

OCTOBER-NOVEMBER 2023 EDITION

FREE TO TAKE HOME!



Memory Loss



Urinary Incontinence



How to manage stress



Drug-induced liver injury

● 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 & 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:

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

Follow us on Instagram
@healthnewsqp



▶ Please see the Rear Cover for more practice information.

Memory Loss

What worries most people about getting older is the prospect of memory loss. The good news is that while the total number of people with dementia is increasing, the percentage of the population is declining. Work over the last three decades shows that as each cohort gets older, fewer people are being diagnosed with dementia.

There are a number of causes. Alzheimer's Disease is the most common. Risk factors include family history, past trauma to the head (especially repeated concussions), smoking and alcohol consumption to excess. The condition generally comes on slowly. It is worth noting that, occasionally, forgetting where you put your keys is not the first sign. Diagnosis is largely on assessing mental state through a questionnaire. A CT or MRI scan may be done to assess the brain. Certain changes are typically seen in Alzheimer's.

Blood tests are done to rule out treatable conditions that can impact memory (e.g., underactive thyroid, certain infections, kidney or liver diseases). Any underlying secondary cause can be treated accordingly. There is no treatment as such for Alzheimer's. Medications available only slow progression and not always even that. The key is practical support for the individual and carers. Talk to your GP about available services and getting adequate support.

According to the WHO, certain lifestyle factors can reduce the chances of memory loss. Physical exercise, adequate sleep, a sensible diet keeping the brain active, avoiding smoking and consuming only moderate alcohol, and controlling blood pressure and blood sugar all help.



More info »

Urinary Incontinence: Tips to manage the problem

The inability to control one's bladder is a silent problem; people do not talk about it. Yet it affects an estimated 13% of Australians, including 37% of women.

Stress incontinence is when urine leaks in relation to movement or any pressure in the pelvis. Urge incontinence is when you need to go quickly to the toilet on feeling the need. Few raise the issue with their GP due to either embarrassment, a belief that it is "a normal part of life", or that nothing can be done.

It is not a normal part of aging; you do not need to be embarrassed, and there are ways to prevent and manage it.

Risk factors include pregnancy, obesity, recurrent urinary infections, certain types of surgery (e.g. prostate), constipation and some medications. Step one is to raise it with your GP. Some tests may need to be done to rule out secondary (e.g. diabetes) medical causes. You may require referral to a urologist and/or be sent for urodynamic testing (testing the bladder function).

General preventative tips include spreading fluid intake (minimizing alcohol and caffeine) throughout the day, exercising regularly, and maintaining a healthy weight.

For women after childbirth, pelvic floor exercises are critical. Talk to your GP or physio about this. Bladder training is very effective once any secondary causes are excluded or treated. Programs are run through Continence Australia and some physiotherapists. In the short term, planning your day is helpful. There is also a range of products to get around the problem.

The first step is the most important- raise it with your GP.



More info »



How to manage stress in a busy life

The last few years have been highly stressful for many people. Stress is regarded as the scourge of the 21st century. Everyone feels stressed at some stage. Relationships, money and work, are consistently shown in polling to be the big three.

Our body reacts to stress today like it did in caveman days. It goes into fight or flight mode by releasing hormones like adrenalin and cortisol, which were very helpful when the threat had a physical solution and would be over soon (for better or worse). It is not so helpful with the type of stressors we face today.

However, there is much we can do to manage stress. Regular exercise is a great stress beater. It can be as simple as going for a walk. Listening to calming music and doing slow, deep breathing or guided meditations can be helpful. There are many apps that are designed to help people deal with stress, and many are free. Drinking herbal tea helps some people, as does keeping a journal or writing things down. Drink mainly water and do not drink alcohol to excess. Try to minimise sugar in your diet. Taking a short break, if possible, may help.

Ultimately, dealing with what stresses you is the key. Remember, you don't always have to do this alone. For many, chatting with your GP or a counsellor can be beneficial, as can talking with trusted friends or family. Others may see solutions that you don't.

Stress can lead to mental health problems, so see your GP if you have any concerns.



Drug-induced liver injury

The liver can be injured by many prescriptions, over-the-counter and herbal medications, as well as some dietary supplements. Usually, the damage is mild and reversible.

However, drug-induced liver damage accounts for 20% of liver transplants for liver failure in Australia.

There may be no symptoms. You may experience nausea, abdominal pain, itching or jaundice (yellowing of the skin). Blood tests will show the extent to which the liver has been affected.

It is vital to disclose to your doctor what medications you have been taking, including any non-prescription medications, supplements and herbal formulations. Sometimes, the combination is the problem. People with pre-existing liver disease are at greater risk, as are those with fatty liver, cirrhosis or alcohol-related liver damage.

Any new symptoms commencing after you start a new medication should be reported to your doctor. Though most side effects of medications are mild and self-limiting, not all are.

You may require testing, need to cease the medication and be advised to avoid that medication in the future. Some may require treatment with steroids.



Gestational Diabetes

Gestational Diabetes is a condition where women without previously diagnosed diabetes have raised blood glucose (sugar) during pregnancy. Some are thought to represent previously undetected cases of type 2 diabetes. It is most common in the third trimester and affects an estimated eight to ten per cent of pregnancies.

There are generally no symptoms. It is diagnosed via a blood glucose tolerance test (GTT) between weeks 24 and 28.

Risk factors include being over 40, being overweight or obese, a family history of diabetes, gestational diabetes in a prior pregnancy and a history of polycystic ovarian syndrome.

The health of the mother and baby are improved by good sugar control. The key is lifestyle measures. This means controlled weight gain during pregnancy and eating a diet rich in vegetables and low in processed high-sugar foods. Regular exercise, such as walking, also helps control blood sugar. Some women may need oral medications or insulin to help control sugars.

After giving birth, breastfeeding seems to help reduce weight and blood sugar. All women with GDM are advised a follow-up GTT between six and 12 weeks after delivery. There is a 50% risk of developing type 2 diabetes in the pursuant 20 years, so regular testing is recommended.



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



CHICKEN, BROCCOLI AND CASHEW STIR FRY

Ingredients

- 450g pkthokkien noodles
- 1 tbsp peanut oil
- 500g Chicken breast, thinly sliced
- 1 large red onion, cut into wedges
- ½ red capsicum cut into 1 inch pieces
- 2 tsp minced garlic
- 2 tsp crushed ginger
- 1 head broccoli, cut into florets, stem halved lengthways and thinly sliced
- 1/3 cup (80ml) your favourite brand of oyster sauce
- 1/2 cup (75g) unsalted cashews, toasted

Method

1. In a bowl marinate chicken pieces with 1 tablespoon oil, 1 tablespoon of cornstarch, 1 teaspoon of soy sauce and ½ teaspoon of sugar. Mix well and set aside for 30 minutes refrigerated.
2. Cook the rice following the directions on the packet and set aside.
3. Heat oil in a wok or large frying pan over high heat and stir fry the chicken. Do this in batches if necessary and transfer to a plate.
4. In the pan add oil, onion, capsicum, garlic, ginger and the broccoli and stir fry until broccoli is tender. Return chicken to the pan.
5. Add Oyster Sauce with ¼ cup water and cashews. Stir fry until heated through and the sauce starts to thicken. Serve with rice.

D	T	E	B	B	L	A	D	D	E	R	R
E	S	U	L	C	A	U	S	E	I	D	E
G	H	Y	R	Y	D	R	O	T	C	O	D
E	I	E	T	I	T	A	S	U	G	A	R
S	S	C	L	I	N	S	M	R	S	E	T
G	T	T	L	I	S	A	E	A	S	T	D
D	O	I	R	D	V	E	R	F	G	N	R
B	R	M	Y	E	R	E	B	Y	I	E	U
S	Y	B	E	E	A	I	R	O	L	L	G
H	T	L	A	E	H	T	N	E	H	T	D
W	A	T	E	R	T	E	M	K	R	S	O
D	S	S	E	R	T	S	L	E	I	E	O
T	M	A	N	A	G	E	A	A	N	T	L
T	Y	F	A	M	I	L	Y	N	D	T	B

URINARY
 STRESS
 SUGAR
 TREATMENT
 LIFESTYLE
 DAMAGE
 BLADDER
 LIVER
 HEALTH
 BLOOD
 TEST
 HISTORY
 FAMILY
 OBESITY
 DRINK
 WATER
 MANAGE
 CAUSE
 DRUG
 DOCTOR

WORD SEARCH

