serious but if you have any concerns- see your GP.



More info >>

Exercise reduces Dementia

Good news from the United States shows the percentage of adults over 65 with dementia is decreasing each decade.



Similar reductions have been recorded in the UK and Europe. The reason for the decline has yet to be discovered and is thought to reflect many things. This includes better education (keeping the brain active from an early age), better nutrition and better living conditions.

Another factor, which helps, is regular exercise. Evidence shows that thinking and memory capability increases with activity at all ages. Trials in older people found that doing 150 minutes of moderate exercise per week led to improved mental functioning, which persisted for over 12 months if the person stopped.

Resistance training improves executive functions (higher thinking and abstraction),

whilst aerobic exercise helps verbal memory. So, it is good to mix resistance and aerobic exercise.

In addition to exercise, mental stimulation (crosswords puzzles reading) and social activities also reduce dementia risk, as does eating a brain health diet, such as the Mediterranean diet.

A Finnish study of 1260 people found a 40% improvement over two years in cognition scores for those who combined regular exercise, a good diet, mental stimulation and social engagement.

This is impressive. All these measures are simple and inexpensive. You can do much to reduce your chances of dementia – start today!

Consuming alcohol safely in the festive season

During the festive season, many of us can overdo it with regard to food and alcohol. There are simple things you can do to avoid this.

There is no need to accept every invitation to drinks events. Everyone knows it is a busy time, so you can politely decline. Alternate your alcoholic drink with water. This means you can always have a drink in your hand but will have half the number of alcoholic beverages. Taking this one step further, there is no problem with drinking water or mineral water all night. An increasing number of people choose not to drink alcohol at all. If you feel the need for an excuse, you can claim medical reasons but do not feel any need to justify not wanting to drink.

Have a big glass of water before leaving for

the event so you won't arrive thirsty and eager for the first offering.

If you are consuming alcohol, it is important to eat. This slows the absorption of the alcohol and helps fill you up. It is okay to appear, have a drink or two over a couple of hours and leave. There is no need to be the first to arrive or be the last to leave functions.

Christmas day meals should be enjoyable, but too many drinks can fuel family tension. If you are hosting, be aware of the responsible serving of liquor and if you are a guest, remember to enjoy festive cheer in moderation. It is not that hard to do.



Tips for travellers

Overseas travel is back on the agenda this Christmas season, and many will seek to take to the skies to visit loved ones or simply for a holiday.

Travel vaccinations are an important consideration before travelling, but most health issues people confront when travelling cannot be vaccinated against. Insurance claim statistics suggest we get the same health issues when travelling at home. This means minor problems like chest or sinus infections, viruses, gastro, cuts and bruises and more serious ones like heart attack and broken bones from trauma.

Talk with your doctor before travelling. Your medical circumstances may make specific itineraries problematic. Ensure you take an adequate supply of any regular medications you have been prescribed. A letter from your doctor listing them can be helpful at airport security. You don't need a suitcase full of first aid supplies, but a kit of basics can be beneficial. What you may need depends on where you are going. A simple pain killer, anti-diarrhoeal and antihistamine in your kit can cover many issues. Band-aids and antiseptics may save a trip to a medical facility.

In many countries, you should only drink bottled water. Beware salads and fruits that might be washed in local water. Eat mainly cooked vegetables and fruits that are peeled (e.g., bananas).

Be aware of local customs and laws. Ask if there are areas to avoid. If you are driving, make sure you have insurance. This may be separate to travel insurance, which is also a must, and less expensive than you might think.

Holidays should be fun, and with some simple precautions, they can remain so.



Plantar Fasciitis – heel pain

A common cause of heel pain, plantar fasciitis is an inflammation of the tissue (plantar fascia) which runs along the sole of the foot connecting the heel to the toes creating the foot arch. Risk factors include age, being overweight, sports that stress the heel (e.g., running) and spending long periods on the feet.

The main symptom is pain under the heel. It can be dull or sharp. It is often worse first up in the morning, after prolonged sitting or after intense activity. Diagnosis is based mainly on history and examination. X-rays generally do not show anything. Some changes in the fascia may be seen on ultrasound or MRI.

Treatment is a mix of improving symptoms and preventing further aggravation. Analgesics or anti-inflammatory medications may help in the short term but are not a cure. Avoid activities that aggravate the situation. Wear shoes with good arch support and cushioning. Purpose-made insoles may be helpful, as can be stretching, as advised by a podiatrist or physiotherapist.

In more severe cases, cortisone injections may be recommended. Surgical treatment is viewed as a last resort.

Treatment is a medium-term proposition, so do not expect immediate results or get frustrated. Perseverance with treatment is important and, in most cases, will improve with time.



From all the team at Health News we wish you a very Merry Christmas and safe and prosperous New Year!



- **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



ALL-NATURAL CHOC PEANUT BANANA ICE CREAM

This all-natural ice cream is a great substitute if you want a healthier version of ice cream to feed the children or even dinner guests.

Ingredients

- 6 Bananas – peeled, chopped and Frozen
- ¼ Cup of freshly squeezed lemon juice
- 1/3 Cup of natural smooth (or crunchy) peanut butter
- 2 Tbs of cacao powder

Method

- Process all the ingredients together in a food processor or thermomix, making sure to scrape the sides down regularly.
- Once the mixture is smooth and resembles a soft serve ice cream, transfer to a chilled metal cake tin or loaf pan.
- Leave for approximately 2 hours and serve whilst still relatively soft.

