



Parkinson's disease



Winter viruses



Managing stress



Connecting with teens

● 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 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

Dr Jack Yu

Managing complex medical issues, Chronic Disease management, Care of the elderly, Preventive health & Minor procedures including Implanon insertion and removal

● PRACTICE STAFF

Practice Manager:

Samantha Chittenden

Practice Nurses:

Charmaine, Karen, Enya & Kokila

Receptionists:

Helen, Deb, Lucy, Joe, Carol & Cecilia

● SURGERY HOURS

Monday to Friday

8.00 am to 6.30 pm

Saturday

8.30 am to 5.00 pm

Sunday

CLOSED

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.

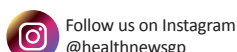
Booking a long appointment is important for more complex problems – insurance medical, health review, counselling, a second opinion, etc. This may involve a longer wait. Please bring all relevant information.

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



► Please see the Rear Cover for more practice information.



Parkinson's disease

A progressive degenerative condition that affects body movements, Parkinson's disease affects over 40,000 Australians. It is more common in men, and the incidence rises with age. It is caused by a loss of dopamine production in the brain, but why this happens is unknown. Genetic factors, some toxins, and head trauma may be involved.

The condition may start six years before symptoms commence, which typically include trembling hands and arms, muscle stiffness, shuffling when walking, and loss of facial expression. Not all symptoms may be present, and they don't start concurrently.

Diagnosis is based on history and examination. There is no specific diagnostic test to diagnose Parkinson's. However, you may be sent for tests to exclude other causes. In most instances, you will be referred to a specialist neurologist for an opinion. It can take some time for the diagnosis to be made as, in mild instances, the diagnosis is not clear. Paradoxically, this does not matter as the

use of medication is generally delayed until symptoms are severe enough to warrant it. This is because effectiveness can wane over time.

Lifestyle measures such as not smoking, maintaining a healthy weight, and exercising can help. Physiotherapy can also play a role. A number of potential medications can be used, and surgery is an option in selected cases. There is no one-size-fits-all treatment regime.



More info »

Tips to reduce winter viruses

Typical winter cold and flu viruses have not disappeared. There are various theories about why they are usually more prevalent in winter, but nobody really knows

There is much we can do to reduce the spread. Covering your mouth when you cough makes a big difference, as does sneezing into a hanky or tissue. Wash your hands. Sanitiser is not essential. Soap and water are delicate.

Historically, people tended to soldier on with a virus on board. COVID changed that, and now people stay home when unwell. This not only helps you get better quicker but also makes it less likely you will pass it on to others. Air-conditioned offices make our work life more comfortable but are a great ally to viruses wanting to spread, so stay home when sick!

There are no force fields, but there are many ways to reduce the likelihood of contracting a virus. Talk to your doctor about vaccinations.

Regular exercise has been shown to strengthen the immune system, but it is wise to cease or at least reduce exercise while unwell. Eating a healthy diet with adequate fruits and vegetables and getting enough sleep also helps. Managing stress (e.g. meditation, guided relaxation herbal teas) has been shown to benefit immunity, as does having adequate vitamin D levels.



Whooping cough

Whilst relatively rare these days due to vaccination, there are still over 1000 cases of the infectious condition whooping cough in Australia each year caused by the bacteria *Bordetella Pertussis*. The bacteria are spread from person to person and cause irritation of the lining of the airways and increased mucus.

It can affect any age group but is most serious in the elderly and those under age one, where the risk of secondary pneumonia is also higher. Symptoms start seven to ten days after exposure and may be non-specific, with runny nose, low-grade fever, and cough. The paroxysmal stage starts seven to 14 days later with the hallmark cough on spasms ending with the "whoop." Later, vomiting may also occur.

Diagnosis is not always straightforward. In the early stages, there are no specific features. Swabs from the nose or throat can be diagnostic. Blood tests are not always reliable and can take some weeks to turn positive.

Treatment is directed to easing the cough and other symptoms. Steam inhalation helps. A course of antibiotics may be needed. Young children may need to be hospitalised. Those with infection need to stay away from school or work. Exclusion times vary according to circumstances.

Prevention is key, so ensure you and your family are fully vaccinated. The whooping cough vaccine is part of the childhood schedule and is recommended for pregnant women between weeks 28 and 32. Regular review and blood tests through your doctor are also important.



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Managing stress

Stress is claimed to be the scourge of the 21st century. It doesn't seem to matter who you talk to; everyone feels stressed at some stage.

Relationships, money, and work are usually shown as the big three in polling. 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, doing slow, deep breathing or guided meditations can be helpful too. There are many apps 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 (which can be done online or via phone) 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.

Connecting with your teenager

The stereotype of the teenager is either a monosyllabic boy or a girl behind a slammed-closed bedroom door. Whilst there is some validity to this, it is far from the whole story. Adolescence is a time of change, physically, mentally, emotionally, and socially.

The transition from being a child to being an adult is not always easy. In this era of social media and smartphones, there are additional pressures.

Parents often lament that their teenagers do not listen, and they may be right. However, communication is a two-way street. This means listening is as important (possibly more so) than talking to your teens. We know that teenagers (despite what they may say) still want guidance and parental support.

Whilst publicly, they may claim to know it all, deep down, there is still insecurity.

Look for common interests. Talk about topics that they raise. Be prepared to talk when

they are ready to open up about a situation (even if you are doing something else). Be opportunistic. When driving to school (starts again) or other places, you have a captive audience. This can be a good time to talk. Aim to sit down for dinner with your teen at least a few times a week. Talk around the dinner table can be revealing. No matter how many times the answer is nothing much, ask each day how was school or what happened in your day?

Communication is the key to connecting. Ask your own parents how they coped with you. Talk to your doctor about any concerns you have about your teenager.



- **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



QUICK AND EASY EGG FRIED RICE

This quick and easy fried rice is a great use for leftover steamed rice or just a hearty meal to fill up children and dinner time. Adding your choice of protein is a great way to make it a one meal dinner. Serves 4 using two 250g microwave rice packs.

Ingredients (serves 6)

- 2 eggs for every 250grams of rice (scrambled)
- 2 x 250 gram ready to heat microwave Jasmine or Long Grain white rice
- 1 cup of Frozen vegetables (peas, corn and carrots work great)
- 1 clove of garlic
- Light Soy Sauce
- Sesame Oil
- 1 tsp Chicken Powder or Salt to taste
- White pepper to taste
- Chives or Spring Onion

Method

1. In a wok or large pan add some rice bran or vegetable oil and then the eggs. Wait for a few seconds and then add the rice will the egg mixture is still runny. It is best to heat the rice before adding to avoid dropping the temperature of the pan.
2. Stir fry the rice and egg mixture for a few minutes focusing on separating all the rice looking for a dryer consistency. Add a teaspoon of Chicken Powder or a pinch of salt to taste along with the frozen vegetables and stir for another 30 seconds.
3. Add a dash of soy sauce around the edges of the pan or wok to help it cook off and add to the Smokey flavour. Careful to not go overboard here as you can always add more to taste.
4. Add a dash of sesame oil and white pepper to taste. Follow up with the Chives or the greens of the Spring Onions and remove from the heat whilst stirring through.

WORDSEARCH

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