



## JUNE - JULY 2023 EDITION

**FREE TO TAKE HOME!**



Gallstones



Osteoarthritis



Fainting



Headaches

### ● 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:** Mandy, Claire, Fernanda,  
Alli & 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 children under 6yrs and routine immunisations. All other  
appointments will be charged an 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.**

### ● 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.

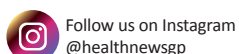
**Patient Privacy.** This practice protects your personal health information  
to ensure it is only available to authorised staff members for the intended  
purposes and to comply with the Privacy Act. To obtain a copy of our Privacy  
Statement or your medical records, please ask.

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



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# Gallstones

Gallstones are hard stones made of cholesterol, calcium and bile, which form in the gallbladder. This is the pouch under the liver, which stores bile. In turn, bile is released into the intestine after meals to help absorb fats.

Gallstones are found in up to 30% of people, most of who don't know they have them. It is only when they cause symptoms that treatment may be required. Risk factors include being female, being overweight, increasing age and family history. The stones can be as small as grains of sand or as big as golf balls.

Symptoms commonly occur if a stone blocks the bile duct (biliary colic) or the gallbladder gets infected (cholecystitis). Pain in the abdomen (or back), nausea and or vomiting and fever are typical symptoms. Pain is generally worse after a fatty meal. Some may develop yellow jaundice. If you have abdominal pain, see your doctor, as there are many potential causes.

Diagnosis may be obvious on history and examination. The standard test is an ultrasound, which will show if stones are present.

Sometimes stones pass through the duct, and the symptoms resolve. If there is an infection, antibiotics will be needed. In severe cases, urgent hospitalization is required. The simplest treatment is analgesics and reducing fat intake in the diet.

Surgery to remove the gallbladder (and stones) is standard treatment. This is now generally done via the keyhole (laparoscope), and you are home in a few days. Medication to dissolve stones is not very effective. Sound wave treatment to "shatter" stones is useful in only 20% of cases.



More info »



# Osteoarthritis

As we age, our joints show wear and tear. The cartilage (lining) of the joints is affected most, but bones, ligaments and muscles can also be involved. This is known as degenerative or osteoarthritis. It affects almost everyone over 40. The severity varies. Knees, hips, hands and the spine are the most commonly affected joints. Risk factors include being overweight, positive family history and joint injuries.

Symptoms include pain and stiffness, and swelling in the joint. It develops gradually over many years. Pain may be worse with activity, although stiffness is usually worse in the morning. Symptoms may be intermittent at first and may become constant.

Diagnosis is generally on clinical findings. X-rays can help assess severity and see the extent of cartilage degeneration.

Treatment depends on severity. Weight loss (if overweight) reduces the load on the joint. Heat packs can help, as does strapping the joint. Regular exercise helps preserve function. This needs to be tailored to the individual, and a physiotherapist can assist. Water-based exercise puts less load on the joints.

Medications do not cure osteoarthritis, but analgesics (e.g. Paracetamol) can ease symptoms. Anti-inflammatory medications can be used but may have side effects and are not suitable for all. Talk to your GP about this. Braces, walking aids and shoe insoles can have a role too. In more severe cases, injections into the joint can ease symptoms and surgery, including joint replacement, can be beneficial when non-surgical treatments have failed.



More info »





[More info](#) »

## Acne

Acne is a skin infection. Under hormonal (mainly testosterone) influence, sebaceous glands in the skin produce excess oil, which can block the pores allowing bacteria to multiply. It is most common in the teenage years but can also affect adults. Males are more prone, and there are genetic tendencies too.

The face, chest, back and neck are the most affected areas. Acne can be made worse by stress, oily cosmetics and some medications. For women, it may be worse with periods. Although an infection, it is not contagious. There are many myths about food causing acne – but no specific foods have been shown to make a difference. Eating sensibly and drinking plenty of water will help but not cure acne.

Basic treatments include keeping the skin clean and using good quality skin cleansers. The next step is more specific anti-acne creams or gels on the affected areas. Most are available without a prescription. If this

is not helping, your doctor can prescribe antibiotics. The length of the course depends on how long it takes to improve. For some females, a hormonal treatment doubles as a contraceptive.

In the most severe cases, you may be referred to a dermatologist. Severe cystic acne can be treated with more potent medications, which must be carefully monitored, as side effects can be problematic.

Fortunately, most acne resolves by the late teens or early twenties. Scarring can occur, although not frequently. This can be treated increasingly successfully.

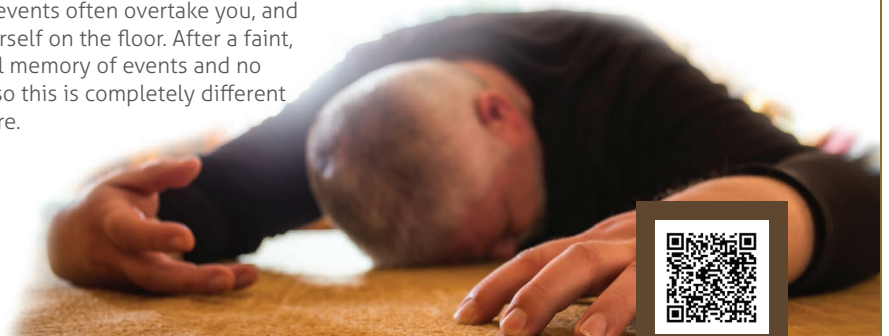
## Fainting

There are numerous reasons why people may feel dizzy or pass out. A true faint (vaso-vagal episode) is a brief episode of unconsciousness caused by a drop in blood pressure. In turn, this can be due to a change in the blood vessels or the heart rate. When we faint, the blood vessels typically widen, causing the pressure inside them to drop.

When blood pressure to the brain is not maintained, we lose consciousness and fall to the ground. Usually, the episode is rapid and may last a few seconds. You may feel unwell for a time afterwards. Some people will go through life never fainting, whereas others are a bit prone.

Risk factors for fainting include prolonged standing, extreme heat (leading to dehydration), stress or emotional distress, intense pain and certain medications. Typical lead-up symptoms are a feeling of anxiety, nausea, and a lightheaded feeling. At this point, it is best to sit or lie down, but realistically events often overtake you, and you find yourself on the floor. After a faint, you have full memory of events and no convulsing, so this is completely different from a seizure.

It is important to consult your GP if you have suffered a faint. Whilst the condition is harmless (excluding the potential for injury when falling), it is important to exclude other reasons for loss of consciousness. Your doctor will do a physical examination and may recommend blood tests.



[More info](#) »

## Headaches

Headaches are one of the commonest symptoms experienced. Virtually everyone will get a headache at some stage. Some get them often, and others rarely. Whilst there are serious causes, the vast majority are not. The most typical form of headache is the “tension-type headache” felt as a band around the head. It can last from half an hour to an entire day. Stress can be a factor but not necessarily. Treatment is with simple analgesia. Ensure you drink adequate water.

Treatment depends on the cause. Eye strain can lead to headaches coming on with reading or watching screens. Treatment is getting your eyes checked and appropriate glasses if need be. Neck strain and neck arthritis can cause headaches. Heat treatments on the neck and physiotherapy may help. Sinuses infection or congestion can cause headaches which can be seasonal.

Migraines are a particular type of headache, more common in females and usually one-sided, which can be associated with nausea

or vomiting and sometimes an aura.

Headaches can be part of a viral illness or various other medical conditions.

Accurate assessment by your GP is important. This is through history examination and, in some instances investigations. Treatment is directed towards the underlying cause.

General preventative measures for headaches include getting enough sleep, drinking enough water, managing stress and avoiding any known specific triggers. Simple analgesics have a role but should not be relied upon.





## QUICK AND EASY FRENCH ONION CHICKEN POTATO BAKE

### Ingredients (serves 6)

- 30g Butter
- 1 cup thinly sliced button mushrooms
- 3 spring onions finely chopped
- 120grams baby spinach
- 2 x 200 gram tubs of French Onion Dip
- ½ Cup pouring cream
- 500 grams cooked chicken – shredded
- Potatoes – enough to cover the base of your cooking dish
- 2 cups of your favourite grated cheese blend

### Method

1. Melt butter in frying pan and add mushrooms and ¾ of the spring onions. Cook until softened stirring occasionally.
2. Add spinach and stir until wilted
3. Add French Onion dip and Cream and stir in well, then add the chicken.
4. Bring to the boil and season to taste.
5. Add the sliced, par boiled potatoes to the bottom of a baking dish and top with the chicken mixture. Sprinkle with the cheese blend.
6. Grill in a preheated oven for 2-3 minutes until the cheese is melted and garnish with the remaining spring onion.

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5			7	1			6	3

**SUDUKO**



## 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.

