



## OCTOBER - NOVEMBER 2022 EDITION

**FREE TO TAKE HOME!**

### ● 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

#### 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

MBBS, 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:** Deb, Mandy, Claire,  
Fernanda & Alli

### ● 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](http://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.



Vaccination in children



Baby teeth



Fibroids



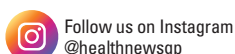
Parkinson's disease

### 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](http://www.healthnews.net.au)



## Vaccination in children

With the focus on covid vaccination, data suggest that regular childhood vaccinations may be being forgotten or delayed. The WHO has expressed concerns about this. The situation is fortunately not as bad in Australia as some other countries.

Conditions like measles and polio are extremely rare in Australia today because of childhood vaccinations. However, success can breed complacency, and we have seen cases of disease-preventable infections in unvaccinated people.

So, what is the best way to protect your child? There is a schedule of vaccinations that applies nationally. This covers a number of diseases, including hepatitis B, measles, whooping cough, and certain forms of meningitis. The initial vaccination is done in the hospital before discharge, with the next one at six to eight weeks. Your GP will advise when the next set is due at each visit.

Some children may get a fever after vaccination; talk to your doctor about using paracetamol or ibuprofen. Also, raise any questions - sadly, there is misinformation out there, but your doctor has the facts.

Most states have no-jab-no-play policies (daycare and school), so ensure your child is up to date. This is also important for certain family benefits payments.

If your child has missed some vaccinations through covid time, this can be caught up. Talk to your doctor about what is required.



More info >>



## Baby teeth – what you need to know

When considering that the average life expectancy is over 80 years, it seems odd that we get two sets of teeth, but the first set lasts only until we are ten or so. Baby teeth develop whilst still in the womb, and we are born with 20 hidden in the gums. Our 32 adult teeth will replace the baby set between the ages of six and 20.

The first teeth can appear as early as three months and as late as 12 months. They can appear in any order, although the central ones are usually first. Teething gets a bad rap, and to be fair, it can be distressing. Equally, much gets blamed on teeth which might have nothing to do with them. Typical symptoms are crying, dribbling, and pulling on ears. Some may put their hands in their mouths.

If your child is unwell or has a fever, go to your GP rather than assume it is due to teething.

For symptom relief, teething rings can be beneficial when your child is teething. You can also use paracetamol, ibuprofen, and teething gels. Be prepared to do trial and error to find what works for your child.

You can start cleaning teeth once they appear using a soft baby toothbrush with water only and start baby toothpaste at 18 months.

Sugar is bad for teeth, so minimise this, and you can start regular dental checks from 12 months.



More info >>





## Fibroids

Benign muscle growths which form in the wall of the uterus are called fibroids or myomas.

Benign muscle growths forming in the uterus wall are called fibroids or myomas. It is estimated that up to 80% of women over the age of 50 will have them, but most will have no symptoms and not need treatment. They rarely grow before puberty or after menopause. Their cause is not known. They are classified according to what layer of the uterus wall they arise in.

Symptoms, if present, include heavy and painful periods, spotting between periods, a heaviness in the pelvis, and pain during intercourse. Larger ones can produce swelling in the lower abdomen.

Diagnosis is based on the history and pelvic examination and confirmed by ultrasound. Blood tests may also be performed, especially in the case of heavy bleeding.

Treatment depends on symptoms. If they are mild and not troublesome, it may simply be analgesia for period cramps. If iron levels are low due to menstrual loss, an iron supplement infusion may be recommended. Hormones such as the contraceptive pill may be used for cycle control.

Procedures such as arterial embolization can “choke” the blood supply to the fibroid, causing it to shrink.

The definitive treatment for fibroids is surgery. Most commonly, these days, it will be done via the laparoscope. The fibroids may be removed, or a complete removal of the uterus (hysterectomy).



## Heat rash or prickly heat

Heat rash or prickly heat is caused by sweat being trapped under the skin.

It is more common in children than adults, with the neck, shoulder and chest the most affected areas. It can come on in hot weather or after sport. There is an itch “lumpy” rash. Whilst uncomfortable, it is not serious.

The first line of treatment is to remove yourself from what is causing it. Change out of sweaty clothes after exercise. If possible, aim to find a cooler place when the weather is hot. Wear loose-fitting clothing. Anti-itch creams can be applied, as can topical steroid cream (talk to your doctor before using these). It will generally settle by itself.

Urticaria is a generalised reaction causing a blotchy, itchy red rash (sometimes raised) anywhere on the body (palms soles and scalp generally excluded). It can be due to a specific allergen (food or plant) or be triggered for no apparent reason. The rash can come on within minutes of exposure. It can last for minutes to days. In rare instances, it can be associated with auto immune or other underlying conditions.

Diagnosis is usually apparent on history and examination. Investigations are not usually needed. If the problem is recurrent, you may be referred to an allergist for allergy testing.

Treatment depends on severity. Avoid known aggravating factors. Antihistamine medication can help the rash and itch. Anti-itch creams and topical steroids can be used. Short courses (three to five days) of oral steroids may be prescribed in more severe cases.

## Parkinson's disease

An estimated 40,000 Australians have Parkinson's disease - a progressive degenerative neurological condition affecting body movement control. It comes on gradually, and early signs may be very subtle.

Typical symptoms are trembling hands, arms, legs and face together with slowing of movement, instability, tiredness, and difficulty walking.

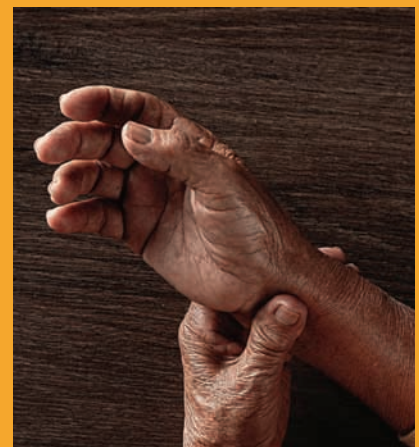
The condition comes about from nerve cells ceasing to produce enough dopamine, a chemical that sends messages between nerve cells. Low levels of dopamine impede the control of muscles by the nerves. The cause of the reduced dopamine is not clear. Family history is one risk factor, as is head trauma and exposure to pesticides.

Diagnosis is based on history and examination. There is no specific blood or imaging test for diagnosis. Brain scans are generally normal. Given the slow onset of symptoms, it can take some time till an exact diagnosis can be made. Your GP will likely refer you to a neurologist.

Treatment is focused on maintaining function. A healthy diet and keeping active are important. Physiotherapy may help with guiding an exercise program that should include daily stretching. Medications can control the condition but not cure it. As time goes by, the effectiveness can lessen and does need to be increased.

Side effects can also be a problem for some. For this reason, medication is not started until the symptoms are bad enough to warrant it. Medicinal cannabis may have a role in some people where treatments have failed.

No two people will have the same experience, so treatment is always individualised. There are state and national support groups to assist.



More info >>



## DIABETIC-FRIENDLY PLANT LOADED TUNA BAKE

by Evelyn (Pheh Ping) Chang, PhD, Accredited Practising Dietitian



• Low GI • high fibre • plant-based • anti-inflammatory and most importantly.... kids love it!

With the cold weather and sometimes can be freezing cold, baked dish is the perfect dinner. Even better, save some for the next day lunch and your lunch is sorted! This is a modified version of tuna bake loaded with lots of vegetables and plant protein that tick the boxes below:

- You can use any vegetables for this dish: zucchini, carrot, broccoli, cauliflower, green bean, capsicum, brussels sprout, kale, asparagus; either fresh or frozen. Choose at least 3 types of vegetables to use.
- For the protein, I use a mix of plant protein and tuna (185g tuna in spring water). The plant protein I choose for this dish are red kidney beans and edamame which is a complete protein with fibre and plant sterol.
- Complex carbohydrate: I use wholemeal pasta (1/2 cup- 3/4 cup per person) and breadcrumb made by processing 1 slice of low GI high fibre bread as the topping of the whole dish.
- Add on lemon juice.
- Flavour: sauté with onion and garlic, add in basil and parsley, ½ teaspoon Dijon mustard or to taste. NO cream or milk is used in this dish.
- Shredded cheese to sprinkle on top of the dish: choose Jarlsberg lite cheese for a lower sodium variety of cheese.

## WORD SEARCH

Health News October 2022



ALLERGEN  
BLOOD  
COUGH  
DIET  
DOCTOR  
FEVER  
FIBROID

GUM  
HANDS  
IRON  
PELVIC  
RASH  
RELIEF  
STEROID

SYMPTOM  
TEETH  
TIREDNESS  
VACCINATION  
VISIT



### 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.
- 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.

