

AUGUST- SEPTEMBER 2024 EDITION

FREE TO TAKE HOME!



Cardiovascular Risk



Spring Time



Sweaty Breakthrough



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 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 & 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.

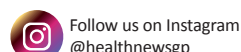
Booking a long appointment is important for more complex problems – insurance medical, health review, counselling, a second opinion, etc. This may involve a longer wait. Please bring all relevant information.

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.



Cardiovascular Risk Assessment & Management

Heart disease remains a major concern in Australia and the world. The Australian Bureau of Statistics suggests that approximately 1 in 20 Australians had heart, stroke and vascular disease in 2022.

This has increased from approximately 1 in 25 in 2001 and is more common in males.

Typical symptoms are pain in the chest, left arm, neck, jaw, or back, nausea, sweating, and shortness of breath. Not everyone gets typical symptoms. Warning signs can include tiredness, chest discomfort on exertion, and shortness of breath.

The diagnosis is based on history, electrocardiogram (ECG), and blood tests. You will likely undergo an angiogram, where dye is inserted into the arteries to examine blood flow to the heart. Survival rates have increased due to better and earlier treatment. This can include medications, stenting (opening the artery), or surgery. The length of

hospital stay is much less than in the past.

Risk factors include family history, smoking, raised cholesterol, high blood pressure and diabetes. There may be no risk factors.

Prevention, where possible is key. There are online tools where you can work out your overall risk. These tools consider a number of factors. There is much you can do to reduce your risk. Don't smoke. Eat a healthy diet and maintain a healthy weight. Get some regular exercise. Have a regular check-up with your GP. Managing risk factors such as high blood pressure, raised cholesterol, and diabetes can include both lifestyle measures and medication. Regular monitoring is important. Limit salt intake, reduce weight (if overweight), and reduce sugars in the diet. Managing stress also can help.



More info »

Spring Time

Spring is when allergy symptoms are most prevalent. The classic "hay fever" is a runny nose, sneezing, and watery eyes.

The technical term allergic rhinitis means inflammation of the nose caused by an exaggerated response to a substance. Allergic conjunctivitis is when the same underlying response affects the eyes, causing watery, red and itchy eyes.

The symptoms result from the body trying to get rid of an irritation.

Sneezing and runny noses are caused by mucous production under the influence of histamine (produced by the body's reaction to an irritant). Other symptoms can include (paradoxically) a blocked nose, sinus congestion, and an itchy throat. The release of histamines also causes eye watering, redness, and itching.

The most common treatment is an antihistamine, available without a prescription. Some can make you drowsy as a side effect; others do not, so check the label. Other treatments are nasal sprays. Some are on prescription and contain a mild hydrocortisone, which reduces nasal inflammation. There are eye drops for eye symptoms. Some need a prescription.

Avoidance of known allergens is helpful but not always possible. There are ways to be tested for allergies and, in some instances, to be desensitized to what you are allergic to. If symptoms are mild, there is nothing wrong with using a tissue and riding it out as the season passes.

Talk to your doctor about what is best for you.



New breakthrough for Sweaty Armpits

ASX Listed Clinical Dermatology company Botanix Pharmaceuticals announced on the 20th of June 2024 that it had received US Food and Drug Administration (FDA) approval for a new drug called Sofdra™ (sofipironium) gel.

Sofdra is a prescription medicine used to treat primary axillary hyperhidrosis (excessive underarm sweating) in adults and children nine years and older.

Whilst not a life-threatening condition, excessive underarm sweating can affect work productivity, daily routine activities, emotional well-being, and personal relationships. It is said to be the third largest dermatology condition in the US, affecting almost 10 million people annually.

Sofdra is the first and only new chemical entity approved by the FDA to treat primary axillary

hyperhidrosis. It presents a novel, safe, and effective solution for patients who have lacked treatment options for this socially challenging medical condition.

Botanix Executive Chairman commented, “As the first and only new chemical entity, Sofdra represents a new therapeutic approach for dermatologists to treat patients with this debilitating medical condition” in his recent press release.

The product is not available in Australia, but regulatory approvals are expected to follow in due course.



More info »



More info »

Myasthenia Gravis

This condition causes muscle weakness and fatigue. It is thought to be due to antibodies “attacking” the nerve receptors in the muscles. The Thymus gland, which sits in the chest, produces the antibodies, but what triggers this is unknown. There is also a form of Myasthenia without antibodies involved.

It can occur at any age but is more common in women under 40 and men over 60. Symptoms are typically weakness and tiredness, and severity ranges from mild to near-full paralysis. It can affect any muscle but the upper body more than the lower part. Facial muscles are often first affected. People may notice droopy eyelids or problems with swallowing or chewing. In the most severe cases, the breathing muscles can be affected.

Diagnosis is based largely on the symptoms and a neurological examination, which shows muscle weakness but no effect on sensation. Blood tests may show the presence of antibodies. You would be referred to a neurologist, and some

specialised tests can be performed.

Treatments include cholinesterase inhibitor medications (to improve muscle function), immunosuppressants (e.g., steroids), and plasmapheresis (filtering the plasma from the blood). Some have a growth in the Thymus gland, which can be surgically removed.

Around 20% will go into spontaneous remission. Living with myasthenia gravis can mean making adjustments to your routine. You may need to do things more slowly and plan your day. Simple measures like an eye patch, eating smaller, more frequent meals, and installing handrails or other aids can help.

Relevance of Exercise in Childhood

Once upon a time, children didn’t need to “exercise” because they were active. They walked to and from school and played outdoors rather than on screens.

The growing trend of children spending more time with technology and devices and less time outdoors is something that most parents face.

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

We cannot turn back the clock, but we can help our children be healthier. The Australian government recommends one hour of physical activity each day for children over the age of five. This should be a mix of moderate and vigorous exercise. It can include walking, running, bike riding, any form of suitable sport, and outdoor play. It does not have to be in one continuous block of time.

Being active has many benefits for your child. It reduces childhood obesity, improves motor function, improves circulation, strengthens 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, as regular exercise reduces the chances of many diseases, including heart disease, stroke, and some forms of cancer.

A bonus is that when you encourage your children to exercise, they may encourage you to do the same. Most importantly, remember that any form of exercise is better than none.



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



BANANA, BLUEBERRY & LEMON MUG CAKE

Ingredients (serves 2)

- 1 tsp vanilla extract
- 1 banana, mashed
- 1 cup frozen blueberries
- 1 tbs maple syrup
- 2 tbs light Greek yoghurt
- 1/3 cup wholemeal flour
- 1/2 tsp baking powder
- 1 lemon, zest only
- 1 free range egg

Directions

Combine all ingredients together and separate into two microwave proof mugs and microwave for 2 minutes, checking halfway through.
 Serve Warm with some sliced banana to garnish.

SUDOKU

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