



## FEBRUARY-MARCH 2023 EDITION

**FREE TO TAKE HOME!**



Glaucoma



The importance of Exercise



Healthy food choices



Impetigo (School sores)

### ● 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.

#### Dr Aisling Ni Bhroin

MB BCh, FRACGP  
General Family 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)

**Receptionists:** Deb, Mandy, Claire,  
Fernanda, Allie & Lauren

### ● 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**.

### ● 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 may bulk bill Pension Card holders, children under 6 years and routine  
immunisations. Health Care Card and Commonwealth Seniors Card holders  
will be given a discounted fee.

**Please note that some Doctors may charge all types of card holders a  
small out of pocket expense.**

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.

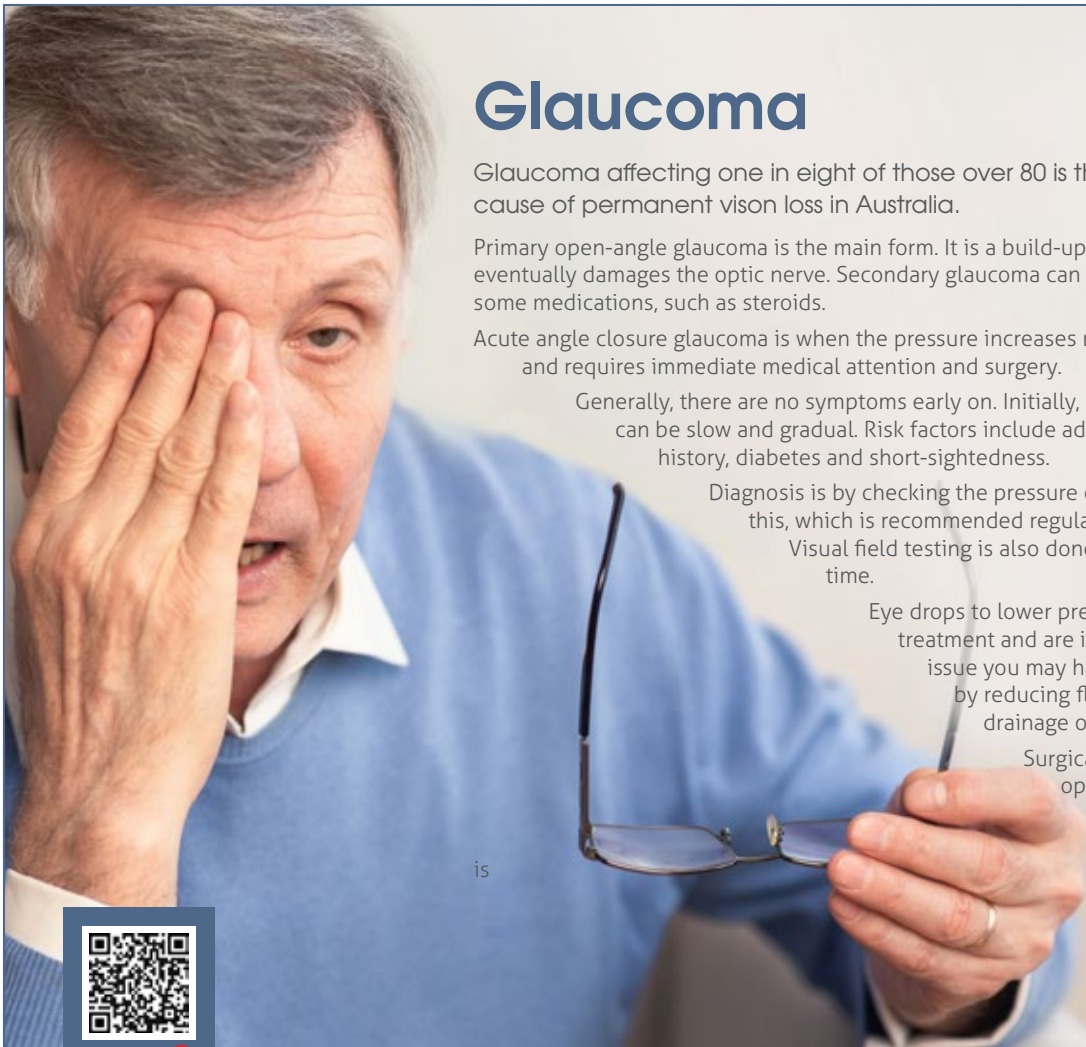
YOUR NEXT APPOINTMENT:

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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.

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# Glaucoma

Glaucoma affecting one in eight of those over 80 is the second commonest cause of permanent vision loss in Australia.

Primary open-angle glaucoma is the main form. It is a build-up of pressure in the eye, which eventually damages the optic nerve. Secondary glaucoma can follow eye trauma or the use of some medications, such as steroids.

Acute angle closure glaucoma is when the pressure increases rapidly. This is a painful condition and requires immediate medical attention and surgery.

Generally, there are no symptoms early on. Initially, side vision is affected. Vision loss can be slow and gradual. Risk factors include advancing age, a positive family history, diabetes and short-sightedness.

Diagnosis is by checking the pressure of the eyes. An optometrist can do this, which is recommended regularly for those aged 40 and above.

Visual field testing is also done, and this can be monitored over time.

Eye drops to lower pressure are the first line of treatment and are influenced by what other medical issue you may have. They reduce pressure either by reducing fluid production or improving drainage of fluid.

Surgical options include laser surgery or open surgery. A newer treatment is a minimally invasive surgery and involves using a stent. This is used where drops have failed or where the use of drops may be difficult for the person.



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# Medicinal cannabis

It is now six years since Medicinal Cannabis was legalised in Australia and in that time well over 300,000 approvals have been issued for its use.

Therapeutic Goods Administration (TGA) data shows that chronic pain remains the most common indication, with mental health conditions (anxiety, insomnia and PTSD) next. Over the last two years, there has been an increased use of the dried herb, which now accounts for over a third of approvals, with oral liquid still being the most common form.

It remains that medicinal cannabis products (with two specific exceptions) are unregistered products and not subsidised. They can be prescribed in situations where the TGA recognises evidence for medicinal cannabis and that other treatments have either not helped or caused unacceptable side effects. There is no set level of side effects nor a set number of prior treatments to be trialled.

Australia is part of a global trend toward wider use and acceptance of cannabis. There are an increasing number of formulations on the market, and the ability of prescribers to fine-tune treatment to the needs of the individual is increasing.

As with all medications, effectiveness varies. Some people get significant improvement in symptoms, and some get no response, with everyone else somewhere in between. Continuing treatment is always based on patients experiencing symptom improvements. Further research is also being undertaken in Australia at a number of centres.

There does remain some hype, and it is not a panacea nor suitable for all. However, the progress over six years has started to silence the naysayers.



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# The importance of Exercise for young and old



The human body was designed to be active and for most of human history has been. Till modern times most work was physical as was the means of getting from "A" to "B".

The human body was designed to be active and has been for most of history. Till modern times most jobs were physical, as was the means of getting from "A" to "B". Even as recently as the 1970s, we had to get out of our chairs to change TV channels. It is estimated that between the mid-1960s and today, the amount of incidental movement taken over by labour-saving devices is around 2000 calories per week (about one day's food intake).

Exercise is vital for good health – at any age. As we get older, regular exercise supports the health of our hearts and lungs. Resistance-type exercise is good for bones and maintaining muscle mass. Exercise can also reduce the likelihood of falls and has been shown to be positive for the immune system. Mental and physical health are related and regular exercise is associated with an up to 40% lower chance of depression. Some work has found that those who exercise regularly are at a lower risk of dementia.

Are you ever too old? It has been demonstrated that people as old as 102 are able to add new muscle fibres. What is the best type of exercise? It is the type that you enjoy and will stick to. However, that does not mean it has to be every day or a set amount of time. The key is being consistent.

If you haven't exercised in a while, start slowly and perhaps get advice from a physio or trainer. Don't overdo it!

The benefits of exercise are many. As the shoemaker says -just do it!

## Healthy food choices for school-aged children

One in four Australian children are overweight or obese. There are two main drivers of this.



Firstly, is the tendency for children to snack on high-calorie foods and drinks. Second is the replacement of physical activity with time on a computer or other electronic devices. We can't turn back time, but it is not all bad news. You can do much as a parent or guardian to help a child battling weight.

Back to school means thinking about lunch boxes. It is fine to have a sweet treat in the lunchbox sometimes, but there are many healthy snack options too. Sticks of carrot or celery can be a snack. Fruit in season is a great snack. Even with snack bars, you can select those with natural ingredients, whole grains and less sugar by reading the labels. Read the labels on cracker biscuits

too. Some are high in fats and sugar, whilst others (like rice crackers) are not. A mix of seeds, nuts (watch for allergies) and dried fruit is another simple snack, as are cheese sticks or popcorn.

Substitute water for sweet drinks. Eliminating liquid calories can cut down calorie intake without leaving a child hungry. Have soft drinks only on special occasions or no more than once a week. Rather than fruit juice, give your child a piece of fruit and a glass of water. This gives them more fibre and fewer calories.

Sugar-free sweets and drinks are not necessarily a better alternative, as artificial sweeteners can be just as harmful.

## Impetigo (School sores)

**Impetigo is a skin infection caused by common bacteria (staphylococcus and streptococcus).**

It is far more common in children, and the name school sores reflects this, but it can also affect adults. It is not a reflection of poor hygiene. The bacteria can live quietly on the body, but minor grazes or other disruptions of the skin surface may allow infection to set in.

The condition is not harmful or serious but is unsightly and very contagious. It often starts with redness which quickly develops into blisters that may have crusts or be weepy. They may be itchy or sore. Some children feel unwell, but many do not. It can spread from point to point around the body.

Diagnosis is generally on appearance. Sometimes your doctor may suggest swab tests to confirm the type of bacteria.

Treatment is with antiseptic on the sores and mainly with an antibiotic. It is important to keep your child home from school and away from other children. Wash the child's clothes, bedding and towels in hot water and add something germicidal. Avoid sharing towels. Encourage hand washing and discourage scratching the sores and cover them if advised. The sores will heal within a few days, and there should be no permanent scars.



More info »



## COCONUT PINEAPPLE CHICKEN

### Ingredients

- 1 can whole coconut milk (preferably unsweetened)
- 3/4 cup pineapple juice
- 1/4 cup chilli-garlic sauce
- 2 fresh limes - juiced
- 1/4 cup light brown sugar
- 3 cloves garlic, finely chopped
- 2 tbsp of light soy sauce
- 1 tbsp finely grated peeled ginger
- 1kg boneless, skinless chicken thighs (about 8 small)
- Salt
- 1/2 cup of diced pineapple or pineapple rounds
- Coriander to taste
- Spring onions to garnish

### Method

1. In a large bowl mix the coconut milk, soy sauce, pineapple juice, chilli sauce, lime juice, brown sugar, ginger and garlic together. Add chicken to marinate and cover and place in fridge for 1 hour – 3 hours.
2. Transfer the marinade to a saucepan and bring to the boil, stirring occasionally until the marinade has thickened. Remove from the heat.
3. Grill the chicken on a lightly oiled grill or pan, seasoning with salt along the way.
4. Add the pineapple to the pan at the end and grill slightly.
5. Transfer the chicken and pineapple to a serving plate and drizzle with the marinade. Add coriander and spring onions to garnish.

## WORDSEARCH

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treatment  
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 glaucoma  
 dementia  
 healthy  
 active  
 exercise  
 healthy  
 hungry  
 school



## 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.

