

FREE TO TAKE HOME!

FEBRUARY - MARCH 2017 EDITION



Reduce Dementia Risk



Travelling Peace of Mind



Finding the Balance



Toddlers' Picky Eating

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 Steve Jarvis
MBBS, FRACGP, DipObs, BSc

Dr Shahrooz Roohi
MBBS (Hons) FRACGP

Dr Russell Bock
MBBS, FRACGP, DipObs

Dr Galal Tadros
MBBS, AMC

Dr James Setiawan
MBBS, FRACGP

Dr Christina Bien
MBBS (Hons), DCH, SH&FPA, FRACGP

Dr Mari Bardell
MB, CHB, FRACGP, PallMedDip

● REGISTRAR DOCTORS

Dr Carolin Behrens

● PRACTICE MANAGER
Jacqui Markou

● PRACTICE NURSES

Jenny, Sarah, Sonia, Filomena, Joanne, Anna, Cheryl & Jaci (Care Plan/Health Assessment Nurse)

● RECEPTION STAFF

Joyce, Denise, Rosemary, Tracey, Pauline, Suzanne & Jane

● SURGERY HOURS

Monday 7am – 6pm
Tuesday 7am – 8pm
Wednesday..... 7am – 7pm
Thursday..... 7am – 6pm
Friday..... 7am – 5pm
Saturday 8am – 3pm
Public Holidays 8am – 1pm

● AFTER HOURS & EMERGENCY

After hours Locum Service - Home Visit
9321 9133
Health Direct **1800 022 222**
Joondalup Hospital Emergency
9400 9400

Appointments can be made online, visit our website: www.whitfordsmedical.com.au

● OTHER SERVICES

- 24 Hr blood pressure monitoring
- Travel vaccines & advice
- Chronic disease management
- Health Assessments for over 75s
- Anti-wrinkle injections/treatment
- Skin Cancer Check/Mole Scan
- ECG
- Audiometry
- Medicals
- Diving medicals
- Family Planning
- Myofascial therapy
- Minor surgery

Our aim is to give our patients the highest possible quality of care, by ensuring excellence in all aspects of our practice. We endeavour to provide patients with the best and most current treatments, methods, materials and equipment within our resource capabilities to ensure that the patients receive the high quality of service they have come to expect.

● ALLIED HEALTH PROFESSIONALS

Allied Health appointments available at reception:

- Podiatrist
- Diabetes Educator
- Consultant Dietitian

● BILLING ARRANGEMENTS

We are a bulk billing practice Monday to Friday. Medicare Card required.
Saturday is Private Billing. Payment is required on the day of consultation.

● APPOINTMENTS

Consultation is by appointment. Urgent cases are seen on the day.
Home Visits. If unable to attend our surgery, one of receptionist can arrange for a locum Doctor to visit you at home. (See after hours for phone number.)
Long Appointments. If booking for a medical or for a more complex problem or Pap smear, please inform reception.
Non-Cancellation Fee. If you fail to attend appointments a fee of **\$38.50** will apply. To avoid receiving a fee, adequate notice is required.

● SPECIAL PRACTICE NOTES

Molescan/Skin checks. Full skin cancer mole checks are available by appointment to ensure a qualified Molescan doctor is available. An appointment specifically is necessary for this service.
Contacting Doctors. Should you wish to speak to a Doctor, please be aware the he/she is likely to be consulting. A message can be left and your Doctor or staff member will return your call with a reply.
Reminder system. Because our practice is committed to preventive care, we may send you an occasional reminder regarding health services appropriate to your care. If you wish to opt out of this, please let us know.

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

Exercise Reduces Dementia Risk

Good news out of the United States is that adults with dementia over age 65 has decreased 25% between 2000 and 2012 (with similar reductions recorded in the UK and Europe). The reason for the decline is not exactly known but better education (keeping the brain active from an early age), better nutrition and living conditions are thought to have helped.

Another helpful thing is regular exercise. We know that, at all ages, regular exercise helps our thinking and memory capability. Trials in older people found that 150 minutes of moderate exercise a week led to improved mental functioning and this lasted for over 12 months even if the person stopped exercising!

Resistance training is thought to improve executive functions (higher thinking and abstraction) while aerobic exercise helps verbal memory. So it is good to do a mix of resistance and aerobic exercise.

In addition to exercise, mental stimulation (crosswords, puzzles, reading, etc.) and social activities also reduce dementia risk as does eating a brain-health diet, such as the Mediterranean diet.

A Finnish study of 1260 people found a 40% improvement over two years in cognition scores for those who combined regular exercise, good diet, mental stimulation and social engagement.

This is impressive. All these measures are simple and inexpensive. You can do much to reduce your chances of dementia – start today! ■



Travelling With Peace of Mind

There is an old saying that travel broadens the mind and loosens the bowels! Whenever we travel, the change of environment can affect our gut bacteria. However there is a difference between gastroenteritis (an illness) and having slightly looser stools.

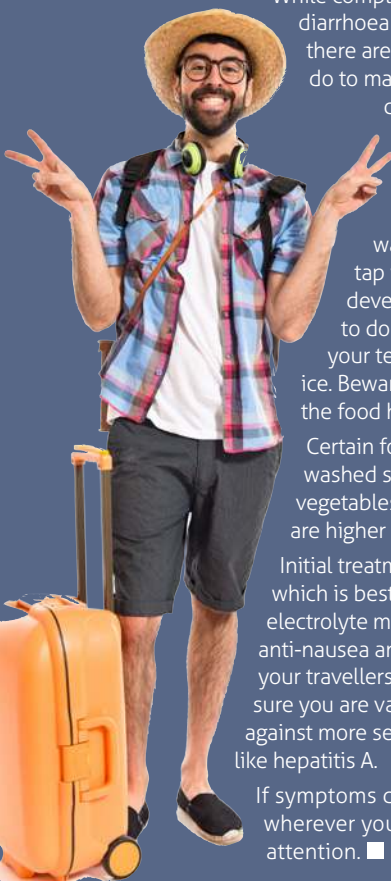
Travellers' diarrhoea is an infection where you typically get diarrhoea, abdominal cramps and sometimes aching, headache and fever. Some may get vomiting but this is not common in true travellers' diarrhoea. It can be due to either a virus or bacteria. It is more common in tropical and less developed countries.

While complete immunity from travellers' diarrhoea cannot be guaranteed there are simple things you can do to make it less likely. Eat well-cooked foods. Always wash your hands before eating and after going to the toilet. Antimicrobial wipes are helpful but soap and water are OK too. Do not drink tap water unless you are in a developed country where it is safe to do so. This includes brushing your teeth. Also avoid drinks with ice. Beware of buffets - how long has the food been sitting in the open?

Certain foods such as shellfish, washed salads (better to eat cooked vegetables) and unpasteurised dairy are higher risk foods.

Initial treatment is to stop dehydration which is best done by drinking bottled electrolyte mix. Use simple pain killers, anti-nausea and anti-diarrhoea medicine in your travellers' first aid kit. Of course, make sure you are vaccinated before travelling against more serious food-borne infections like hepatitis A.

If symptoms do not settle or worsen, wherever you are, seek medical attention. ■



Legionnaires' disease – gardeners take care!

A severe form of pneumonia is caused by the Legionella bacteria – a few 100 cases are identified to authorities each year – and it usually requires hospital admission. In some cases it can be fatal.

You get Legionnaires by breathing in water droplets that hold the bacteria. Typically warm water sources are the culprit such as air conditioning systems (cooling towers or evaporative systems), spa pools or water fountains. It can also be contracted from potting mixes, mulch and compost.

Simple gardening tips reduce the chances of infection. Always wear gloves. Keep any soil mix damp while you are using it, avoid inhaling any garden mix and wash your hands after use.

Other risk factors for Legionnaires are smoking, being over 50 and having a chronic disease.

Typical symptoms are a fever, muscle soreness, headache, tiredness, cough and shortness of breath. Symptoms can worsen rapidly, so if you think you may have this disease seek medical advice urgently. Diagnosis is by blood and sputum testing as the symptoms and signs are not specific.

Treatment is with antibiotics, generally in hospital. Most people improve within five days but some take two weeks.

After recovery from Legionnaires, the development of antibodies makes a second infection unlikely, although how long this natural protection lasts is unknown. ■

Finding the Balance

Vertigo and dizziness, affecting about 1 in 10 people throughout their life, needs an accurate diagnosis as treatment depends on it.

Vertigo is usually when the inner ear (or balance centre) is affected – conditions such as benign paroxysmal positional vertigo (BPPV), vestibular neuritis (inflammation of the inner ear), Meniere's disease and migraines.

Symptoms described are a feeling of spinning (like when you stop after spinning on a merry-go-round), unsteadiness on the feet, or a light headedness. Other symptoms can be headache, nausea and vomiting, incoordination, unusual eye movements and a ringing in the ears.

Diagnosis starts with a history and examination. Your doctor will look for clues – the frequency and duration of episodes, how they progress and if there are any triggers. Examination includes assessing balance, a look at the ears and blood pressure.



Tests include a CT or MRI scan of the brain and inner ear. Blood testing is often not helpful, except perhaps to rule out important causes.

Treatment starts with rest and medication to ease the dizziness. Some people benefit from specific exercises to 'retrain' their balance system; or remove inner ear crystals in BPPV.

Treatment can be long term (e.g. Meniere's) or short-term (e.g. vestibular neuritis) and underlying causes, such as migraine, need specific treatment. Some require referral to an ENT specialist and surgery is sometimes best. ■

 Weblink www.betterhealth.vic.gov.au and search "vertigo"



Swat Pesky Ross River

This viral infection, spread by mosquitos, typically causes joint inflammation, muscle pain and fatigue. These symptoms generally start 3-21 days after being bitten and can include rash and enlarged lymph glands. For some, symptoms are so mild or can mimic a flu-like illness, that they do not even know that they have it!

It is common in most areas of Australia, particularly at inland waterways and coastal regions. Outbreaks can occur if high rainfall or floods cause increased mosquito breeding.

As a virus there is no specific treatment. Symptomatic measures such as rest, maintaining hydration and simple analgesics are recommended. With no specific features, diagnosis is by blood testing. While everyone makes a recovery, some people are left with intermittent aching symptoms for a year or more. You can't pass it on to other people.

You can reduce your chances of getting Ross River Virus by avoiding mosquito bites. Wear long, light-coloured, loose-fitting clothes, especially in mosquito-prone areas. Use effective insect repellents and where possible avoid being outside in mosquito-prone areas at dusk and dawn. If camping, use insect nets and screens. Reduce the number of potential mosquito breeding grounds around your home by getting rid of stagnant water around pot plants and refresh pet water bowls daily. Ensure your pool or spa is well chlorinated. ■

 Weblink www.betterhealth.vic.gov.au and search "ross".

Toddlers' Picky Eating

Does your baby eat enough? Parents often worry about this. In truth, babies and young children tend to regulate their food intake well – they eat when hungry and stop when full. Their appetite also varies with growth spurts, so eating more gives them the fuel for rapid growth. This is why sometimes children eat the house down while at other times they pick over their food.

'Picky' eaters often get into fights with parents over what they eat. Of course, children have their own tastes and preferences but many are acquired as part of growing up.

It is important to keep offering children a wide range of foods and tastes, starting when solids are introduced. Sugar is appealing to most taste buds, so limit sweet foods or it will be harder to get children to eat other things.

You may also need to offer encouragement. When introducing new foods to youngsters, especially vegetables, present them appealingly. Lead by example and show them that you eat it too!

Importantly, remember who the parent is. The days of going to bed without supper may be behind us but children will think twice if you hold the line at dinner time – there is nothing else except the food on their plate!

If in doubt, rather than get into fads or fights, discuss meal times with your doctor or dietitian, who can help you decide if your child is a variation of 'normal'. ■





FRENCH LENTIL SALAD

Ingredients

- 400g French (Puy) Lentils
- 1 litre chicken stock
- 1 clove garlic, peeled & smashed
- 1 sprig thyme
- ½ red onion, thinly sliced
- ½ punnet cherry tomatoes, halved
- 1 red chilli, seeded and chopped finely
- Big handful of rocket leaves
- Seedless red grapes, halved
- 1 small jar marinated artichoke quarters (optional)
- 100g fetta (goat or cow)
- Store-bought or homemade tossed salad dressing

Method

Put lentils, stock, garlic and thyme in a saucepan, bring to the boil then lower to a simmer and cook for 15 minutes. Check lentils that they are cooked but not mushy. When



they are done, drain, removing garlic and thyme then cool.

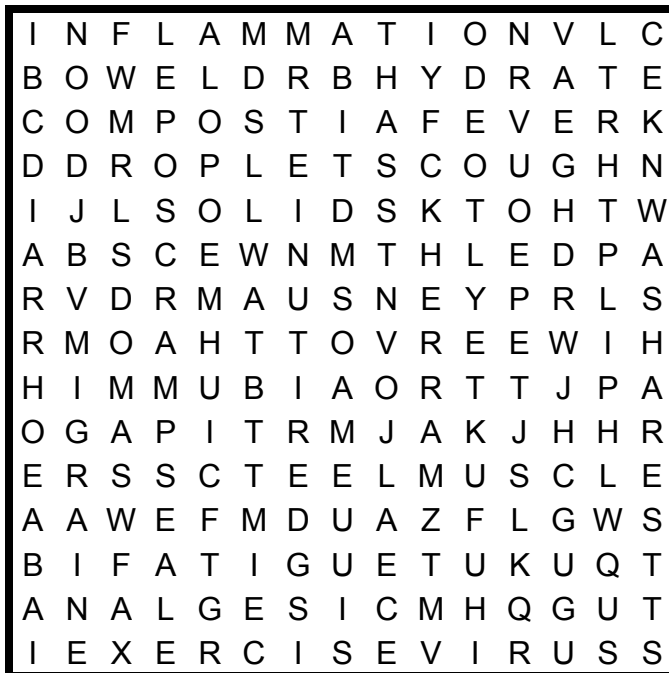
Make salad dressing with olive oil, white wine vinegar, chopped thyme and Dijon mustard.

Add the onion, tomatoes, chilli, grapes, rocket and artichoke quarters (if using) to the lentils, dress and toss gently.

To serve, crumble fetta over the top of the salad.

Excellent with grilled or barbecued meat.

WORD SEARCH



- | | | | | |
|-----------|-----------|--------------|----------|--------|
| Analgasic | Cramps | Gut | Mulch | Teeth |
| Bacteria | Diarrhoea | Hands | Muscle | Tired |
| Blood | Droplet | Hydrate | Regulate | Travel |
| Bowel | Exercise | Infection | Rest | Virus |
| Breath | Fatigue | Inflammation | Risk | Vomit |
| Compost | Fever | Memory | Solids | Wash |
| Cough | Food | Migraine | Sputum | |

QUIZ

- Is Legionella a virus or bacteria? What infection is it renowned for causing?
- Can you prevent traveller's diarrhoea and if so, how?
- What types of vertigo or dizziness are particularly helped by exercises?
- Is dementia in the elderly on the increase or decrease, and why?

Whitfords Avenue Medical Centre

● SPECIAL PRACTICE NOTES

Test results. Please ensure you make a follow-up appointment with your doctor, as results are not given over the phone.

Despite our best intentions, we sometimes run late! This is because someone has needed unexpected urgent attention. Thank you for your consideration.

Medical record confidentiality.

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.

Your comments on our medical services are always welcome.

We strive to improve for your benefit. Please direct any queries or complaints to the Practice Manager. Comments box is available, or in writing addressed to Practice Manager. Unresolved issues can be addressed to Health and Disability Services Complaints Office, www.hadsco.wa.gov.au or ph: **6511 7600**.

Molescan/Skin checks. Full skin cancer mole checks are available by appointment to ensure a qualified Molescan doctor is available. An appointment specifically is necessary for this service.

Implanon insertion. Can be done in our minor theatre room after assessment by a family doctor at this practice.

Myofascial medicine. For treatment of back neck shoulder pain. Requires appointment for assessment and arrangement of a treatment plan. Treatment type can be seen on Professor Chan Gunns web site: <http://www.istop.org> Naturally not all cases are suitable for Myofascial Treatment and may require other or combined treatment modalities. This treatment requires careful assessment prior to being used.

Cosmetic treatment. Cosmetic treatment is available at the Whitfords Avenue Medical Group. For more information about the service available please visit our Whitford's Cosmetic Medicine website.

