



JUNE - JULY 2021 EDITION

FREE TO TAKE HOME!



COVID vaccination



Medicinal Cannabis



Haemorrhoids



Tonsillitis

● PRACTICE DOCTORS

Dr Ivan Jansz

MBBS, Dip RACOG, DA(UK), FRACGP
Family General Practice, Anaesthetics, Shared Care
Obstetrics, Skin problems, General Medicine, Pain
Management

Dr Darryn Rennie

MBBS, FRACGP, DipACSCM
General Family Medicine, Skin Cancer, Children's
Health

Dr Kate Harding

BM(UK)DO, FRNZCGP, FRACGP
General Family Medicine

Dr Andrew Kirke

MBBS, FACRRM, FRACGP, DRANZCOG, DTMH
Family General Practice, GP Obstetrics

Dr Yien Peng Chin

MBBS, FRACGP, DipChildHealth
General Family Medicine, Children's Health

Dr Narelle Rodsjo

MBBS, FRACGP
Family medicine, Women's and Children's Health,
Musculoskeletal and Sporting Injuries

Dr Denise (Dee) Arnold

BMBS, FRACGP, Diploma of Sport & Exercise
General Practice with special interest in Women's
and Paediatric Medicine as well as Sports and
Musculoskeletal Medicine.

*The practice doctors are experienced
in the broad range of general practice
problems and the treatment of all age
groups.*

● PRACTICE STAFF

Practice Manager: Karen Hudson

Nurses: Rhona Morrison (RN, RM),
Lucy Webb-Martin (RN) & Jenni Boxsell
(RN)

Receptionists: Raelene, Deb, Mandy,
Claire & Fernanda

● SURGERY HOURS

Monday.....7.00am-5.00pm

Tuesday - Friday.....8.30am-5.00pm

Saturday.....8.30am-11.30am

● AFTER HOURS & EMERGENCY

Dalyellup Family Medical Centre provides
after hours care within the practice.

Please phone **9795 6422** for the on-call
number, or attend Bunbury Regional
Hospital Emergency Department **9722
1000**.

A/H GP helpline **1800 022 222**.

▶ **Please see the Rear Cover for
more practice information.**

● BILLING ARRANGEMENTS

Private patients will pay a gap beyond the Medicare refund. This varies according to the complexity of service or if a procedure is performed.

We expect the account to be settled at the time of consultation. Gap payments may be allowed in consultation with the Doctor. Payment can be made by cash, cheque, credit card or EFTPOS. Please bring your Medicare card and any concession cards to your appointment.

We will bulk bill Pension Card Holders, children under 12 years and routine immunisations. Health Care Card and Commonwealth Seniors Card holders will be given a discounted fee.

A fee will apply for all procedural work, Saturday and evening surgery appointments.

Repeat Prescriptions may be issued at times but will attract a fee if there is no consultation.

● APPOINTMENTS

Consultation is by appointment. Urgent cases will be seen by an available doctor on the day.

Appointment Bookings. Appointments can be made online by going to www.dfmc.com.au or by calling the Practice on **9795 6422**.

Booking a long appointment. If you want an insurance medical, review of a complex health problem, counselling for emotional difficulties, or a second opinion, please book a longer appointment. This may involve a longer wait but your problem will get the attention it deserves. Please bring relevant letters and test results from other doctors.

It may not always be possible to see additional family members if only a single appointment has been made.

Home Visits. Your request for a home visit will be decided on in discussion with the doctor.

Results. All results are reviewed as soon as possible by the doctor. You may access relevant comments regarding your results by contacting the Surgery.

Telehealth and phone consultations are currently available during the COVID crisis. This service will be bulk billed for Pension Card holders and a private fee will apply for others. Please ask when booking.

● SPECIAL PRACTICE NOTES

Dr Jansz has admitting rights to St John of God Hospital, Bunbury.

Referrals. Doctors in this practice are competent at handling all the common health problems. When necessary, they are able to draw on opinion from Specialists, and if need be, refer you for further investigation. You can discuss this openly with your doctor.

Telephoning your doctor. Although most problems are best dealt with in consultation, a doctor will always be available during normal surgery hours for emergency advice. Our staff are experienced in helping you decide whether the matter requires an appointment, a return phone call from the practice, or urgent advice.

Patient Feedback. We welcome your comments or suggestions. Please feel free to talk to your GP or the Practice Manager regarding any issues. If you prefer, you can contact Health and Disability Services Complaints Office on 1800 813 583.

Patient Privacy. 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. To obtain a copy of our Privacy Statement or your medical records, please ask.

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



COVID vaccination

As you read this, the covid vaccination roll out will be well under way.

Phase 1a started first and included aged care residents and staff, quarantine and border force workers and certain frontline healthcare workers. This was estimated to be 1.4 million doses.

Phase 1b is roughly ten times as many doses. The people in this group are those over the age of 70, ATSI people over the age of 55, younger adults with a medical condition or disability and other higher-risk workers (e.g. healthcare, defence force, police).

Around Australia, 4500 practices have registered to be vaccination centres. It is, rightly, felt that the best place to have your vaccination is where your medical history is known. Before having the vaccine, there is a questionnaire you need to complete. Blood clotting is a rare side effect. However, a history

of blood clots or being on a blood thinner medication does not of itself mean you cannot have the vaccine.

You will be required to wait for at least 15 minutes after having the shot before leaving and also to report any adverse effects that you feel. Some do report headache or being a bit "off colour" the following day. Soreness at the vaccine site can occur.

The two doses of the Covid vaccine should be 12 weeks apart, so you will be encouraged to book your second one at your initial vaccine visit. It is also important to separate the Covid vaccination from the flu vaccination by at least 14 days.

EDITORS NOTE: This information was current at the time of print

Haemorrhoids

One of the most common health issues searched about on the internet is haemorrhoids.

It is estimated to affect 300,000 Australians each year. These are essentially a "varicose vein" at the anus and can be internal (inside the rectum) or external. Risk factors related to pressure such as constipation or heavy lifting and sitting on hard surfaces for prolonged periods. There may be a genetic tendency.

Symptoms include itching or pain at the anus, discomfort when opening the bowels, bleeding at the anus and a "dragging sensation". The severity ranges from mild to severe.

Diagnosis is based on the history and examination. There is no need for tests to diagnose haemorrhoids. However, bleeding from the bowel in the absence of haemorrhoids will need investigation. If you experience this, always consult your GP.

Treatment is about relieving symptoms whilst waiting for resolution, generally taking a few days. There are numerous ointments and suppositories, most of which do not require a prescription. Sitting in a



lukewarm bath may help. Drink adequate water and eat enough fibre so as the stools are not hard. Stool softeners may help. Rarely the haemorrhoid may need lancing and, if infected, antibiotics.

If recurrent and troublesome, haemorrhoids can be treated surgically. Today this is usually by injection or banding rather than formal removal. Prevention measures include avoiding constipation by drinking enough fluid and having plenty of fibre in the diet. Be careful with heavy lifting.



Medicinal Cannabis

Since legalisation there have now been well in excess of 100,000 approvals granted to prescribe Medicinal Cannabis in Australia.

Since legalisation, there have now been well in excess of 100,000 approvals granted to prescribe Medicinal Cannabis in Australia. Like all medications, it does not work for everyone. It is also not a cure for any medical condition. The largest number of approvals to prescribe have been for chronic pain. Other more common reasons include cancer symptoms, (e.g. pain, nausea and cachexia), insomnia, and Parkinson's.

The use of medicinal cannabis remains an area where opinions differ in medicine. In March, the faculty of pain medicine stated publicly that it should not be prescribed for pain as there was no evidence to support its use. Many patients who have found improvement in their pain levels would dispute that, as would doctors who have followed the research.

Medicinal cannabis can only be prescribed in Australia with relevant approvals. It can only be used in conditions where the TGA accepts evidence of benefit and where other treatments have either failed to help or have caused unacceptable side effects. There is no PBS subsidy.

Currently, there are a number of trials being done in Australia to learn more about the role of Medicinal cannabis. Some of these are recruiting patients interested to volunteer to be part of trials.

Not all doctors are familiar with the role and use of Medicinal Cannabis, but an increasing number are. As always, talk to your doctor about what the options are for you in your specific circumstances.



Diagnosing & Treating Hypertension

High blood pressure (hypertension) is estimated to affect nearly one-third of Australian adults.

Risk factors include a positive family history, being male, older age, being overweight, consuming excess salt and insufficient exercise.

Hypertension can be due to a secondary cause like kidney disease, but most commonly is essential hypertension without other underlying cause. Hypertension is a risk factor for heart attack, stroke and kidney disease.

Some people may experience headaches or tiredness, but most have no symptoms. Diagnosis is by measurement of blood pressure. Normal blood pressure is generally regarded as being below 140/90. The upper (systolic) pressure is when the heart contracts whilst the lower (diastolic) is in between beats when the heart rests. Pressure can increase with age. Blood pressure is variable, so one reading is not diagnostic. If your pressure is elevated, your doctor will recommend

further visits to re-check the level. Today many people have home monitors, and 24-hour monitoring can be arranged (this is not covered by Medicare). Your doctor may recommend other tests too.

Regular checks of blood pressure are recommended for people 40 and older and starting younger if need be.

The first line of treatment is lifestyle measures (weight loss, reducing salt intake, doing more exercise, managing stress, eating more vegetables). Medication may be needed, and there are many alternatives. You may need to trial a few to get the right one for you, and more than one may be needed. Treatment is generally long-term, but some people can reduce or come off medications after a certain time. Ongoing monitoring of blood pressure is lifelong.

 <http://www.hbprca.com.au/high-blood-pressure/>

Tonsillitis

The tonsils sit half way to the back of the throat and are part of the immune system, helping "trap" infections. They are particularly important in young children with less developed immune systems. Unless enlarged or infected we generally don't even know they are there.

Tonsillitis is an infection of the tonsils caused by a virus (80%) or bacteria. The symptoms are a sore throat, fever, headache, tiredness, feeling generally unwell, pain on swallowing and loss of appetite. The tonsils may enlarge and have white or yellow spots on them. They may have a "coated" appearance. It can occur at any age but is more common in children.

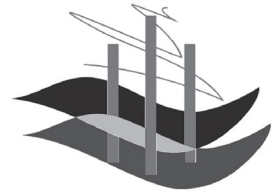
Preventative measures include washing hands, not sharing eating utensils with those who are unwell and coughing/sneezing into tissues.

If you suspect tonsillitis see your GP. Treatment for the viral form is bed rest, fluids, gargling (if possible), or lozenges to ease pain and paracetamol or ibuprofen for fever and pain. Bacterial tonsillitis (usually streptococcus) will be treated with antibiotics. Penicillin is the first choice, but there are other options for those allergic to it.

Some people get recurrent tonsillitis, and the question of having tonsils removed arises. Tonsillectomy is far less commonly done today than previously. The rule of thumb is four or more episodes per year for two or more consecutive years. Severity, response to treatment and time off school or work also are factors. You may be referred to an ENT surgeon. Talk to your GP.

 <http://www.mydr.com.au/respiratory-health/tonsillitis>





Dalyellup Family Medical Centre

- **OTHER SERVICES OFFERED**
- Comprehensive health assessment for patients 75 years of age and older which includes a home visit by our nurse.
- Employment & Pre-Employment medicals with secure Drug & Alcohol testing collection.
- Full pathology collection services.
- All routine immunisations.
- Full time Practice Nurse/Midwife for routine blood pressure and blood sugar, wound dressings, etc.
- Specialist Nurse qualified to do cervical screening and women's health education.
- **Dalyellup Skin Care Clinic operates in the same building as Dalyellup Family Medical Centre.**

Services provided include:

- Skin cancer screening using Dermoscopy
- Treatment of pre-cancerous skin spots
- Biopsy and treatment of skin cancers
- Digital surveillance of atypical skin spots
- Total body photography
- General dermatology
- Corporate skin checks.

- **DR DARRYN RENNIE**

Dr Darryn Rennie is a GP with an interest in Skin Cancer Medicine, and he has a Diploma in Skin Cancer Medicine from the Australasian College of Skin Cancer Medicine.

- **PRIVATE BILLING**

Private billing applies to skin checks. A fee applies to procedures, with a portion of the fee claimable from Medicare.



THAI CHICKEN RISOTTO

Ingredients

- 1 tbsp peanut oil
- 500g skinless chicken thigh fillets, trimmed, cut into 2cm pieces
- 1 onion, finely chopped
- 1 long red chilli, seeds removed, thinly sliced
- 2 garlic cloves, crushed
- 4 kaffir lime leaves, stems removed, finely shredded
- 1 1/2 cups (330g) arborio rice
- 1/4 cup (75g) Thai red curry paste
- 2 cups (500ml) chicken style liquid stock
- 1 cup (250ml) coconut cream
- 2 tbsp fish sauce
- 200g green beans (or peas), trimmed, chopped
- Coriander, to serve
- Fried Asian shallots, to serve
- Lime halves (optional), to serve

Steps

1. Preheat the oven to 180°C.
2. Heat the oil in a flameproof casserole over medium-high heat. In batches, add the chicken and cook, turning, for 2-3 minutes until browned. Remove the chicken from the casserole and set aside.
3. Reduce heat to medium and add the onion, chilli, garlic and half the kaffir lime leaves. Cook, stirring constantly, for 2-3 minutes until the onion is soft, then add the rice and curry paste and cook, stirring to coat the grains, for a further 1 minute.
4. Return the chicken to the casserole with the stock and 1/2 cup (125ml) water. Bring to a simmer, then cover with a lid and cook in the oven for 25 minutes or until most of the liquid has been absorbed. Remove from the oven and stir in the coconut cream, fish sauce and beans, then cover and stand for 10 minutes.

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SUDOKU