



Dry Eye



Telehealth



Sinusitis



Exercise in Childhood

● 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, Abby & Carol

● 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.

Dry Eye

The eyes need constant lubrication, which is provided by the tear glands. Eyes become dry of tears for two main reasons.

Firstly, tears can evaporate too quickly. This can be on aeroplanes, in air conditioning, in dry air, or smoky conditions. It is temporary and is improved by using lubricant drops and removing yourself (where possible) from the situation. Secondly, it can be due to reduced tear production. This can be with advancing age, various medical conditions (e.g. diabetes, lupus Sjogren's syndrome scleroderma), certain medications (e.g. antihistamines, antidepressants, blood pressure tablets), and tear gland damage through trauma.

Other risk factors include being female, using contact lenses and having low vitamin A levels. Symptoms are a burning, itching, stinging or dry feeling in the eye. The eyes may become red and sensitive to light. Blurry vision can follow.

Diagnosis is mainly on symptoms and a thorough eye examination. Blood tests may be done to rule out underlying conditions. You may be referred to an ophthalmologist. Complications include eye infections and damage to the eye surface. Fortunately, these can be largely avoided.

Treatment depends on the cause. In most cases, eye drops are recommended to keep the eyes moist. These may be used multiple times a day. Avoiding situations where dryness would be aggravated is important (where practical). Try to stay inside on windy days or when there is smoke in the air. Wear sunglasses when outside. Take breaks when using screens for long periods, and position your screen below eye level so you tend to look downwards. This can reduce evaporation.



More info >>



Telehealth

The term telehealth has generally not been used outside medical circles. It applies to the use of technology (video or phone) to deliver medical services.

At the start of the pandemic, the federal government, for the first time, allowed Medicare funding to support consultations with your doctor that are not in person. Consultations can be done through video conference or telephone.

Guidelines for the use of telehealth are being updated by the Medical Board as of September 1, 2023. These seek to balance the value to consumers of remote consultations whilst recognising there are limitations as to what can be done when a patient is not in the same room as the doctor. For example, one cannot listen to the lungs.

A requirement of a telehealth consultation is

that you understand that it may be necessary to follow up with a clinic visit.

An exchange of emails or text messages (even for a prescription renewal) is not considered adequate. There needs to be video or audio discussion in real-time. To be entitled to a Medicare rebate, there is a requirement that you have had a face-to-face consultation with the doctor (or another at the same practice) in the 12 months before the telehealth consult.

Telehealth consultations can be booked in a similar way to regular appointments. Prescriptions can be collected or sent electronically to yourself or a nominated. Referrals can also be collected or sent directly. Ask your practice staff about their procedures.

Varicose veins

Widened, often twisted, veins near the skin surface are called varicose veins. They are most common on the lower legs.

Risk factors include advancing age, being female, a positive family history, being overweight, pregnancy and prolonged sitting or standing. They will appear as blue twisted cords on the legs. Whilst often painless, they can cause aching and a heavy feeling in the legs. Itching and skin rash (varicose eczema) can also occur. If ruptured, there can be significant bleeding. In more severe cases, there can be ulceration. However, they are not associated with deep vein thrombosis.

Treatment depends on the severity of the condition. There are no specific medications available to treat varicose veins. While painkillers may provide temporary relief from symptoms, they should not be solely relied

upon. In the past, formal surgical stripping procedures were performed, which required several days of hospitalization. However, surgical treatments have advanced, and the most common approach now involves injecting substances to close the affected vein. Since varicose veins are no longer functioning correctly, removing or closing them is not problematic. This can be done as an outpatient, and recovery is relatively rapid.

People seek treatment either for cosmetic reasons or due to symptoms. Talk to your doctor about what might be the best option for you. Preventative approaches include maintaining a healthy weight, exercising regularly and changing position regularly.



More info >>

Sinusitis

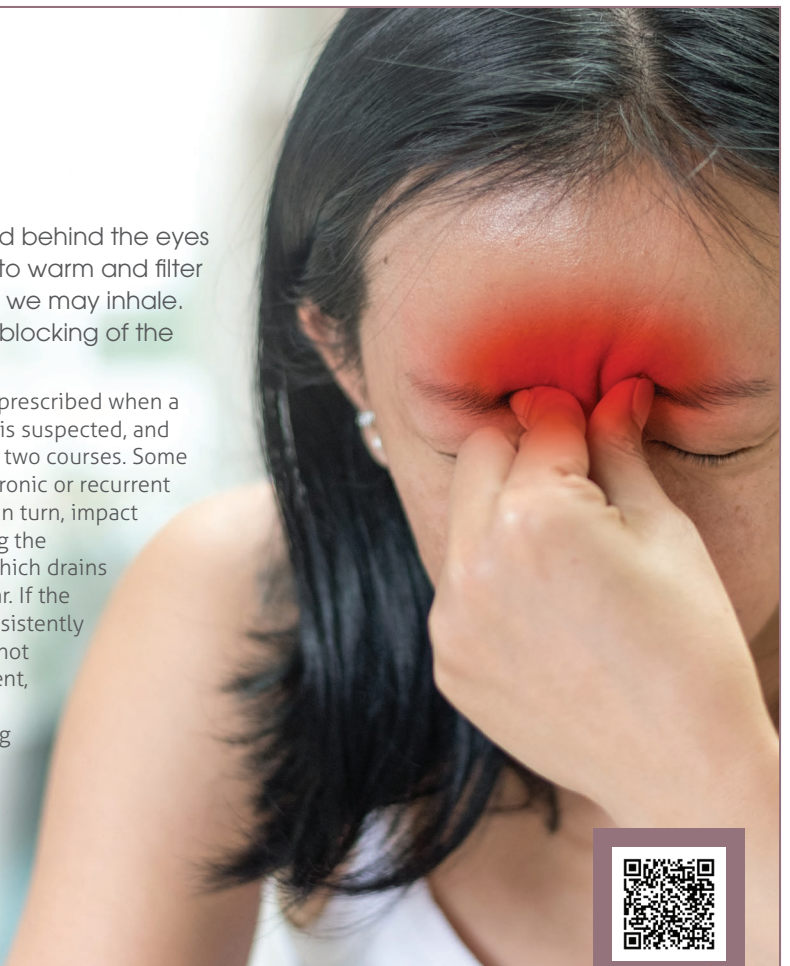
The body has several air-filled sinuses below, above, and behind the eyes in communication with the nasal passages. Their role is to warm and filter air and produce mucous to trap dust and other irritants we may inhale. Too much mucous production, swelling of the linings or blocking of the internal passages can lead to sinusitis.

Risk factors include smoking, regular use of decongestant sprays, dental infection, and nasal polyps. Common predisposing factors are viral illness, such as a cold, or allergy issues, such as hay fever. Sinusitis can also be of itself.

Typical symptoms are a blocked nose, headache or facial pain, postnasal drip, cough, yellow or green nasal mucous and a feeling of pressure in the sinuses. There may be a fever.

Treatment depends on the cause. If allergy-related, antihistamines and steam inhalation with or without eucalyptus can help. Avoid decongestant sprays. Over-the-counter steroid sprays may help, but talk to your doctor before self-medicating. Simple analgesics like paracetamol or ibuprofen can ease symptoms.

Antibiotics will be prescribed when a bacterial infection is suspected, and some people need two courses. Some people develop chronic or recurrent sinusitis. This can, in turn, impact hearing by blocking the Eustachian tube, which drains from the middle ear. If the sinuses remain persistently congested and do not respond to treatment, they may require drainage or clearing through a hospital procedure.



More info »



Relevance of Exercise in Childhood

Once upon a time, children didn't require "exercise" as a separate activity because they led active lives by walking to and from school and engaging in outdoor play rather than spending excessive time in front of screens.

Over 20% of children aged 12 through 16 are overweight or obese. This reflects both consumption of more processed foods higher in fats and sugars and reduced physical activity.

We cannot turn back time, but we can make changes moving forward to promote the health of our children. The Australian government recommends that children over the age of five engage in one hour of physical activity each day. This should consist of a combination of moderate and vigorous exercises. Examples include walking, running, bike riding, participating in suitable sports, and engaging in outdoor play. This activity doesn't need to be completed in one continuous block of time.

Do not fret if you can't manage this amount every day. Any amount of physical activity is better than none.

There are many benefits to your child from being active. It reduces childhood obesity. It improves motor function. It improves their circulation, strengthens the bones and muscles, and improves balance and coordination skills. Active children tend to sleep better and often have enhanced self-esteem. Mental health problems are less common in active children.

It also establishes good habits for later in life, where regular exercise reduces the chances of many diseases, including heart disease, stroke and some forms of cancer.

A bonus is when you encourage your children to exercise, it may encourage you to do the same.



More info »

- **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



CHINESE STYLE – CHICKEN & SWEET CORN SOUP

Ingredients (serves 6)

- 2 cups (500ml) chicken or vegetable broth/stock
- 1 can creamed corn
- 1 tsp soy sauce (all-purpose or light)
- 1 tbsp Chinese cooking wine OR Dry Sherry
- 1 tsp minced ginger
- 1 minced garlic clove
- 1 tsp cornflour/cornstarch, mixed with a splash of cold water into a slurry
- 1 egg, whisked
- 1 ½ cups of shredded cooked chicken
- Salt and white pepper, to taste
- 2 chopped Spring Onions

Method

1. Place broth, creamed corn, soy sauce, Chinese cooking wine, ginger, garlic and cornflour/water mixture in a saucepan over high heat.
2. Bring to a boil, then turn down the heat to medium and stir occasionally. Cook for 5 minutes or until slightly thickened.
3. Adjust seasoning with salt, turn off the heat, and slowly whisk in the egg so it cooks in "ribbons" throughout the soup. This also thickens the soup.
4. Add the chicken, season with white pepper, and serve, garnished with spring onions.

WORD SEARCH

M	E	G	A	N	I	A	R	D	M	I	I	G	E
I	T	T	E	L	E	H	E	A	L	T	H	S	E
S	T	R	E	A	T	M	E	N	T	I	A	M	E
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