



FREE TO TAKE HOME!

OCTOBER - NOVEMBER 2020 EDITION



Covid update



Bell's Palsy



Asthma in children



Children's Night terrors

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

● **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

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)

Receptionists: Raelene, Deb, Mandy, Claire & Breanna

● **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.

● **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.

Covid update

Many have become almost punch drunk from the relentless media coverage of Covid19. This can make it hard to see any positives and that Australia has done remarkably well- notwithstanding that the response has also created difficulties for many – especially in Victoria.

Initial predictions of shortages of hospital beds and ventilators have not come to pass. Actual fatalities have been far lower than first feared. The average age of death from the virus is 82, which is the average life expectancy in Australia. The vast majority of those with Covid19 have recovered fully. Many had minimal or no symptoms.

On the plus side, influenza cases were down by 80-90% compared to usual winters and with this a big drop in fatalities from this.

As we look towards 2021 and the likelihood of having to live with the virus, we can learn from countries like France which have had far more cases than Australia but figured out ways to open up. We have learned the importance of staying home when not well and the importance of good hygiene such as hand washing and physical distancing.

Separation from loved ones has reminded us about the importance of family, friends and connection. We will appreciate more than ever family who we have not seen for months.

Times have been and remain challenging, and the end may not be obvious yet. An old Buddhist saying "this too shall pass" is apt.



Hot flushes in menopause

Menopause literally means cessation of periods. It is not a "disease" but a normal part of life, however it can be distressing.

For most women, it occurs around the age of 50 give or take a few years. Some may have early menopause (younger than 40) and menopause also starts if the ovaries are removed surgically for any reason. Symptoms range from mild to severe. They include tiredness, sleep disturbances, loss of libido, vaginal dryness, irregular periods, hot flushes and night sweats. These symptoms may persist for weeks to a few years (occasionally longer). In the years leading up to 2002, most women were treated with hormone replacement (HRT) upon reaching menopause. This changed when a major study showed that the risks of cancer and heart disease were increased with HRT, and the benefits did not justify its use.

Generally, the diagnosis can be made

on symptoms. Testing of hormone levels can be confirmatory.

Treatment is not necessarily needed and depends on symptoms. Lifestyle measures of regular exercise, adequate sleep, managing stress, not smoking and eating a sensible diet all help with a feeling of wellbeing.

Hot flushes can be helped by dressing in layers, avoiding triggers if known (alcohol, caffeine and stress are three common ones) and drinking cold water. Herbal remedies such as red clover, primrose oil and St Johns wort help some women. Low dose antidepressants and clonidine (a blood pressure medication) can be used.

Hormone replacement can be prescribed but is now recommended at lower doses and for a shorter period of time.



<https://www.thewomens.org.au/health-information/menopause-information/managing-menopause/>



Bell's Palsy

This causes weakness of the facial muscles. It can occur at any age but is rare in children.

Your smile becomes one sided, and it can be hard to close your eye or wrinkle the forehead on the affected side. It can be "full" whereby the muscles are fully paralysed or partial where limited movement remains.

The cause is unknown but thought to be due to inflammation of the facial nerve, which controls movements of facial muscles. It can be related to a viral illness.

The onset is fairly sudden. The weakness can develop over a few hours up to a day or so.

There are other causes of facial weakness, so see your doctor promptly.

Diagnosis is by examination of the facial muscles by your doctor. No specific tests are needed.

There is no specific treatment. Sometimes courses of steroids are prescribed, but they are not a cure and can have side effects. Discuss this with your doctor.

In the vast majority of cases, recovery is full within three to six months and starts within days of onset. Regaining muscle function can be helped by massage and "exercising" of the facial muscles. If you can't close your eye then protecting it with a pad is important, especially at night. The eye can dry out, so use lubricating eye drops. Generally, Bells Palsy is not painful, but simple analgesics can be used if it is.

Recurrence is possible but uncommon.



Asthma in children

It is estimated that one in five children may be diagnosed with asthma. It can range from very mild through to severe.

Some children have symptoms all year round while others only in certain circumstances (e.g. a viral illness or when exposed to irritants like dust or grass). Uncontrolled asthma can be fatal, but it can be very successfully managed and controlled with medication. Children with asthma can live a completely normal life and do not need to be restricted in their sporting or other activities.

Typical symptoms include a wheeze and cough. In more severe cases, there may be chest tightness and shortness of breath. Diagnosis is by the history of symptoms and examination of the lungs. Lung function testing is helpful but can be normal when asthma is quiescent.

Asthma is generally treated with

inhalers. Preventers are used on a regular basis to treat the underlying inflammation in the airways and the symptom relievers as needed. In severe cases, oral steroids may be used in short bursts.

The rationale of treatment is to use the lowest dose necessary to control the condition. Thus the doses used are not constant throughout the year.

For parents, the keys are recognising the pattern of your child's asthma, the usual triggers and the symptoms. As part of this, it is important to have an asthma plan (available from the National Asthma Council).

Have your child checked regularly by your GP and seek urgent medical attention if there is any worsening of the condition.



<https://www.nationalasthma.org.au/health-professionals/asthma-action-plans>



<https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/asthma-in-children>

Children's Nightmares & Night terrors

We have no control over dreams. Coming from our subconscious, they can be pleasant, neutral or frightening.

On awakening, adults instantly realise they were having a dream. For young children, the lines can be blurred, and dreams can seem very real.

A night terror is a nightmare for a child. Although sound asleep, the child may roll around, cry or scream out in distress. This can start literally from one minute to the next. In turn, it is distressing for parents.

There is no known cause. Foods are not thought to play a part. In school-age children, stress or worry may be a factor but not necessarily. A virus (especially with fever) may make them more likely.

Night terrors usually last 5-15 minutes. They may occur multiple times at night and may persist for some weeks or be occasional.

There is no specific treatment. As it is just a dream, it cannot cause any harm, either physical or mental. Once awake, the child tends to forget they ever had the dream. Do not wake the child. If they do wake provide comfort and reassurance.

Having a regular night-time routine and ensuring adequate sleep can reduce the chances of night terrors. As children age, they effectively disappear. Talk to your doctor if you have concerns about any aspect of your child's sleep.



http://raisingchildren.net.au/articles/night_terrors.html





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.



CHICKEN AND PRAWN PAD THAI

Ingredients

- 125g dried rice stick noodles, broken in half
- 1 tbs sunflower oil
- 200g chicken thigh fillets, cut into 2cm pieces
- 8 large green prawns, peeled, deveined
- 1 egg, lightly beaten
- 100g bean sprouts
- 1/2 bunch garlic chives (substitute chives), cut into 3cm pieces
- Chopped roasted peanuts and lime wedges, to serve

Pad Thai Sauce

- 2 tsp sunflower oil
- 2 garlic cloves, crushed
- 2 small red chillies, thinly sliced
- 1 tbs finely grated palm sugar or brown sugar
- 2 1/2 tbs tamarind puree (from Asian food shops and selected supermarkets)
- 1 tbs fish sauce
- 1 tsp light soy sauce

Recipe Preparation

1. Cook noodles according to packet instructions. Drain and rinse under cold water. Set aside.
2. For the pad Thai sauce, heat oil in a wok over medium-low heat. Add the garlic and chilli, and cook, stirring, for 1 minute or until fragrant. Add the sugar, tamarind, fish sauce, soy sauce and 2 tbs water, and cook, stirring, until sugar dissolves. Bring to a simmer and cook for 2-3 minutes or until reduced slightly. Transfer to a small heatproof bowl and set aside.
3. Wipe wok clean and add oil. Add chicken and cook, stirring occasionally, for 5-6 minutes or until golden and cooked through. Push chicken to one side of wok and add prawn to empty side. Cook, turning halfway, for 2-3 minutes or until pink and just cooked through. Push prawn to one side with chicken and add egg to empty side. Cook, stirring, for 2 minutes or until just set.
4. Add bean sprouts, garlic chives, cooked noodles and pad Thai sauce, and cook, tossing together, for 2-3 minutes or until heated through.
5. Divide between bowls and serve immediately, sprinkled with roasted peanuts and with lime wedges on side.

SUDOKU

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